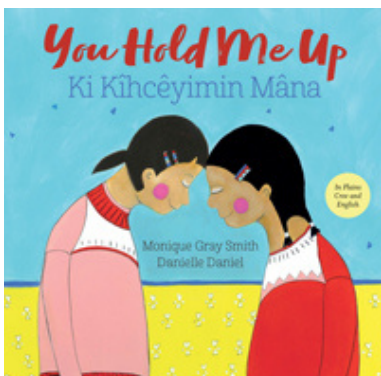


# MY HEART FILLS WITH HAPPINESS

## AUTHOR SPOTLIGHT: MONIQUE GRAY SMITH

*Using language in creative and playful ways helps us understand how language works.  
Language and stories can be a source of creativity and joy.  
Everyone has a unique story.*



### GATHER MATERIALS

- Paper
- Writing tool - pen, pencil, felt, sharpie, etc.

### READ AND THINK

- FOLLOW ALONG with author Monique Gray Smith as she reads her book My Heart Fills With Happiness.
- Think about what fills your heart with happiness. What are some activities that you and your family enjoy doing together?
- Read along as the author shares her other books, You Hold Me Up and When We Are Kind.
- How do you feel when you do something kind for someone else? How do you feel when someone is kind to you?

### CREATE & SHARE

- Download You Fill My Heart With Happiness postcards and use them to DRAW or WRITE messages to family and friends.
- CREATE your own drawing and message on a piece of paper about what fills your heart with happiness or about a time when you were kind.

### GO BEYOND

- MAKE Bannock together with your family by following this recipe. Bannock is a food enjoyed in Indigenous culture. What foods come from your culture?