

My Happy Heart and Kind Mind

Learning objective: To understand and express emotions, recognising that talking about feelings helps us stay healthy.

Today, we are thinking about our feelings. Color in the picture of Pip the caterpillar sharing a happy moment with friends. Think about what makes you feel calm and happy while you color.

Colour this: A large, friendly outline of Pip the caterpillar sitting on a soft, fluffy leaf. Pip has a big, kind smile and is holding a small, blank heart shape on their tummy. Beside Pip, there are simple outlines of flowers and a bright, shining sun with a happy face. The background should be spacious with soft, wavy lines to indicate a peaceful garden setting. Use thick, bold lines for easy coloring.



Steps:

1. Label the heart on Pip's tummy to show it is full of happy feelings.
2. Label the smiling face of the character you have colored.