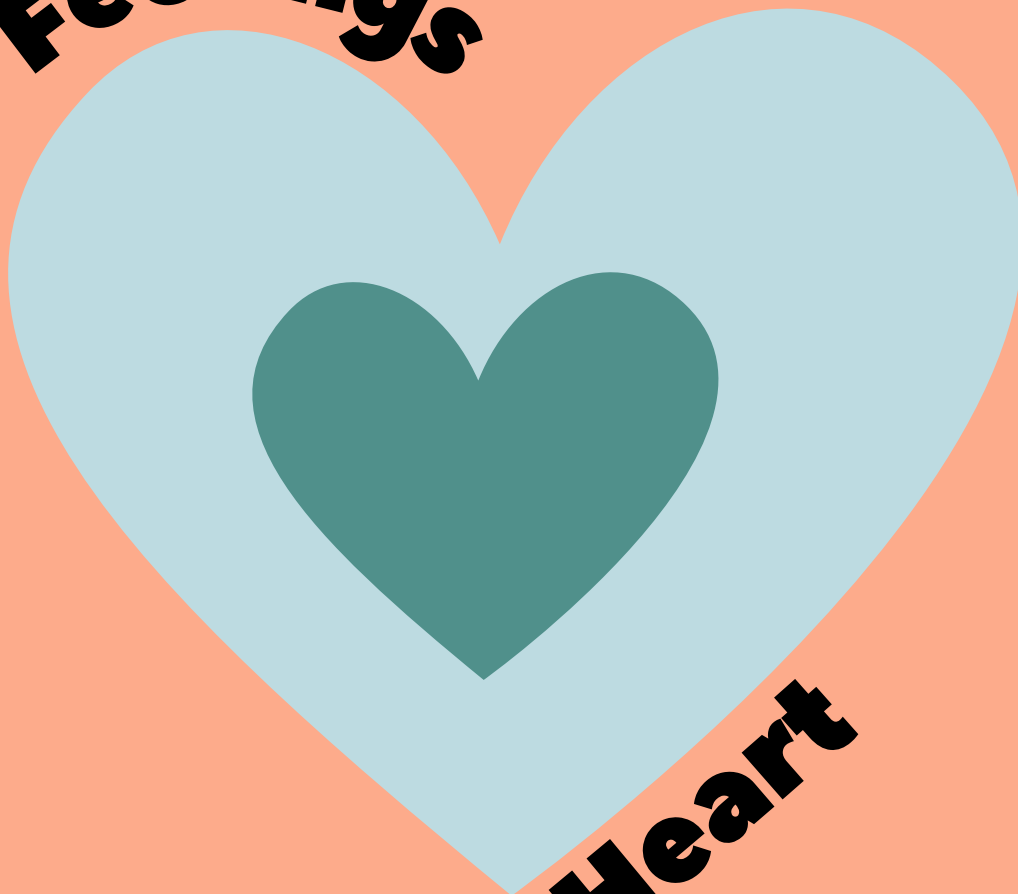
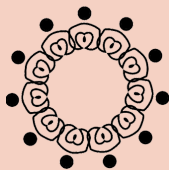


Feelings



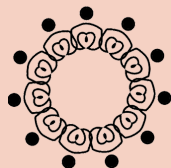
Heart



Feelings Heart

What You'll Need!

- Paper for drawing the heart
- Colored pencils, markers, or crayons for expressing emotions
- A quiet space for reflection
- An open mind to explore and visualize feelings



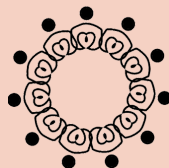
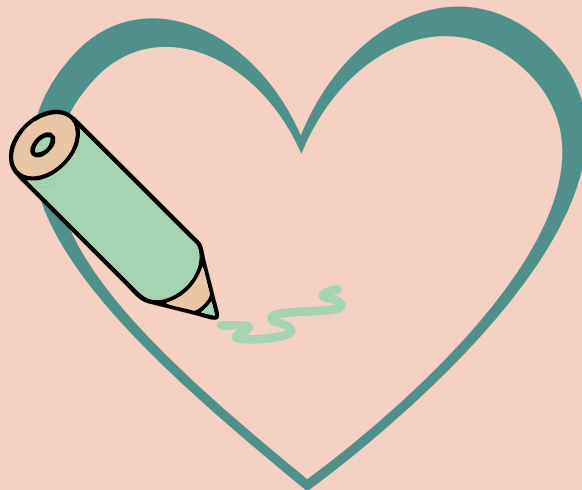
Feelings Heart

Our hearts hold many emotions, big and small. This activity helps you explore your feelings and express them through colour.

How to Play

Step 1: Draw a heart outline on your paper.

Step 2: Pick a color for each emotion someone your age might feel. (For example, blue for calm, orange for worry, red for anger.)

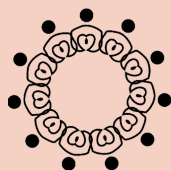
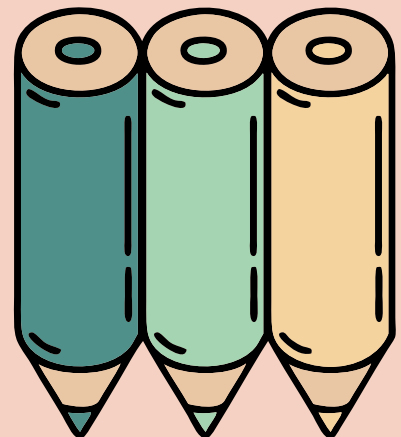


Feelings Heart

Step 3: Fill in your heart with the colors that match how you've been feeling lately. If you've felt a lot of worry, use more orange. If you've had a little anger, add a small section of red.

Step 4: Keep going until your heart is full of colors and emotions!

Your heart holds many feelings - all of them matter!



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

