

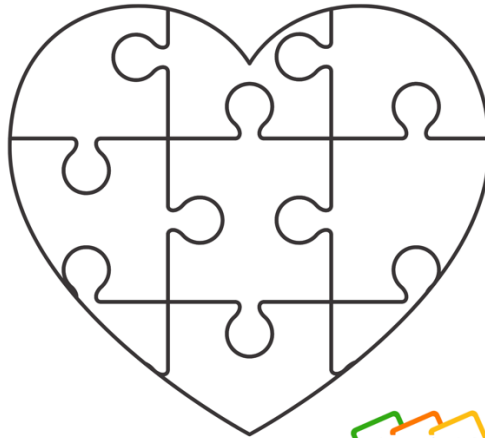
## Be Real

Be Real is the perfect reminder that we need to take some time to be more mindful, more honest about who we are and how we are feeling. This printable is the perfect starting off point for kids to share how they are feeling and what is happening in their hearts. They are able to put in words, fill in colors or draw pictures in each puzzle piece and approach all that is going on in a more approachable way.

### Supplies Needed

Printable provided  
Markers

## What Makes Up The Pieces Of My Heart



### Directions

Have the child color or write up what belongs in their heart. This can be molded into experiences, hobbies, feelings, or current events happening in their lives to get a better understanding on being mindful and in touch with our thoughts and feelings.

### As you work on this craft, listen to Be Real

#### Conversation starters

1. What made you smile today?
2. How did you show kindness today?
3. How did you grow your brain today?
4. When was a time that you were very proud of yourself?
5. What is your favorite memory?