

WHERE HAS MY HEART GONE?

BY JENNA ROSE

ACTIVITIES, REFLECTION QUESTIONS + PRINT OUTS

ALL PAGES ARE FIT TO A STANDARD 8.5X11 PDF FORMAT SO YOU CAN EASILY PRINT.



FROM MY HEART TO YOURS,
LOVE JENNA

♡ ACTIVITIES ♡

MY HEART: DRAW OR PAINT YOUR HEART USING DIFFERENT COLOURS AND SYMBOLS TO
EXPRESS YOUR UNIQUE HEART AND HOW IT FEELS

STORY TIME: SHARE A TIME WHEN YOUR HEART FELT HAPPY, SAD, WORRIED, CALM, ETC

LOVE LETTER: WRITE A LOVE LETTER TO YOUR HEART AND SHARE WHY YOU ARE
GRATEFUL FOR YOUR HEART

LOVE MAGNET: CREATE HEART SHAPED MAGNETS WITH DIFFERENT EMOTIONS. USE THESE
TO SHARE FEELINGS BY STICKING THEM ON YOUR FRIDGE

CUT OUT THE REFLECTION QUESTIONS AND PUT IN A BOWL, PULL OUT
A QUESTION AND SHARE YOUR ANSWER.

BAKE HEART SHAPED COOKIES AND ENJOY WITH OTHERS WHILE YOU TAKE TURNS AND
SHARE A STORY ABOUT WHAT YOU LOVE ABOUT YOUR HEART.

♥ REFLECTION QUESTIONS ♥

OUR HEART FEELS MANY EMOTIONS. DO YOU REMEMBER A TIME
WHEN YOUR HEART FELT HAPPY? SAD? ANGRY? EXCITED?

WHAT OTHER FEELINGS HAVE YOU FELT IN YOUR HEART?

IF YOU COULD SAY ANYTHING TO YOUR HEART, WHAT WOULD YOU SAY?

IF YOUR HEART COULD TALK TO YOU, WHAT DO YOU THINK IT WOULD SAY?

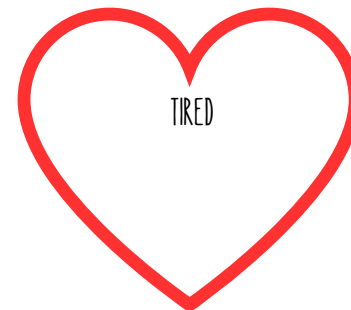
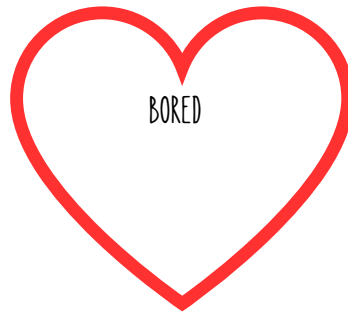
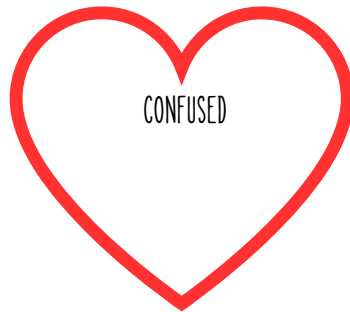
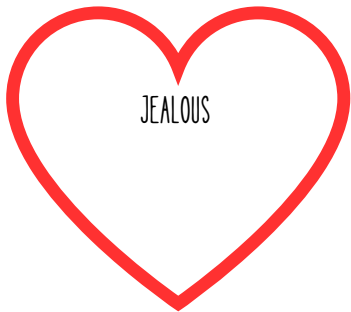
WHEN YOUR HEART IS FEELING OVERWHELMED, WHAT COULD YOU DO TO HELP
YOUR HEART FEEL OKAY?

IS THERE SOMEONE YOU COULD TALK TO ABOUT YOUR FEELINGS?

TALKING ABOUT EMOTIONS CAN BE TRICKY. IT IS HELPFUL TO REMIND OTHERS THAT ALL EMOTIONS ARE SAFE AND WELCOME
TO HELP CREATE A LOVING AND OPEN SPACE.

LOVE MAGNET

DRAW A FACE TO SHOW EACH EMOTION. ATTACH TO MAGNETS, STICKERS, OR CARDS TO SHOW HOW YOU'RE FEELING.



ALL YOUR FEELINGS ARE OKAY. 😊

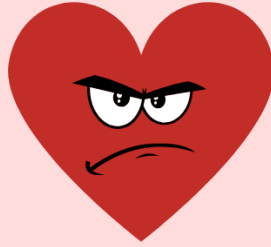
♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ IT'S OKAY TO FEEL ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥



HAPPY



SAD



ANGRY



EXCITED



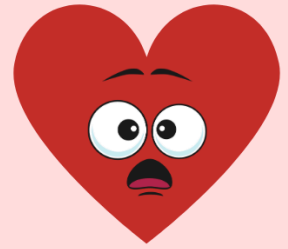
CALM



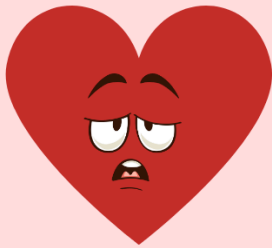
CONFUSED



LONELY



SURPRISED



TIRED



DISSAPOINTED



WORRIED



ANXIOUS



SILLY



FRUSTRATED



SHY



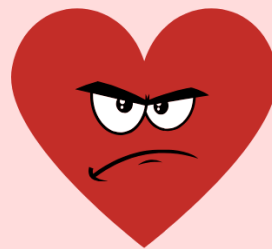
EMBARRASSED



PROUD



NERVOUS



UPSET



GIDDY

MY HEART

PAINT OR COLOUR YOUR HEART USING COLOURS AND SYMBOLS THAT EXPRESS YOUR UNIQUE HEART.

