

PLANTING SEEDS OF HOPE

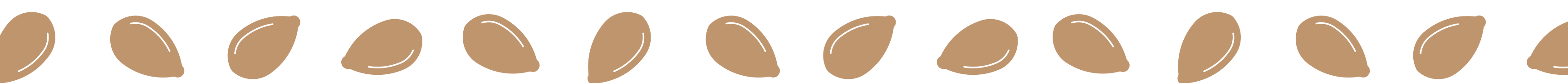


September is Suicide Prevention Month, planting seeds of hope is a way to spread joy through the act of guerilla gardening. Guerilla gardening is the act of planting seeds or crops in areas that need beauty.



Instructions

1. Decorate a jar label with words of encouragement, designs or whatever your heart desires!
2. Fill the jar with seeds from the seed bag.
3. Sprinkle seeds in locations that need extra love- maybe a patch of dirt growing weeds, a dirt mound or the base of a tree!



Share your Seeds of Hope with us on Instagram: @ouhsdfarm2school