

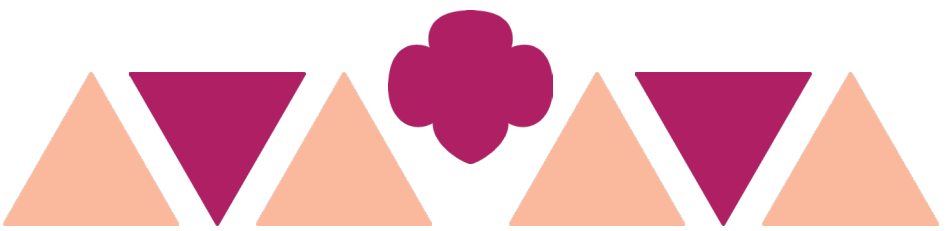
Heart Map

Materials:

- Crayons, markers or colored pencils
- My Heart Map Worksheet

Want to tie this into a badge?

- Brownie My Best Self
- Cadette Science of Happiness
- Senior Women's Health



Creating a list of things that are important to you can help you ease your mind during a stressful situation. In this activity, you will create a Heart Map of the things in your life that you love and are grateful for. It can have family members, friends, pets, places you like to visit and much more. Be creative!



Steps:

1. Think of nine things that you are happy to have in your life. It can be people, places or things.
2. Draw those nine items in each section of your Heart Map. Then, color them in!
3. Share with your family the things that you are grateful for!

