

# My People



Giant Sequoia trees are the largest living thing in the world! They are huge, mighty and strong. These massive trees can grow to nearly 300 feet tall but their roots systems are on average about 6-10 feet deep. So how does such a big tree stand so tall with such shallow roots? These trees will never be found alone and these trees all intertwine their roots and hold each other up and support one another. We need to learn from these trees and look to others to help and support us! Some examples of helpers in our lives: Parents, Teachers, Pets, Friends, Family, Coaches, Counselors, Faith Community, Siblings, Support Groups.

**Who can you go to for support? Fill in each circle with the names of the people that support you!**

