

What Helps Me Grow?

Little tree already had the strength to grow. She just needed the right conditions. Think about the people, places, and things that help you feel safe, supported, curious, and ready to grow. Color little tree as you go—grow.

Things that make me feel
happy, calm, or strong:



I can help someone else grow by:

Something I am learning
or want to learn:

Something I can do now that I once
needed help with:

Someone who makes me feel supported:
