

Clear Eyes, Full Hearts

Preschool

Core Knowledge[®]

Take a moment to discuss with your child what it is that makes them feel happy. Capture those feelings in this activity and let it serve as a constant reminder.

Materials

- Paper
- Writing materials
- Scissors
- Tape or frame

Instructions

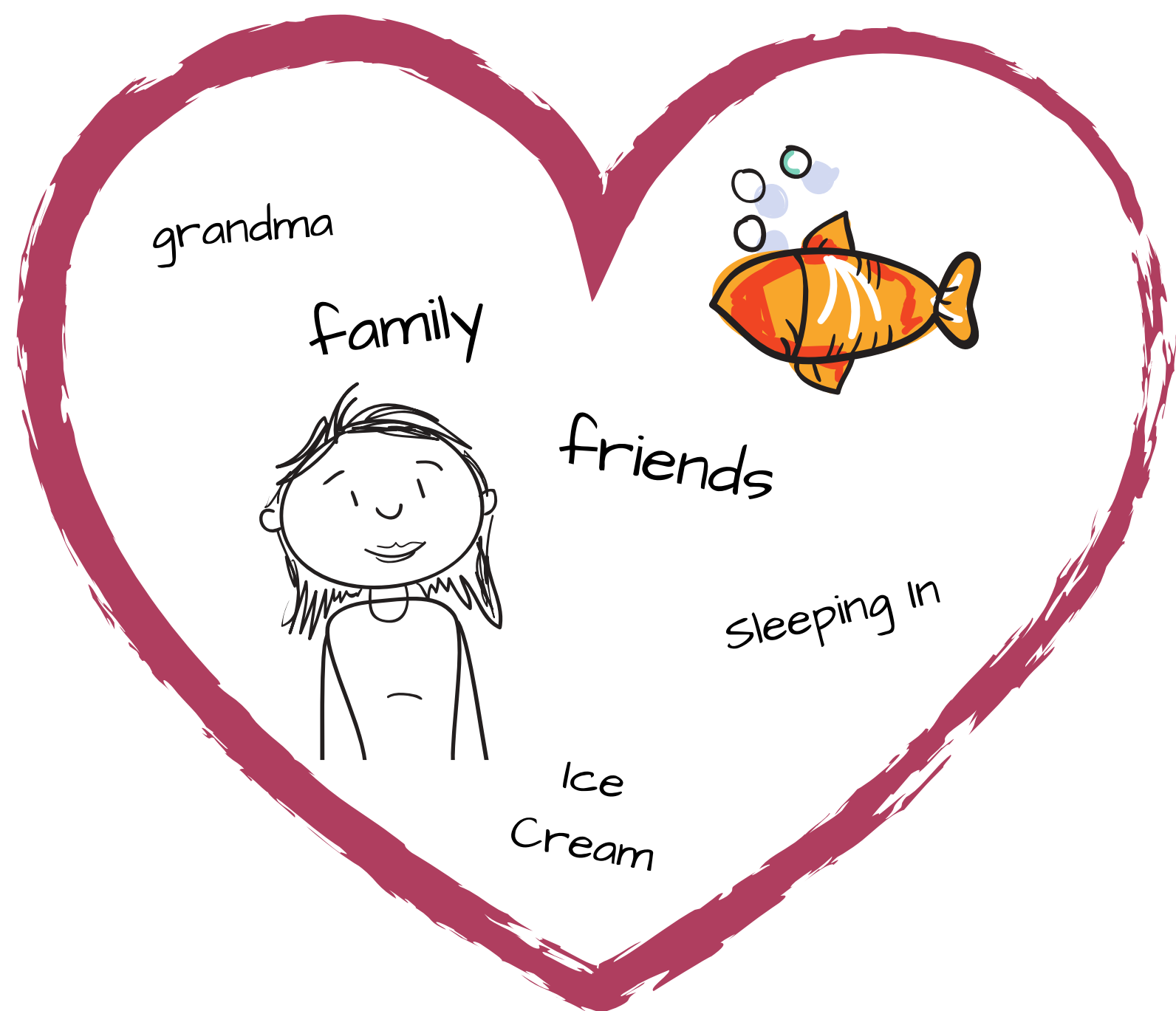
Step 1: Have your child draw a large heart on a piece of paper.

Step 2: Help your child cut that heart out.

Step 3: Together, fill the heart with words and drawings that make your child's heart feel full.

Step 4: Use the tape to place this heart somewhere that your child can see everyday as a reminder.

Step 5: Alternatively, place it within a frame that you have available.



Learning Outcomes

Oral Language

- Emerging Literacy
- Social Emotional Learning
- Visual Art

Potential Enrichment

Make a heart as a family. Make time each week to sit down and discuss emotions.

