

## Core Competencies: Personal Social – Heart Mapping

<b>Curriculum: Personal Social</b> <b>-Personal Awareness and Responsibility</b>	<b>Learning Goals:</b> 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.