



# IT JUST BLOOMS

Discussion Ideas/Questions For Children, Teachers and Parents.

Pick a few age appropriate questions for discussion.



1. Why was Blossom so discouraged and why did she feel so sad?
2. What did Blossom learn from her momma in the garden?
3. Have you ever felt frustrated because you wanted to do something just like your friends or siblings, and you couldn't? How did that make you feel?
4. Do you think that you should try to be just like your friends?
5. What do you think it means when Blossom's momma said, "A flower does not compare itself to the flower next to it – it just blooms!" Explain and discuss.
6. How are you different from your friends? In what ways are you special and unique? Why is a really good thing to be different and unique?
7. If someone is different than you... (how they dress, how they talk, how they look, different ideas, different interests, etc.) ... should you make fun of them or think that they aren't as good as you just because they are different? Or understand that differences are what make us all special?
8. What would our world be like if there were only one color? One size and shape of flower? One kind of pizza? One color of hair? One kind of animal? One kind of shoe to wear? Etc. Discuss differences and how they add variety and are good!



**A flower does not compare itself to the flower next to it.. IT JUST BLOOMS!**

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9. Look around and notice all the differences you see and how that makes the world a beautiful place.
10. How can you stand tall and be 'your own beautiful flower and bloom in your own special way and in your own perfect time'?
11. What does it mean to accept yourself just the way you are, and accept all others just the way they are?
12. What does diversity mean? Why is diversity good?
13. Have you ever noticed someone being made fun of or looked down upon for being different? If so, what could you do next time to help that person feel good and accepted for their differences?
14. Why is loving yourself so important?
15. I AM discussion and activity:

The words I AM are two of the most powerful words you can speak! In fact, they invoke the highest frequency of manifestation!

The words we speak and the thoughts we think also send powerful energy through us, which has an impact on our minds, our physical bodies, those around us and the world we live in.

Discuss what this means.

When you think thoughts and speak words repetitively, they literally create new neuro-circuitry in the brain... meaning you're creating new brain cells and re-wiring your brain... in a good way!

Have each child stand and speak the words I AM \_\_\_\_\_.

Have them fill in the blank with something positive, while also illustrating differences and how awesome it is to be unique!

If you want added emphasis for the little ones, have them stand in a power pose while saying their sentence aloud. Use present tense, powerful, expansive and energy-filled words!

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