The Bolton & Farnworth C of E Primary Multi Academy Trust
Together With God

Activity 4
Spiritual Development:

From the Heart - Your Heart Map
To recognize all that we love.

You will need – Felt tip pens, paper, pencils, pencil crayons and scissors.

Activity – You will need a large piece of paper. On your paper draw a large heart shape. Sit for a moment and think of all the things, people and activities you love and that make you happy. Illustrate these things in different sections of your heart to build a picture of all that you love and all that is important to you in your life. Once you have completed your heart map sit quietly and give thanks for everything you have drawn or written.