



★ BIG HEART SUMMER

A Creative Workbook for
Big-Hearted Kids



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IN PARTNERSHIP WITH **noggin**

BIG HEART SUMMER



Each of us has the power to help others and improve the world. This summer, let's **think**, **create**, and **explore**. As we do, we'll learn about:



ME – Awareness of self: identity & belonging, feelings and self-regulation



YOU – Awareness of others: empathy, appreciation of diversity



US – Relationships with others: interpersonal strategies

Join us! Let's make this a big heart summer and a big heart world!



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sparkler

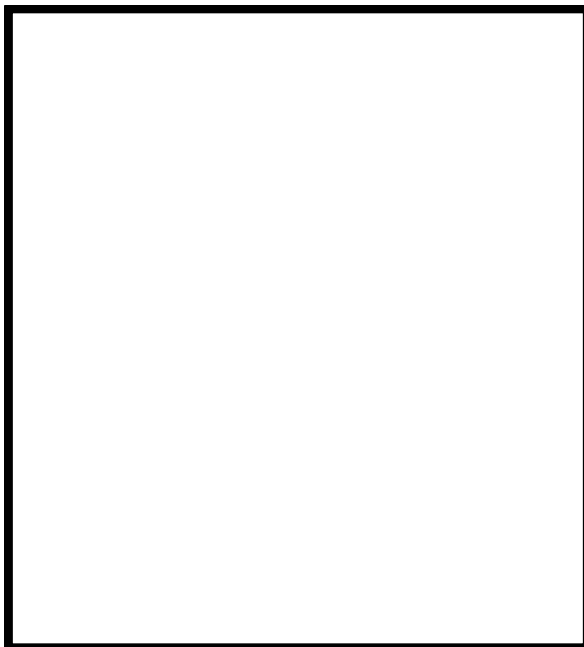
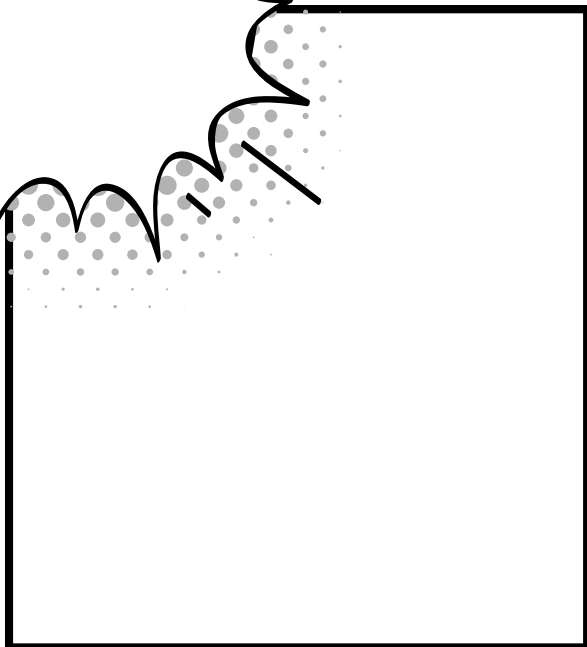
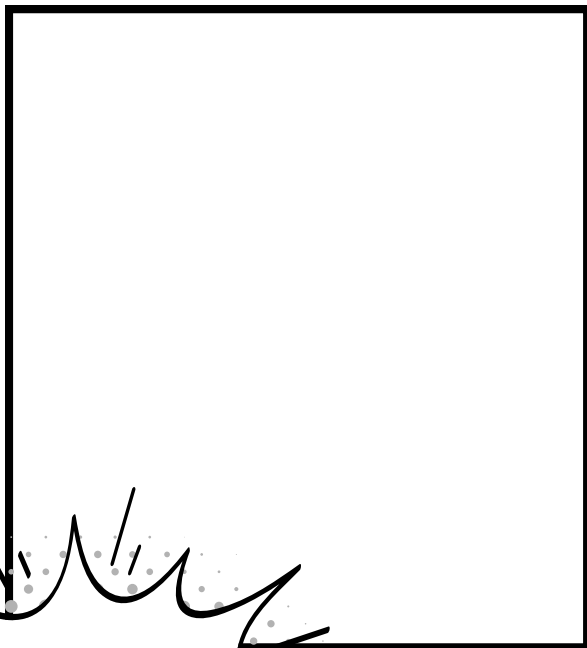
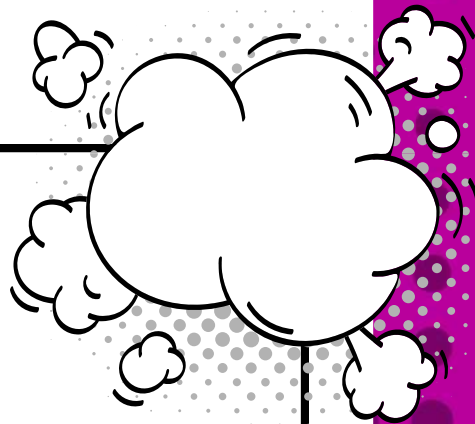
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**Here are MY top 10 super powers.
They are things that make me ME!**

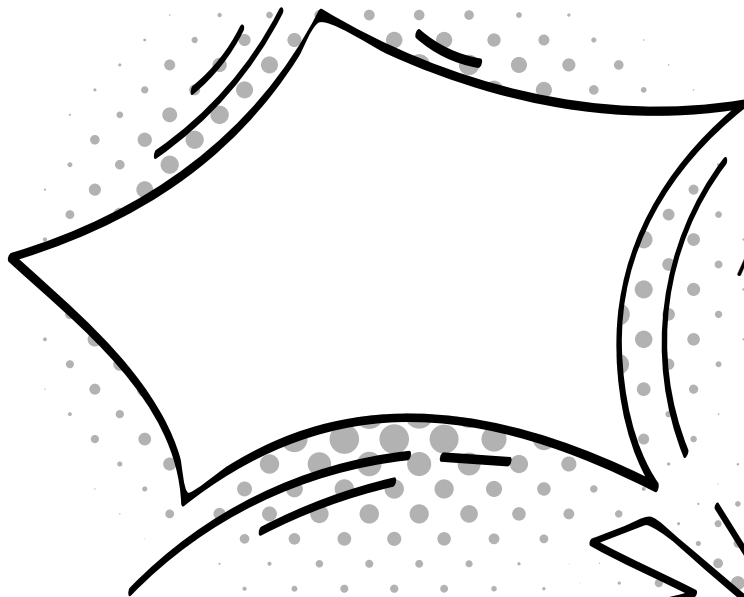
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Here's a comic about me being my super self!



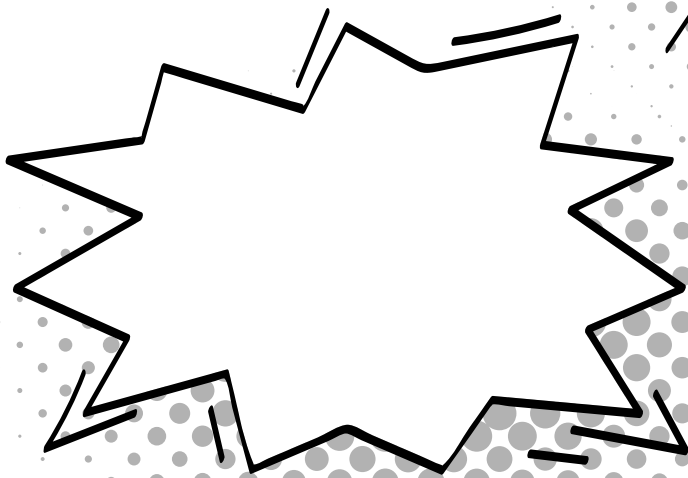


Some people & things I'm grateful for.

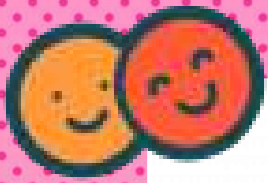


A Person I Love

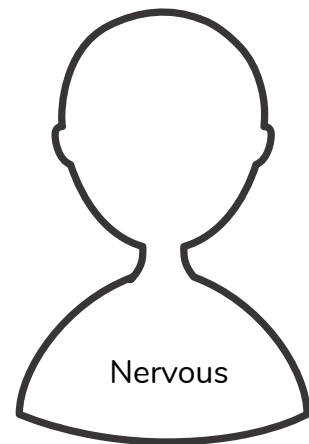
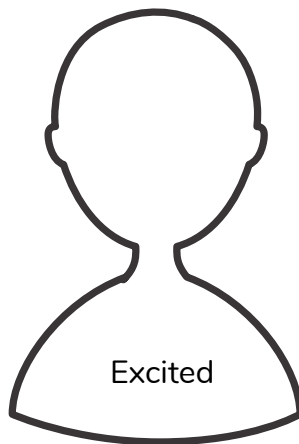
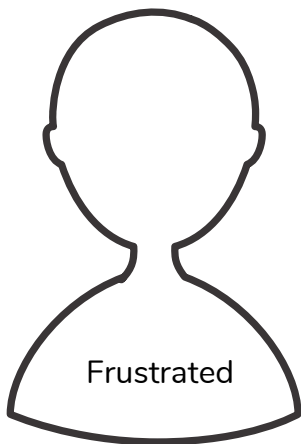
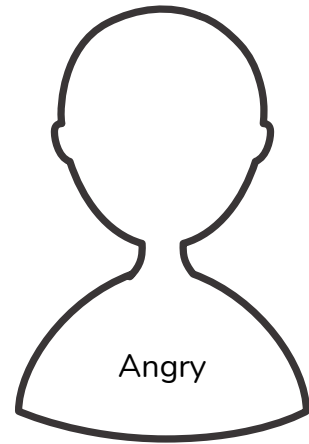
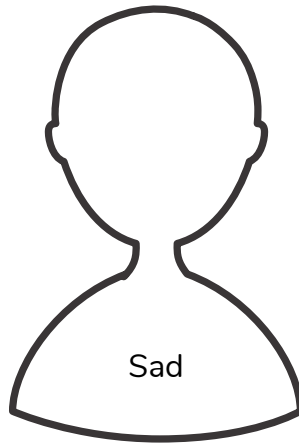
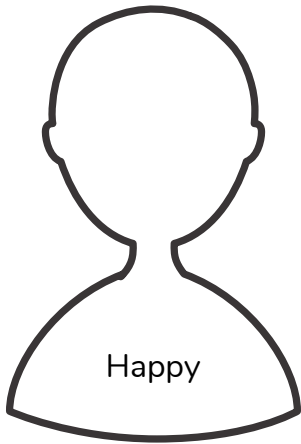
My Favorite Food

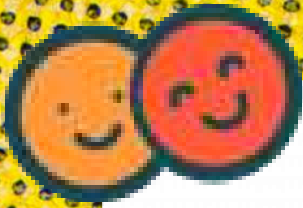


A Place Where
I Feel Safe



When my feelings change, my face changes, too! I'll show you!





**Look at how I stretch & breathe.
This is my favorite yoga pose!**

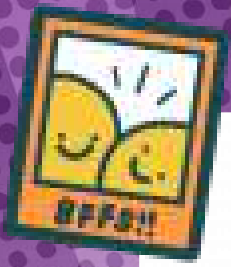




I'm going on a walk to find similar & different people!

As I say "hi" to people with each similarity or difference, I'll make a check mark! It's a fun way to meet and learn about others.

	Like Me	Different from Me
Skin Color		
Hair		
Language		
Shoes		
Glasses		
Favorite Color		
Favorite Song		
Favorite Sport		
Favorite Book		
Favorite Food		



Sometimes I like writing a postcard to someone special and sending it to them in the mail!



I can guess other people's feelings
by observing **body language, facial
expressions, and other signals!**

Draw the clues you
observe to find out other
people's feelings!





Team party planning is a great way to practice solving problems together.

Who will we invite?

What will we do — play games, do art projects, eat popsicles...?

What will we eat and drink?



Now I'll map our party setup!



Today, I'm going to do 3+
kind things for others.





I love drawing sidewalk chalk posters about things that matter – I'll sketch here before drawing outside.

What matters to you —
the environment, health
and safety, education,
animals, human rights...?





**Here's how I dream of making
the world a better place – today
or when I grow up!**

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Find songs, books,
games, etc. that will help
you raise a big hearted
child at Big Heart World!
www.bigheartworld.org



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