

BOOK OF THE MONTH:

In My Heart

by Jo Witek

Ages 3-7

1. Introducing the book:



Exploring the Cover

Ask the children which shape they can see on the cover. Invite them to touch the heart cut-out to feel the layers. Name a few of the colors in the heart together.

Building Background

Help the children locate their hearts - on the left side of their chest. Guide the children to take a moment to place their hand over their heart and listen to it beating. If the children are comfortable, they can listen to each other's hearts. If you are reading with your child, you can invite them to listen to your heart. Explain how sometimes when we feel different emotions, the heart beats differently - slower when we are calm, faster when we are excited or scared.

2. Reading the book:

As you read through each new page that describes an emotion (happy, brave, angry, calm, hurt, sad, hopeful, afraid, silly, shy), ask the children to trace the shape the heart is enclosed in with their finger. Ask older children to remember when they felt that emotion as you read about it and tell the story. After you finished reading the book, ask the children to identify how their heart feels right now. For younger children, you can use visual aid (smile chart etc.)

3. After reading the book:



Love Bomb

Materials:

- Paper bag(s)
- Scissors
- Colorful paper scraps
- White sheet of paper
- Glue



Start by cutting colorful paper into tiny pieces - this will be the confetti. Put the confetti into the brown bag. Make a cut-out in the shape of a heart and tape it to the middle of the white sheet of paper. Spread glue around the heart on the rest of the paper. Blow up the paper bag. Make sure the child is only blowing into the bag and not sucking air in. Practice beforehand if you are worried, or do the blowing yourself for younger kids. Hold the bag over the paper with the heart and smack it to pop. It might take a few tries. Let dry and then remove the heart cut out.



Heal the Broken Heart

Materials:

- Band-aids
- Cardboard heart

To prepare the activity, make a heart out of cardboard and cut it in pieces as a puzzle (the number of pieces will depend on the child's age). Ask the child to heal the heart by assembling the puzzle and securing it with band-aids. Each time they place a band-aid they have to name something that heals their heart when they are sad (ex. a hug, playing with a friend etc.)

References and resources

- Love Bomb activity idea - [No Time for Flash Cards](#)
- Heal the Broken Heart activity idea - [Year Round Homeschooling with Misty Leask](#)

Legend



Cognitive



Socio-emotional



Language



Physical