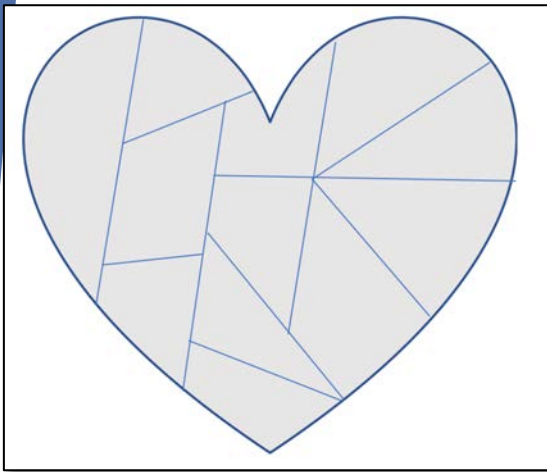


20 - 30
Minute
Activity
For
Everyone

Mapping Our Hearts

We often don't take the time to reflect about what we hold dearest in our hearts. When we start to take a closer look at the things we are most grateful for in our lives, it fuels our sense of self and appreciation for past experiences. These reflections help to also align our values and motivate us to look forward to experiences in the future. Here is an activity for you and your family to make your own heart map, creating a visual reminder to deepen your sense of gratitude and appreciation.

Heart Sections Template Example:



Brainstorm Questions:

- What has really affected your heart?
- What places have you travelled to or lived that are important to you?
- Who supports you?
- What are some experiences or events that you'll never forget?
- What small things or objects are important to you?
- What are some of your favourite memories? Why?
- Who do you look up to?
- What activities are important to you?

Materials Needed:

- Paper and Pen/Pencil
- Coloured Pencils
- Markers
- Optional: Any Additional Art Supplies

Activity:

- Using paper and a pen, start by brainstorming all the things that you feel are most important to you.

Use the **Brainstorm Questions** to help spark and organize your thoughts.

- Once you have reflected and brainstormed a list of what you feel is most important to you, take a new piece of paper and draw a big heart.
- Next, count the amount of things you wrote on your list. Using that number, split up your heart in any way you would like, into the same number of sections.

See *Heart Sections Template Example* to help guide you.

- Fill each section of your split-up heart with each important thing on your list.
- Use pictures, colours, quotes, words, anything you feel is best to represent that important thing.
- After you have completed each section, share your heart map with your family or put it up somewhere that you can see it.

Reflection Questions:

- How did this activity make you feel?
- Did it remind you of any important things in your life that you haven't focused on lately?
- Was there anything surprising that stood out to you?
- How can we use this map of our hearts to reflect on our daily lives?