

# Continuing Learning

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Level: Grades K - 7

Category: Literacy

Title of Lesson:

My Heart Fills With Happiness

Goals/Objectives:

Indigenous picture books support the family and community in strengthening literacy across the generations. They can include: Indigenous values, cultural teachings, Indigenous languages, and traditional practices on the land. For Indigenous children, literacy learning with thei



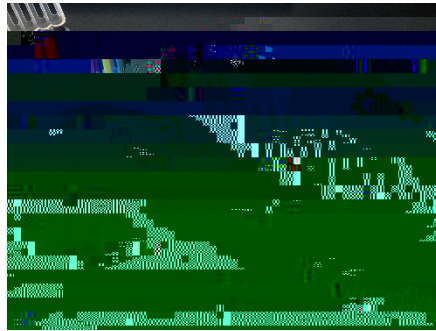
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## 4. Make a Heart

On a blank piece of paper folded in half, draw  $\frac{1}{2}$  a heart as big as you can with a pencil and cut it out with scissors. Draw pictures or write words inside the heart of things that fill your heart with happiness. Colour your drawings or words using pencil crayons or crayons.



Adaptations/Adjustments: (consider different environments)

Go for a walk and point out things about family, community, and nature that fill your heart with happiness. Take turns sharing.

Extensions (Optional):

Make a beaded heart, using pipe cleaners and pony beads. Math connections include patterns, repeating patterns, and symmetry.

