



Cut out & decorate a happy heart and place it in a window.

Art by Rebekah, age 14, Colorado, USA



Get Inspired

Quote

"Nothing makes a person happier than having a happy heart."

Roy T. Bennett

Fact

Happy people have healthier hearts and 22% less heart disease.



Shake It Up

Stand up and dance or jog in place for 3 minutes.

"I am happy!"



Talk It Out

1. Can you make a difference by sharing a positive message with others? Why or why not?
2. How do you think your neighbors would feel if they saw a handmade heart with a positive message placed on your window or front door?
3. What other activities can you do to cheer up your family, neighbors and friends?



Do It!

1. Cut-out a heart of any size from any material (craft paper, cardboard, wrapping paper, newspaper, fabric, etc.).
2. Decorate your heart with a positive message.
3. Tape your Happy Heart to a street-facing window or door to show your love to all.

Cut out & decorate a happy heart and place it in a window.

SEL Competencies

Self-Awareness

Self-Efficacy

Social Awareness

Perspective-Taking
Empathy

Relationship Skills

Communication
Social Engagement
Relationship Building

Timeframe

15 - 30 min

Materials Required

Any material to make a heart: craft paper, cardboard, wrapping paper, newspaper, fabric, etc.

Tape



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Quote

Invite a student to read the quote.

Fact

Happy people have healthier hearts and 22% less heart disease. [Source](#): WebMD



Shake It Up

Get your students moving. Invite them to do the following activity:

Stand up and dance or jog in place for 3 minutes. When finished say, "I am happy!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Can you make a difference by sharing a positive message with others? Why or Why not?
2. How do you think your neighbors would feel if they saw a handmade heart with a positive message placed on your window or front door?
3. What other activities can you do to cheer up your family, neighbors and friends?



Do It! (as a class)

Invite your students to make [Happy Hearts](#):

1. Cut-out a heart of any size from any material (craft paper, cardboard, wrapping paper, newspaper, fabric, etc.).
2. Decorate your heart with a positive message.
3. If you'd like, show your finished Happy Heart to your classmates before displaying.
4. After sharing, tape your Happy Heart to a street-facing window or door to show your love to all.