


Core Competencies – Positive Personal and Cultural Identity – Heart Map

<p>Curriculum: Core Competencies – Positive Personal and Cultural Identity</p>	<p>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.</p>
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Materials	
<p>-Blank paper -Pencil -Colouring materials (crayon/pencil crayon/markers)</p>	

Activities	
<p>Create a Heart Map of memories you hold close to your heart.</p>	
	
<p>-Brainstorming (some helpful questions):</p> <ul style="list-style-type: none"> - Name some memories that hold a positive memory (small or big things) - Name some sensory memories (e.g. smells, tastes, etc) - People and places that have been important to you and why? - Experiences and events that are memorable and why? - Objects that are important to you and why? <p>-How will you set this up? Do you want one large heart? Several hearts to represent different types of memories?</p> <p>-Begin adding memories to your heart map. Perhaps you want the most important memories to take up more space, or to be in a certain place on this map.</p> <p>-Make sure to add descriptors and specific words to these memories (e.g. a pets name and description instead of "dog").</p> <p>-Do you want the background of each memory to be a certain colour to represent different emotions, experiences, senses, or objects?</p> <p><i>Lesson adapted from Heart Mapping and Writing presented by Georgia Heard</i></p>	