

# HEART Resources for Home Learning



Activities to nurture compassion and calm while learning at home.



Art	Reading	Writing	Self-Care	Family and Fun
<u><a href="#">Animal Feelings Sculptures</a></u>	<u><a href="#">“The Way I Feel” by Janan Cain</a></u>	<u><a href="#">Our Emotions</a></u>	<u><a href="#">Calming Strategies</a></u>	<u><a href="#">Wishful Thinking Dream Quilt</a></u>
<u><a href="#">Kitty Forts</a></u>	<u><a href="#">Animal Communication</a></u>	<u><a href="#">Weights and Wings</a></u>		<u><a href="#">Letter Mystery</a></u>

