

Name _____

Date _____

WARM FUZZY WORKSHEET



A Cherokee elder told his grandson that there is a battle between two wolves inside us all. One wolf, he said, is hatred, greed, anger, and jealousy. The other wolf is kindness, peace, love, and generosity. The grandson thought for a moment. "Who wins?" he asked. "The one you feed," his grandfather responded.

Answer the following prompts.

1. What did you learn from the Two Wolves story?
2. How will you water helpful seeds in yourself?
3. How will you water helpful seeds in others?



Dear _____, my warm fuzzy message to you is:

