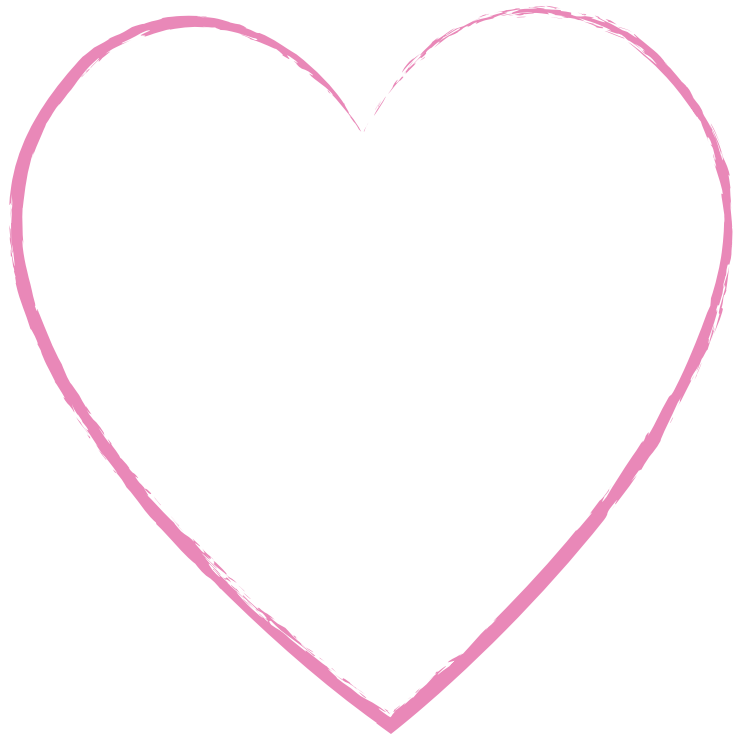
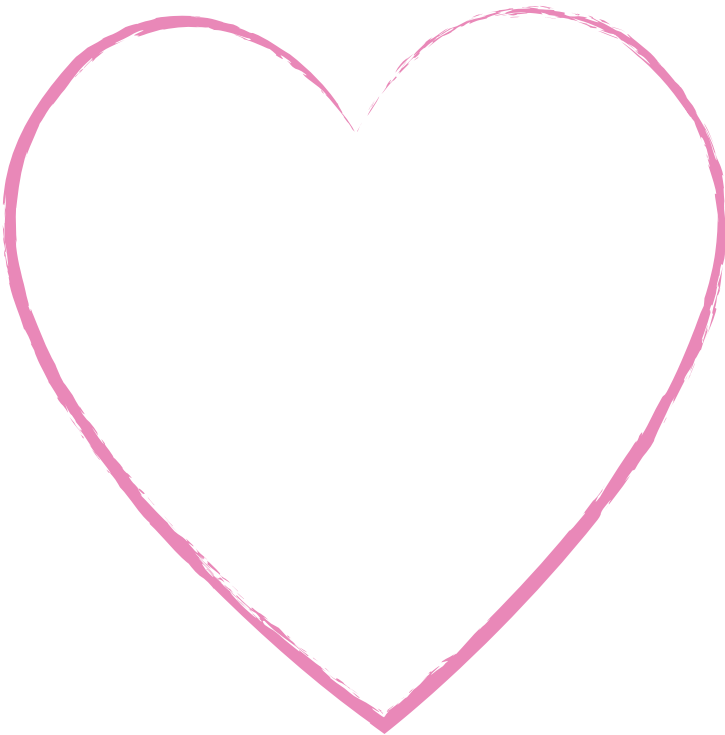
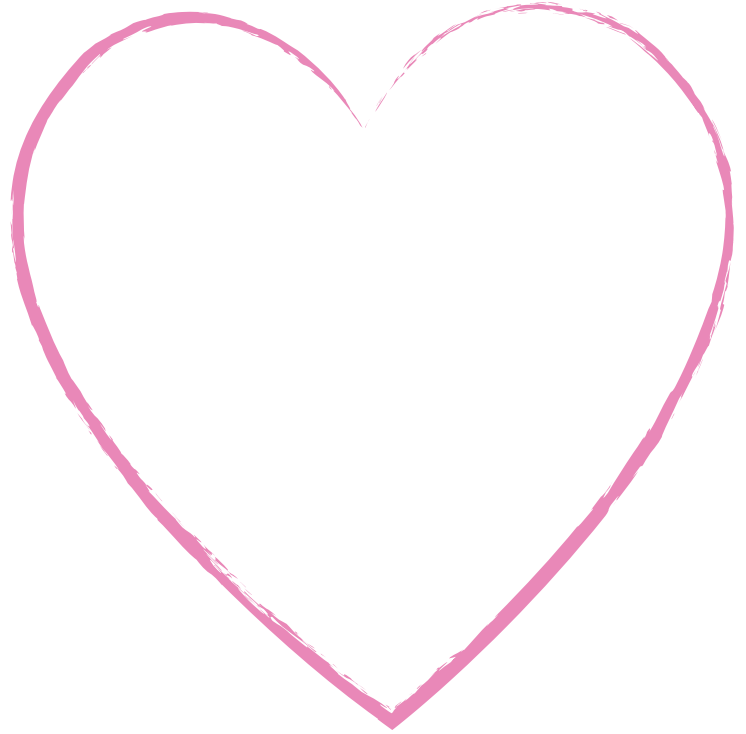
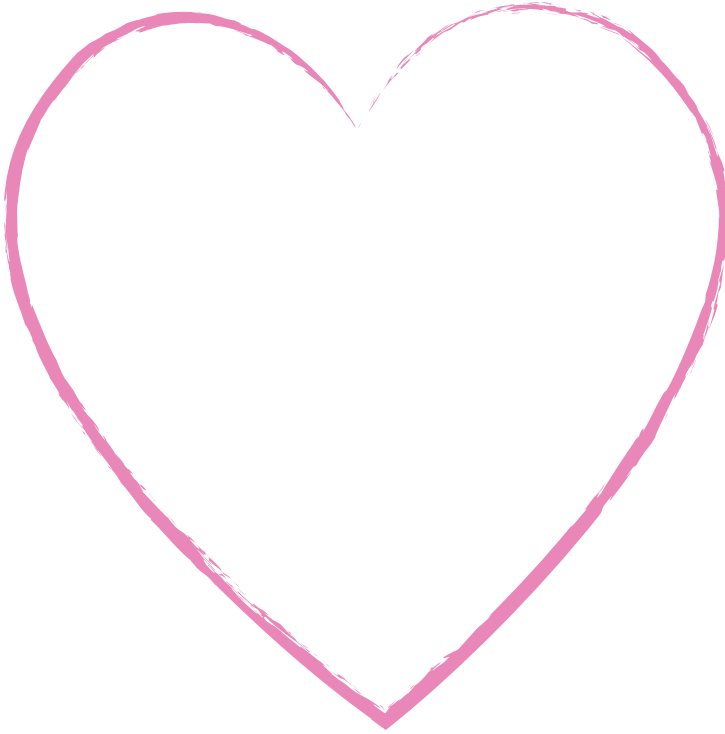


Name _____

Date _____

♥ Heart to Heart ♥

Part 1: Draw pictures in the hearts below of people or animals who you love and care for (a pet, friend, family member, teacher, etc). Practice sending kind wishes to them using heartfulness.



♥ Heart to Heart ♥

Part 2: Create a Heart-to-Heart Bracelet

Follow the directions below to design a bracelet for someone you love. You will need the following materials: colored string, colored heart-shaped beads.

Directions:

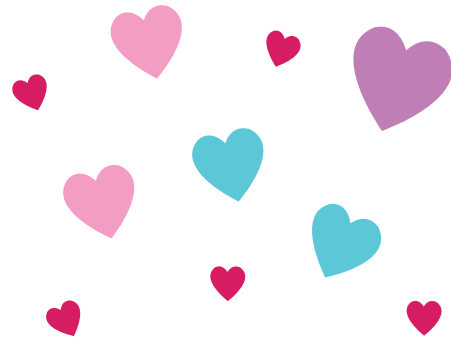
1

1. With a caring adult, cut the length of string you will need for a bracelet.



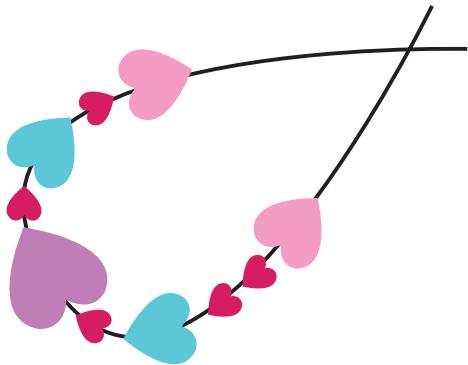
2

2. Choose 10 colored heart beads you would like to include on your bracelet.



3

3. Slide each bead onto the string, and tie a knot at the end so they stay on the string.



4

4. Tie both ends of the bracelet together to form a circle.



5

5. Now you have your bracelet! Give this bracelet to someone you love and remember to tell them why you love them and what you wish for them!

