

# What I Love

## Did you know?

Creating a list of things that are important to you can help ease your mind during a stressful situation. In the next activity you will create a Heart Map of the things in your life that you love. It can have family members, pets, places you like to visit, things you like to do, or your favorite food. Be creative!

The second part of this activity is continuing to write in our Mindfulness Journal.

## What you need:

Notebook, Paper, Pen for Journal  
Crayons, Colored Markers or Colored  
Pencils  
My Heart Map Worksheet



## Steps:

15 minutes- Opening Activity: Mindfulness Journal

- Each week your Girl Scout will be asked a few questions to answer in their journal. Week Three's questions are below:
  1. What was one thing that made you happy last week? Explain why it made you happy.
  2. What is one thing you are looking forward to this week and why?

30 Minutes– My Heart Map

For his activity you will be using the My Heart Map Worksheet on the next page. We want you to think of 9 things in your life that you love. In each part of the Heart Map write and draw what you love. Make your heart is colorful as possible! We are excited to see what you come up with!

15 Minutes: Wrap Up- Mindfulness Journal

Each week your Girl Scout will be asked a few questions to answer in their journal after their activity. This week's questions are below:

1. Write in your journal why you chose the 9 items in your Heart Map. Why do these things make you happy?

# My Heart Map

