

# The Garden Gathering

## Option 3

### “I’ll Wear It Proud”



#### Age Level:

4 - 10

#### Materials:

The Garden Gathering book by Julie Woik

My T-shirt Story (included with this activity)

White T-shirt to paint and write on (Wash beforehand!)

Cardboard Section - One large enough to put inside shirt to avoid transfer of paint from front to back

Colored Permanent Markers

Fabric Paints

Positive Thoughts and Imagination!

#### Discover:

Read The Garden Gathering together. Discuss why you think Lilly the Lash brought Arnie into Sunny's life. Discover how positive encouragement can raise someone's self-esteem. Do you think positive comments affect how a person acts or what they do next? Why?

#### Activity:

- Put the T-shirt flat on the table.
- Place cardboard or something similar inside the shirt, that won't allow permanent marker or paints to leak through to the other side.
- Let the child decorate the shirt as they would like to, using positive words and comments they like about themselves.
- They can create beautiful pictures of flowers and sunshine if they like, or they may want to add the words Lilly the Lash or even characters from the book! It's lots of fun and makes for a fantastic piece of art-wear!

#### Take Action:

Have the child wear the t-shirt at least once in the coming week. Have them write a paragraph about what that experience was like. What feelings did the child get from wearing the shirt? Did anyone comment on the shirt? What did they say? The child can share their T-shirt Story with the person/s they made the shirt with next time they get together.