

Mapping the Heart Activity

Georgia Heard: Awakening the Heart

Part A

Hand out a piece of plain paper, I like to use 10x14.

Explain that a heart can look many different ways to different people. There is a traditional valentine heart, broken hearts, scientific hearts, a symbol that represents hearts/life, etc..

The purpose of the heart is to map all things that are important in it, the things that really matter:

- *people
- *places
- *things you care about
- *moments/memories
- *things you love to do
- *things that hurt you
- *things that make you sad, happy, laugh, cry..

Part B

Use the following questions to help guide and develop your ideas for your heart map. Don't answer the questions but use them to help organize your thoughts.

1. What has really affected your heart?
2. What people have been important to you?
3. What are some experiences or central events that you will never forget?
4. What happy or sad memories do you have?
5. What secrets have you kept in your heart? – don't share the secret, find a metaphor
6. What small things or objects are important to you – a tree in the backyard, a stuffed animal, a trophy....?

Part C

Use the following ideas to help you organize your heart:

1. Should some things be outside your heart and some inside?
2. Do you want to draw more than one heart?
 - a. Good and bad
 - b. Happy and sad

- c. Secret and open
- 3. What is at the centre of your heart?
- 4. What is on the outside, around the edges?
- 5. Do different colours represent different emotions, events, relationships, etc.?

Part D

Criteria for Assessment is as follows:

- 1. coloured neatly, try using a variety of media to help convey meaning, messages and visual aesthetics
- 2. neat printing
- 3. creative/imaginative
- 4. honest
- 5. effort
- 6. on task behaviour during class time
- 7. must contain a minimum of 15 different items for content