Stress-free Zone

1) Remove top to use as saucer
2) Remove seed packet and add water to soil disk
3) Let sit for 30 minutes
4) Plant seeds and watch grow!

What may be included in your Zone:
(items subject to change based on availability)

- Pages and bookmarks to color
- Colored pencils
- Tattoos
- Sunflower planters (instructions below)
- Zen stacking stones
- Stress balls
- Tea packets