



## Activity 61

### Spiritual Development:

## Send a Heart

### To promote positive thoughts and love.

**You will need** – A variety of heart shapes, felt tip pens, scissors and pens.

**Activity** – This activity is designed to promote positive thoughts and feelings of love/being valued. Firstly cut out several hearts. Think of several people who you will deliver a heart to. Now think of the reason why you would like to send them a heart. You could be saying thank you to someone, saying sorry for something, giving someone a compliment etc. Cut out several hearts and write on the reason why you are sending the heart. It is now time to deliver your hearts. You can do this in person or leave them as a surprise!

Just to say.....

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