



# BIG HEART SUMMER

A Creative Workbook for  
Big-Hearted Kids



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sparkler

IN PARTNERSHIP WITH noggin

# BIG HEART SUMMER



Each of us has the power to help others and improve the world. This summer, let's **think, create, and explore**. As we do, we'll learn about:



**ME** – Awareness of self: identity & belonging, feelings and self-regulation



**YOU** – Awareness of others: empathy, appreciation of diversity



**US** – Relationships with others: interpersonal strategies

Join us! Let's make this a big heart summer and a big heart world!



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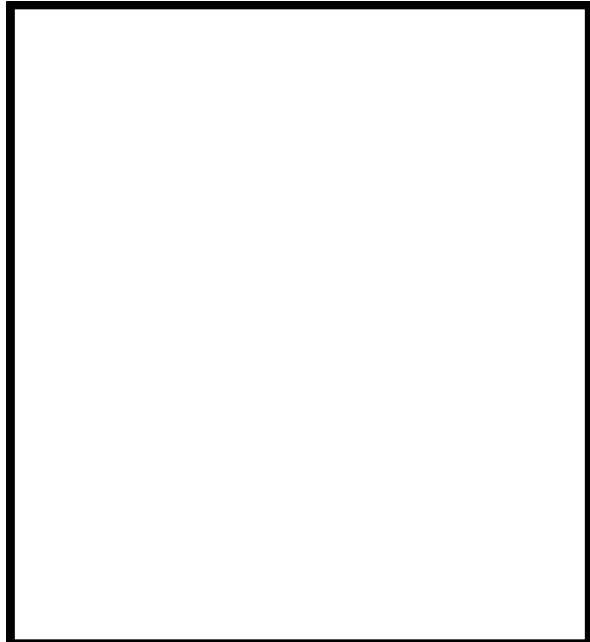
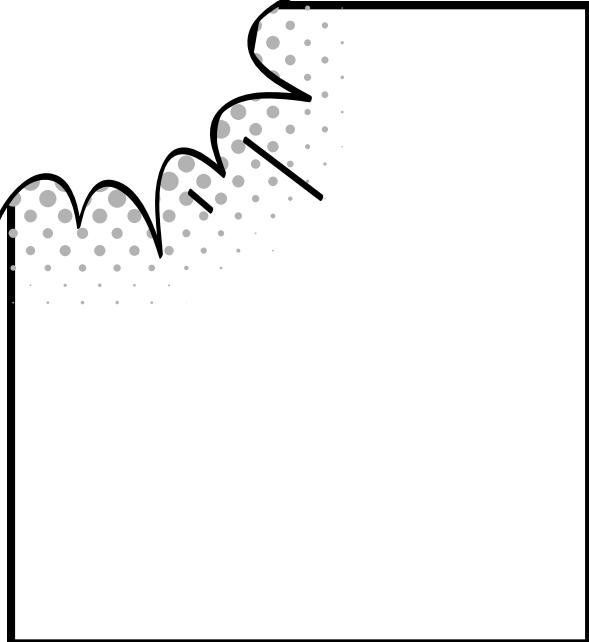
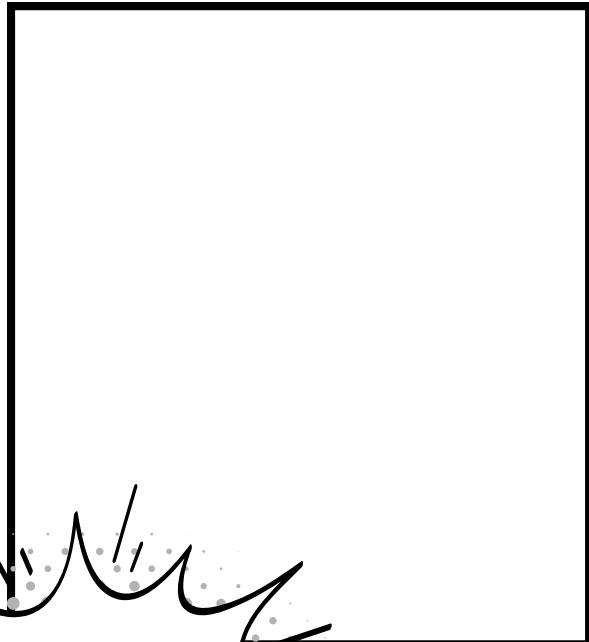
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**Here are MY top 10 super powers.  
They are things that make me ME!**

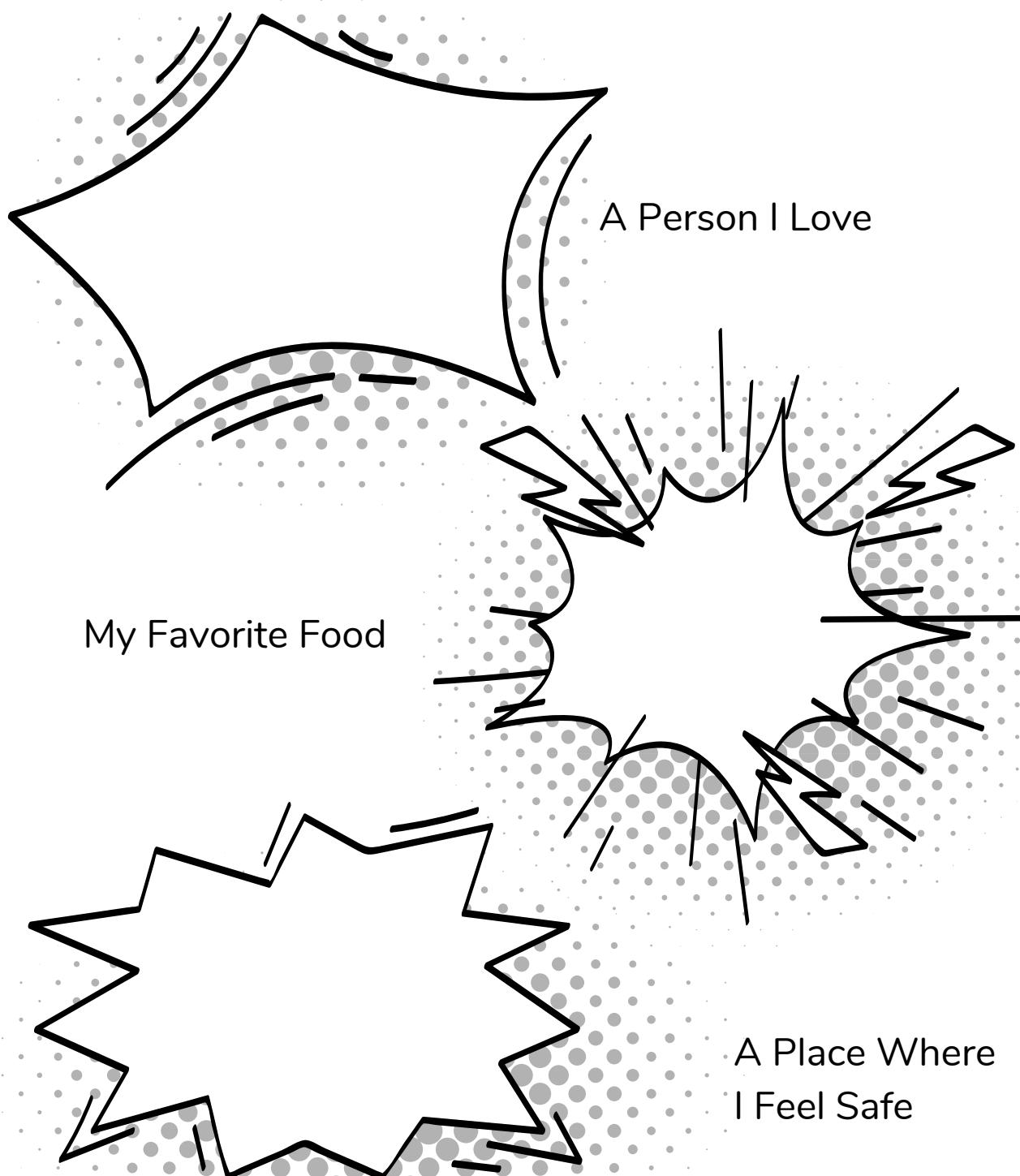
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- 7** \_\_\_\_\_
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- 9** \_\_\_\_\_
- 10** \_\_\_\_\_

**Here's a comic about me being my super self!**



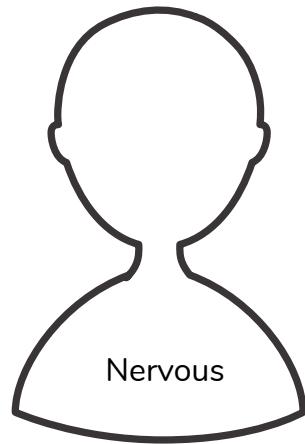
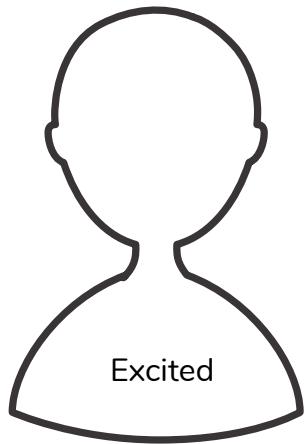
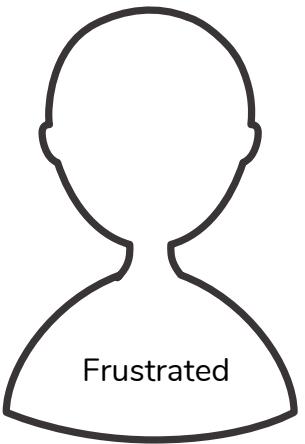
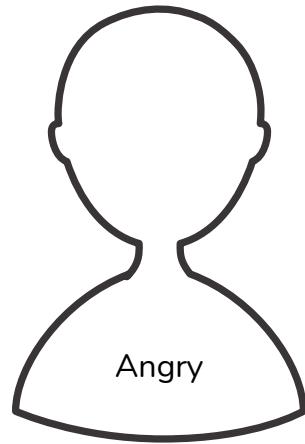
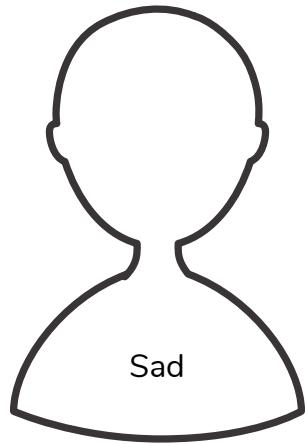
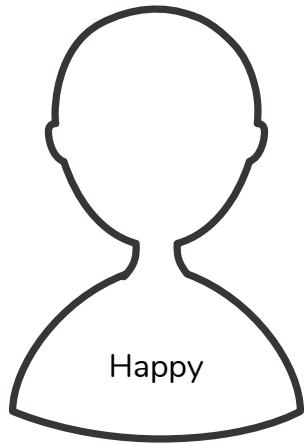


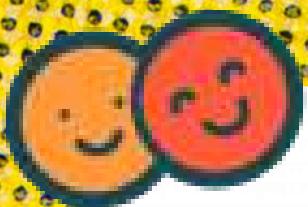
## Some people & things I'm grateful for.



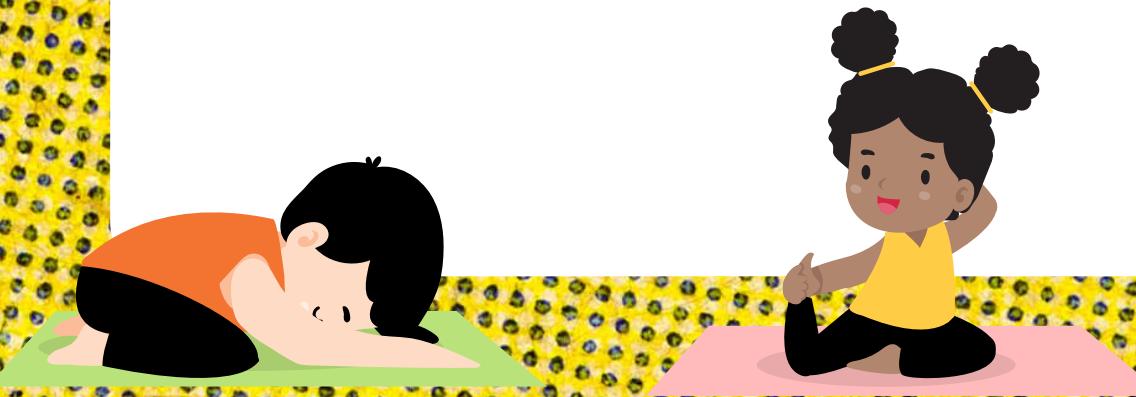


# **When my feelings change, my face changes, too! I'll show you!**





**Look at how I stretch & breathe.  
This is my favorite yoga pose!**



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# I'm going on a walk to find similar & different people!

As I say "hi" to people with each similarity or difference, I'll make a check mark! It's a fun way to meet and learn about others.

	Like Me	Different from Me
Skin Color		
Hair		
Language		
Shoes		
Glasses		
Favorite Color		
Favorite Song		
Favorite Sport		
Favorite Book		
Favorite Food		



**Sometimes I like writing a  
postcard to someone special and  
sending it to them in the mail!**



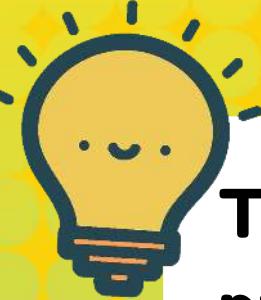
**I can guess other people's feelings  
by observing body language, facial  
expressions, and other signals!**



Draw the clues you observe to find out other people's feelings!



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## **Team party planning is a great way to practice solving problems together.**

Who will we invite?

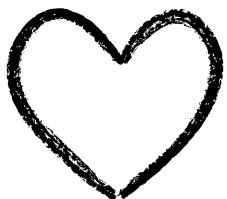
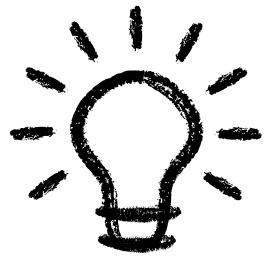
What will we do — play games, do art projects, eat popsicles...?

What will we eat and drink?



**Now I'll map our party setup!**

**Today, I'm going to do 3+  
kind things for others.**





**I love drawing sidewalk chalk posters  
about things that matter – I'll sketch  
here before drawing outside.**

What matters to you —  
the environment, health  
and safety, education,  
animals, human rights...?



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**Here's how I dream of making  
the world a better place – today  
or when I grow up!**

# **Big Heart Summer**

**Find songs, books,  
games, etc. that will help  
you raise a big hearted  
child at Big Heart World!**

[www.bigheartworld.org](http://www.bigheartworld.org)



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