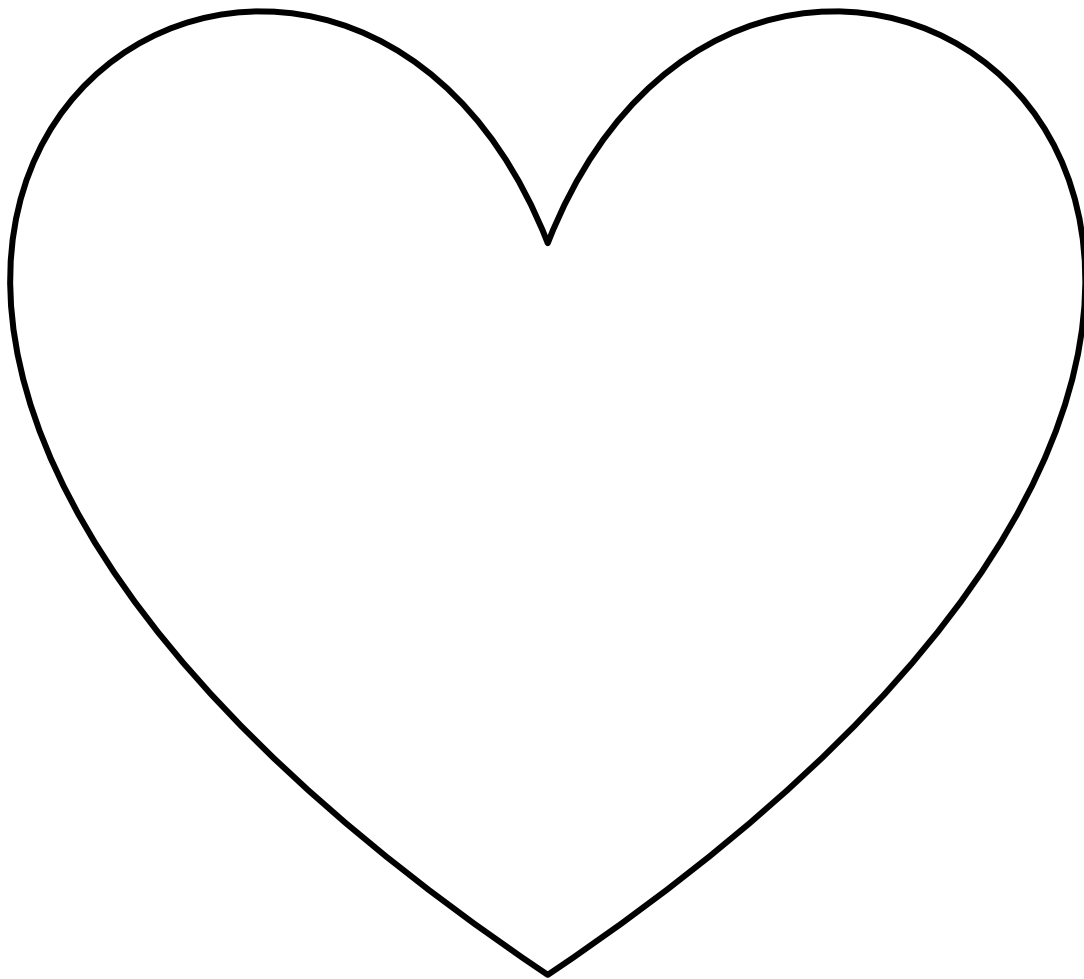


HEART STORIES

Have you ever thought about what your heart would say if it could talk? You are invited to think about all the different ways your heart feels and bring them out onto the paper to tell a story. What are the things that make your heart happy, sad, or scared? What is your heart proud of? If your heart were a color today, what color would it be? By listening to your heart, you can begin to understand it more and talk about what it needs. You can also talk to other people about what it needs. Using words, images, shapes and colors, fill in the heart below to tell your heart story. You can also use the lines to write your heart story. Whatever comes up for you is OK – there's no right or wrong way.



My heart story: _____

