



WHAT IS HEARTSMART CREATIVE?

HEARTSMART Creative is a resource that uses fun film clips and creative hands-on activities to bring HEARTSMART values and truths into the home. Each website below one of the 5 HEARTSMART Principles beginning with how to be HEARTSMART. Each link will provide an explanation of that principle and two creative activities to promote discussion and heartfulness with your child.

The HeartSmart High Five



Don't Forget to Let Love in!

Learning how important, valued and loved we are.



Too Much Selfie isn't Healthy!

Exploring the importance of others and how to love them well.



Don't Rub it In, Rub it Out!

Understanding how to process negative emotion and choose forgiveness to restore relationships.



Fake is a Mistake!

Unpacking how to bravely communicate truth and be proud of who we are.



'No Way Through,' isn't True!

Knowing there is a way through every situation, no matter how impossible it may seem.

- ONE

Get HEARTSMART

Families will look at how our hearts are affected by the choices we make and what it means to make HEARTSMART decisions.

<https://www.heartsmart.school/hsCreative-getheartsmart>

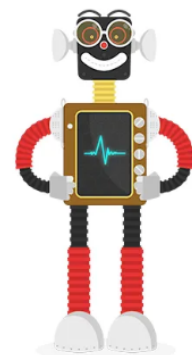


- TWO

Don't Forget to Let Love in!

Families explore the importance of self compassion and the value of loving themselves and being loved.

<https://www.heartsmart.school/hsCreative-dontforgettoletlovein>



- THREE

Too Much Selfie isn't Healthy!

Families are encouraged to grow in empathy and are given practical examples of how to show love to others.

<https://www.heartsmart.school/hsCreative-toomuchselfieisnthealthy>



- FOUR

Don't Rub it in, Rub it Out!

Families explore what it means to forgive and the impact that it has upon our hearts.

<https://www.heartsmart.school/hsCreative-dontrubitinrubitout>

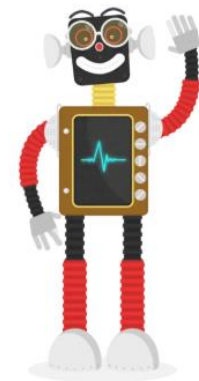


- FIVE

Fake is a Mistake!

Families look at the value of truth and it's role in building healthy relationships.

<https://www.heartsmart.school/hsCreative-fakeisamistake>



- SIX

'No Way Through' isn't True!

Families develop a resilient mindset that equips them as they face challenges or difficulties.

<https://www.heartsmart.school/hscreative-nowaythruisnttrue>

