Core Competencies: Personal Social – Heart Mapping

Curriculum: Personal Social **-Personal Awareness and Responsibility**	**Learning Goals:** I can take responsibility for my happiness and recognize things I am grateful for in my life

Materials
-pencils and colouring tools

Activities
  There are so many things to be grateful for- Being grateful for what we have is one way to take responsibility for our happiness and be comforted when we are sad, upset or having a difficult day. If you could make a map of your heart, what things would be on it? What things are you grateful for? Let's make a gratitude map of your heart. (From Georgia Heard's work on Heart Mapping). 1. **Watch: How to make a gratitude heart map by Georgia Heard.** 2. **Complete the attached heart map- draw or write all the things you are grateful for, both big and small.** **Extension:** Write a poem or story about one of the things that inspire you from your heart map.