Find Your Heart Quick Activity

Cut small pieces of paper into heart shapes and write “I love my heart!” on each shape. Make one for each child. Ask children if they know where their hearts are located in their bodies. Have them point to the spot. Most children will point to the center of their chests. Explain that the center is not quite the right location. First, ask children to point to the center of their chests. Then have them move their fingers about two inches to the left. Give each child a paper heart. Help children secure the shapes on their chests with safety pins or tape to mark the spot where their hearts are located.

Find Your Heart Quick Activity (Spanish)

Busca tu corazón

Cut small pieces of paper into heart shapes and write “¡Amo a mi corazón!” on each shape. Make one for each child. Ask children if they know where their hearts are located in their bodies. ¿Dónde tenemos el corazón? Have them point to the spot. Señalen con un dedo dónde está en su cuerpo. Most children will point to the center of their chests. Explain that the center is not quite the right location. No está exactamente en el centro del pecho. First, ask children to point to the center of their chests. Then have them move their fingers about two inches to the left. Ahora muevan el dedo unas dos pulgadas a la izquierda. Give each child a paper heart. Help children secure the shapes on their chests with safety pins or tape to mark the spot where their hearts are located. Vamos a sujetar los corazones con imperdibles (cinta adhesiva) para marcar el lugar donde tenemos el corazón.