

Core Competencies – Positive Personal and Cultural Identity – Heart Map

Curriculum: Core Competencies – Positive Personal and Cultural Identity	Learning Goals: -Student can identify people, places, and things that are important to them. -Student can identify objects or images that represents things that are important to them. -Student can identify individual characteristics and explain what interests them.
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Materials

- Book: My Map Book by: Sara Fanelli
<https://www.youtube.com/watch?v=rCkkgTSAA5U&list=PL9zm1Xw5VGfskVg9yOp2PWTBvqdTBPMsa>
- Blank paper
- Pencil
- Colouring materials (crayon/pencil crayon/markers)

Activities

Listen to: [My map Book by: Sara Fanelli](#)
Stop at 3:50. Ask: The author filled her heart map with things that are meaningful to her. What would you fill your heart map with? Continue listening to the book.
Ask: Can you go on a hunt around the home for things that are meaningful to you? Eg. Photographs of people you love, important toys, etc.



Put these items in front of you at your working space. The student will draw a large heart on the blank paper. They will draw and colour the items that are meaningful to them inside the heart to create their own heart map.

Ask the student about the heart map. "Why is ___ meaningful to you?" Label your heart map with words. Write a sentence for each thing you added to the heart map to explain why you added them.

Lesson adapted from Heart Mapping and Writing presented by Georgia Heard