



How to Make a My Heart Puzzle

Help children identify people in their support system to foster a sense of belonging.

1 Draw a Heart



2 Cut into Pieces



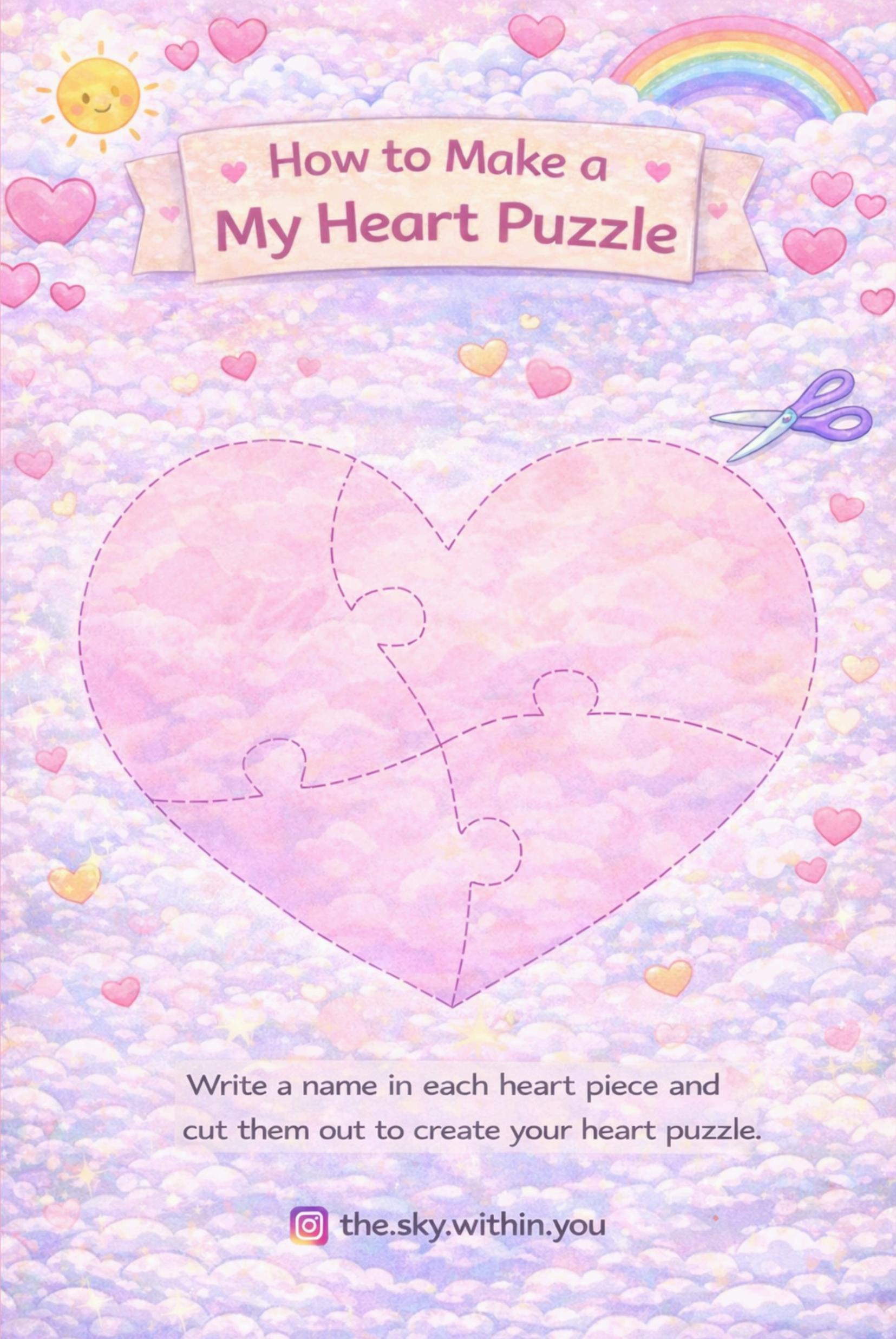
3 Add Names



4 Put Together



Discuss who is in their heart and how these people help them feel loved and supported.



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Write a name in each heart piece and
cut them out to create your heart puzzle.

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