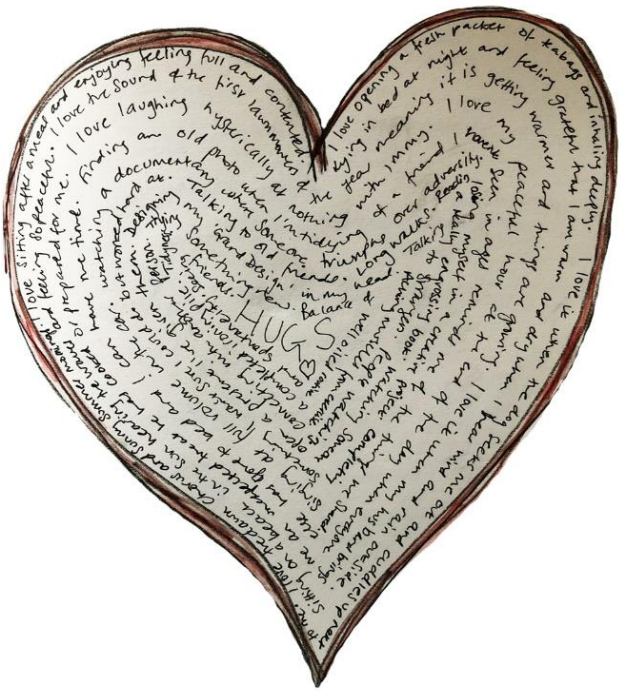
arts together
ageing creatively

heARTS TOGETHER

Let's all share the things that warm our hearts and make us feel happy and positive.

YOU WILL NEED:

- Pencil and paints or scissors
- Collage materials and glue
- Attached heart template

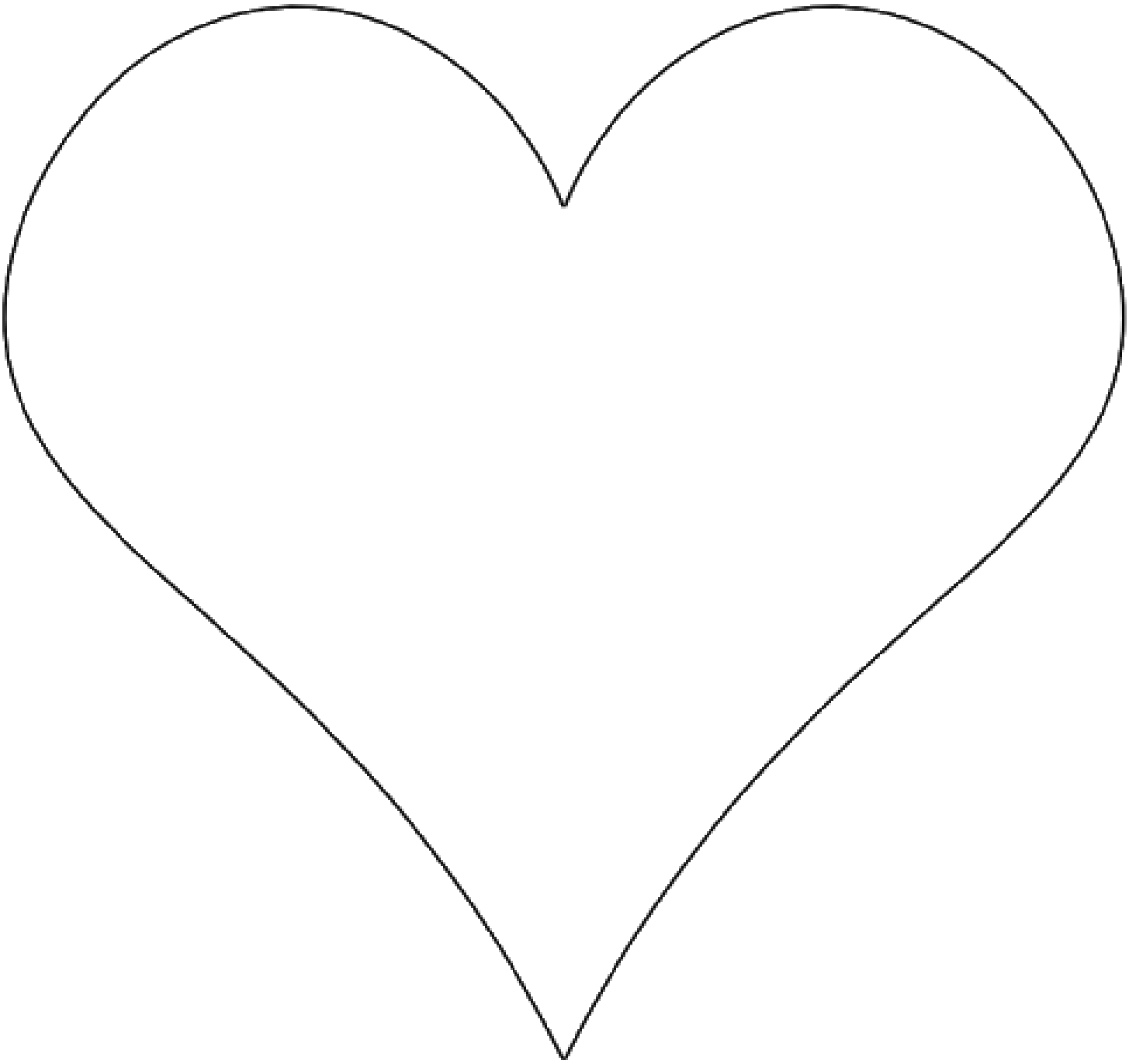


ACTIVITY

We invite you to fill the heart template or a heart you have drawn, with all the things that you love. You can draw, make a collage or write inside your heart to show all the positive things that help cheer you up and lift your spirits- the things that make your heart sing!

They could also be the things you are looking forward to being able to do again in the future or things you are planning and are excited about.

When you have finished your heart put it somewhere you will see it every day.

Reminding ourselves of what makes us happy can bring a smile to us all and might remind us to do more of these things.

You might want to send your heart to someone close to you, someone you want to share your leaping heart with?