

My Happy Heart and Kind Mind

Learning objective: To identify and express feelings and recognise things that make us feel happy and calm.

Hello! I am Leo the Lion. Today, we are going to think about our feelings. Everyone has big feelings sometimes, and that is okay. Use your crayons to draw the things that help you feel happy and safe. Then, use the words in our word bank to label your picture.

Draw: Draw a large, friendly outline of a heart in the centre of the page. Inside the heart, draw yourself doing something you love. Around the outside of the heart, draw sunshine, flowers, or friends. Use bright, warm colours to show how you feel when you are happy. Keep the style simple and clear, suitable for a 3-5 year old to fill in.



Label words: happy · calm · friends · kind · safe · love

Steps:

1. Step 1: Draw yourself in the middle of the page. Are you smiling or feeling calm?
2. Step 2: Draw one person or pet that makes you feel very safe.
3. Step 3: Draw one activity you enjoy doing that makes you feel happy, like playing or reading.
4. Step 4: Label your drawing using at least two words from the word bank.
5. Step 5: Tell a partner or your teacher one thing that makes you feel brave when you are worried.