

# Helping Heart

Write at least three sentences describing things you could do to help yourself think and feel positively. Write at least three sentences describing things you could do to help others think and feel positively. Illustrate your ideas.

The image shows a large heart shape divided into two equal halves by a vertical line. The left half is labeled 'Myself' and the right half is labeled 'Others'. This is a template for a worksheet where students can write and draw ideas for helping themselves and others.