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Think about how the plant has adapted to grow here:
perhaps by _____ growing long roots to reach water deep under
the surface, or by _____ growing towards the sunlight.

Draw a picture of the plant showing its roots reaching
down towards water and soil below.

What encouraging words could y _____ ou say _____ to the plant
y _____ ou draw its roots, the obstacles they _____ may
moment they _____ reach what they _____ need?

Can y _____ ou add these words to y _____ our picture?

Has the plant been given what it needs to persevere?
How does this make y _____ ou feel?

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When we do something difficult we always need
the help and encouragement of others.

Can y _____ ou remember a time when someone has
been able to help y _____ ou persevere? What did they
say _____ or do?

Close y _____ our eyes and imagine the plant y _____ ou drew
with a trusted adult or friend standing by _____ it.

Someone who listens to y _____ ou and cares about y _____ ou.

Someone who can give y _____ ou help and
encouragement to persevere when things are
difficult.

Thinking about plants reaching the soil, light and
water they _____ need to grow can remind us that we
also need to find and receive help to persevere