



Wrinkled Heart

Description

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Students will learn how feelings and behaviors affect others.

Supplies

- [Wrinkled Heart Printable](#) for each student
- Scissors

How to Play

1. Give each student one Wrinkled Heart Printable and have them cut out the heart.
2. Ask students for examples of things that people say or do that hurt their feelings. Go around the room and have each student share or have students raise their hand as they have an idea.
3. For each example given, have students wrinkle or fold their heart.
4. Have this continue until everyone has a very wrinkled heart in their hands.
5. Then have the students share positive words or things that others have done to make them feel good.
6. For each example given, have students un wrinkle or unfold their heart.
7. Once each student has an unfolded heart, ask students how the heart looks.
8. Discuss the effects that hurtful words and actions can have on someone else's heart, and how the wrinkles in the heart represent how sometimes these words and actions can last a while.

Activity Prompts for Reflection

- What is one nice thing someone has done for you recently?
- How does it make you feel when others are kind to you?

- Step into another student's shoes, what is one kind thing you could do for them today?
- How do our words and actions affect others?

Other Ways to Play

- Use [A Wrinkled Heart](#) ebook alongside this activity. As you read along, fold the heart each time Elliot's heart wrinkles.
- Complete this activity as a large group, with one large heart.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Social Awareness

Sel-competency

1. Social Awareness

Allotted-time

1. 20 minutes

Themes

1. General