

Growing Together Thought Prompts

People are all different and will feel differently about different things. We can learn so much about ourselves and others by taking time to notice how we and others are feeling. This helps us all to grow emotionally. Jot down your thoughts below. Remember, Allah ﷻ will always help you, especially when you help others.

To help me understand my thoughts and feelings I will...

When I face a challenge I will...

New things I would like to try are...

I will help others to grow emotionally by...

Some people that can help and support me are...