

Activity: Tear the Heart (pattern below)

Suggested Music: Play “My Heart Will Go On” in the background

- 1. Read *Making Sara Cry* or similarly themed book as learners tear heart when they feel a character’s feelings have been hurt.**
- 2. After completing story have learners glue heart back together on a piece of paper.**
- 3. Discuss Significance --- Gluing the heart back together leaves scars. It may be repaired but it will never look the same. Relate to scars on the heart.**
- 4. On the back, have learners write a time when they have felt their heart tear.**

Suggested Story for upper grades:

“Grandma’s Table” Adapted from the Brothers’ Grimm, Book of Virtues, William Bennett, p. 143-144

