



## Activity 1

**Aim:** To develop self-confidence through the exploration of the value of love

**You will need** – selection of paper, scissors, pens and heart shapes.

**Activity** – To make heart jigsaws

Children will draw around a heart template. The children will cut their heart into several pieces. It is advisable for each child heart to be a different colour then pieces do not become muddled. Each pupil is encouraged to write a positive comment on a jigsaw piece of another child as to why they like that person. Each child collects the pieces to their heart and fit them together. The outcome will be that each child will have a positive affirming picture of themselves.

