

# Perseverance Wellbeing Walk

## Upper primary

### Learning objective:

Plants remind us we can persevere when we have the help we need.

### 1 Introduction

**Thinking about how plants find what they need to grow can help us to remember to find the help we need to persevere, even when things are tricky.**

Plants need air, light, water, nutrients from the soil and space to grow, and some plants grow in places with plenty of these things.

Others grow in more challenging places like dry, dark spaces under trees, or in pavement cracks without much soil.

Even in these difficult places, these plants are able to find the support they need to grow.



### 2 Finding plants growing in challenging places

**Go for a walk outside, taking a pen or pencil and some paper, and have a look at the plants growing around you.**

These could be large plants like oak trees, or small plants like dandelions or clover.

Can you see any plants growing in dark or dry places? Under trees, in cracks or by buildings? They are using their roots to reach the water and soil they need to grow.





### 3 Focusing in: Drawing

**Now choose one of these plants.**

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 you say to the plant as you draw its roots, the obstacles they may pass and the moment they reach what they need?

Can you add these words to your picture?

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

### 4 Reflection: Thinking about who can help us persevere

**We also need support to persevere.**

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

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

Close your eyes and imagine the plant you drew with a trusted adult or friend standing by it.

Someone who listens to you and cares about you.

Someone who can give you 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 so we can reach our goals.



**Everyone finds things difficult sometimes.**

Please tell your teacher if anything you think about on this walk makes you or a friend feel sad or worried.