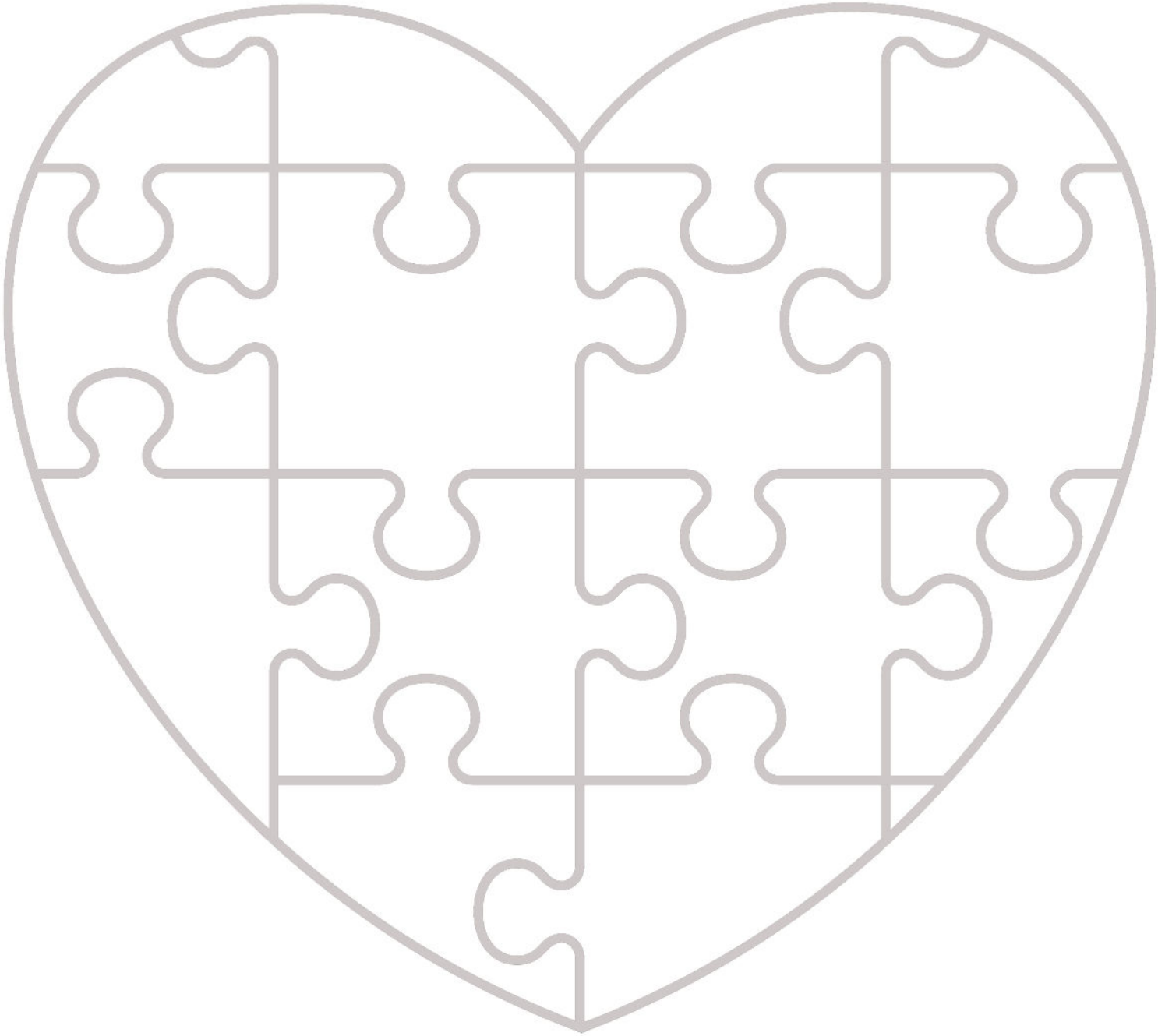
In my Heart

We can care about and love many different people at the same time from wherever we are! There is room in our heart for everyone and everything that is important to us. Write down or draw the people, pets or things you love in the heart and when you think of them, notice how safe and calm you feel! Once you've done that, cut out the heart puzzle and put it back together again! Remember, the things we love are always safe in our hearts no matter where we are or who we're with.



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