## Core Competencies: Personal Social – Heart Mapping

| **Curriculum: Personal Social**<br>**-Personal Awareness and Responsibility** | **Learning Goals:**<br>I can take responsibility for my happiness and recognize things I am grateful for in my life |
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| **Materials** |
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| -pencils and colouring tools |

| **Activities** |
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| <br><br>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).<br><br>1. **Watch: How to make a gratitude heart map by Georgia Heard.**<br>2. **Complete the attached heart map- draw or write all the things you are grateful for, both big and small.**<br><br>**Extension:**<br>Write a poem or story about one of the things that inspire you from your heart map. |