

sWords



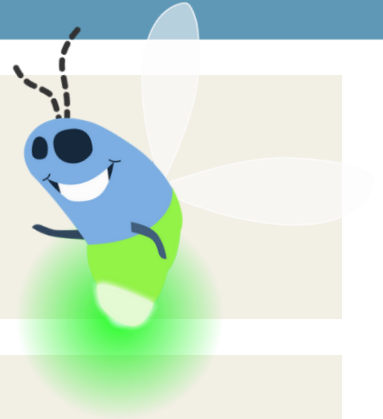
ACTIVITY #2

Mending a Broken Heart

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SUPER
HEROES

Mending A Broken Heart



Activity Objectives:

- To recognize the longer-term impact of words.
- To understand the difficulty of repairing the damage caused by hurtful words.

Materials:

- A blank white piece of paper
- A red heart-shaped cutout
- Glue Stick





Mending A Broken Heart

Instructions:

1. Give your child the cutout heart and explain that it represents someone's heart with whom they have used hurtful words. It can be a friend, a sibling, a schoolmate, or themselves.
2. Instruct the children to tear the heart into small pieces while saying the hurtful words they used. It should not take longer than 15 seconds.

Tip: make sure the children use hurtful words each time they tear the cutout heart to emphasize the point that every hurtful word we choose to use causes damage.



Mending A Broken Heart

3. Ask your child the following questions:

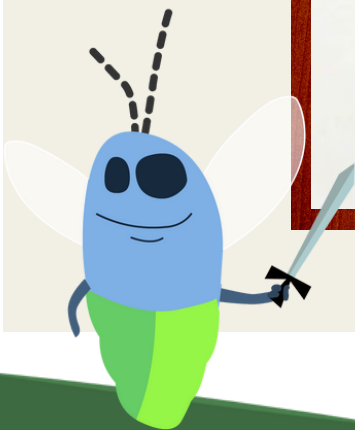
- What does the heart look like now? (Broken, torn)
- What do we usually say to someone after we've hurt them? (We apologize and say kind words, trying to mend their broken heart and make them feel better.)



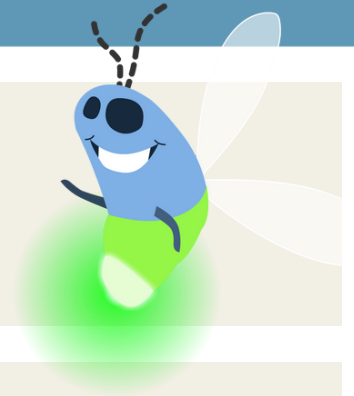
Mending A Broken Heart

4. Give the children the blank paper and explain that they will now mend the broken heart by gluing it back together.

Gluing the pieces back will represent the apology and the kind words we say to make someone else feel better after we've hurt their feelings.



Mending A Broken Heart



5. Let your child finish gluing the heart and ask the following questions:

- What took more effort, breaking the heart or mending it? (Mending the heart took more effort.)
- Does it look the same as before? (No, even if it's glued together in a shape of a heart, it has cracks.)
- Tell your child this quote –"Words can be forgiven but not forgotten." and ask them to explain it in their own words.

