

What Do I Need To Help Me Grow?

Plants need water, nutrients, air, water, light, temperature, space, and time to grow. For humans to grow physically, we need water and a balanced diet of protein, carbohydrates, fats, vitamins and minerals. What about for our emotional growth? What do we need? Use the key words on the page to create sentences about the things we need to grow emotionally and write them on the picture of the plant below.

support

challenges

sunnah

belief

mistakes

dua

time

family

confidence

talk

mistakes

friends

share

teachers

resilience

