

Perseverance Wellbeing Walk

Lower primary

Learning objective: Plants remind us we can keep trying when things are difficult – when we have the help we need

1 Introduction



Plants need water to grow.

Some plants grow in places with a lot of water.

Some plants grow in dry places.

Even in dry places, these plants can find the water they need to grow.

2 Finding plants in dry places

Let's go for a walk outside.

Look at the plants growing around you.

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

Can you see any plants growing in dry places?

Under trees, in cracks or by buildings?

They are using their roots to find the water they need to grow.





3 Focusing in: Drama

Can you pretend you're a plant growing in a little crack?

Imagine you're a tiny little seed sitting there, needing water to help you grow.

Here comes the rain helping you grow roots to reach the water as it trickles below you.

What sounds can you make to show your roots are travelling deep down to drink up the water?

How do you feel as you pretend to grow like this little plant?

4 Reflection: Thinking about who helps us persevere

When we want to do something difficult we always need some help to persevere. Just like plants needing water to help them grow in dry places.

Can you remember a time someone has helped you?

What did they say or do to help you persevere?

Think about a plant you saw growing in a dry place today. It uses its roots to find the water it needs to grow.

Now close your eyes and imagine the plant with a trusted adult or friend standing next to it. Someone who listens to you and cares about you. Someone who can help you and encourage you to persevere if things are difficult.

Thinking of the plant's roots growing to find water might encourage you to find and receive the help you need to persevere and reach your 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.