

<b>Materials</b>	Paper, scissors, markers
<b>Learning Outcome</b>	Identify people, places, and things that support emotional well-being and discuss why these are important relationships.

## Description

Draw a heart template on a piece of paper and cut it out. Ask your child to think of people, places, and things that matter a lot to them and make them happy. It could be friends, family members, a pet, a favourite place, a favourite hobby, or a combination of these things. Invite the child to draw what they discussed on the heart. For older children, have them write a sentence about each item they drew.

After they complete their drawing, ask the child to explain why they chose to draw each of the pictures on their heart. Discuss how these people, places, and things may help them when they are feeling sad, lonely, or angry.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Do these people, places, and things also help you when you feel happy? Why or why not?*
- *If a friend or family member also drew pictures of people, places, and things that matter to them, do you think they would be the same or different? Why?*