

# Hearts and Hands

## Introduction for children and families

A theme connecting Well-being and Arts Education Grades 3-5

Are you missing your music, visual art, drama, or dance time at school?

Here are some ideas to inspire you to explore your creativity, and support others too. Feel free to invite your siblings and family to join in on the fun and learning. This is a series of opportunities intended to move at your own pace, and opportunities that you can either skip or repeat multiple times.

The theme for this series is “Hearts and Hands”. Each week there will be one book and some ideas for you in art, drama, music and dance.

Hearts and Hands are vital to our wellbeing and survival. You may have heard about the symbol of a heart being used in windows to show support for all the healthcare professionals working so hard to keep us safe and healthy. Our hands are often used to show ways that we are learning and growing.

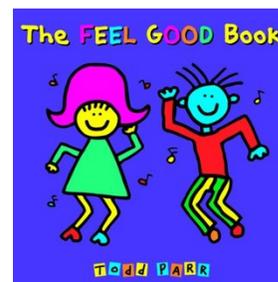
**“There was something else my mother did that I’ve always remembered:  
‘Always look for the helpers,’ she’d tell me.  
‘There’s always someone who is trying to help.’  
I did, and I came to see that the world is full of doctors and nurses, police and  
firemen, volunteers, neighbors and friends who are ready to jump in to help  
when things go wrong.”  
~Fred Rogers**

### **Overall considerations that will promote wellbeing as you complete the activities:**

- Go at the pace of your child or family to complete the activities and don’t force an activity if it is just not going well.
- See these activities as invitations - choose as few or as many as would like to do
- Allow your child or family to adapt an activity if they have ideas and go with the flow!
- Consider your location – go outside if you can.
- Are there any opportunities for social connections throughout? Can you send any images of your activities to friends or family or can you connect online to do one of the activities together?

## Week 3: based on the book “The Feel Good Book” (Gr 3-5)

- Watch Todd Parr’s “The Feel Good” book  
<https://www.youtube.com/watch?v=9je1oKlopBM>



### What activities make you feel good?

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- Allow your child or family to adapt an activity if they have ideas and go with the flow!
- Consider your location – go outside to play if you can.
- Are there any opportunities for social connections throughout? Can you send any images of your activities to friends or family or can you connect online to do one of the activities together?

#### Visual Arts:

- Todd Parr uses bright colours and thick black lines to outline his drawings. After reading the story draw, colour, and outline a picture of something that makes you feel good. Use bright colours in your illustrations and outline with a black marker.

- Spend time drawing, colouring, and outlining pictures in the style of Todd Parr. Put them together into your own *Feel Good* book.



*When you look at a picture of a face, how do you know if they feel good or bad? What does your face look like when you feel good or bad?*

#### Drama:

- In this book Todd Parr writes that it feels good to help others. Make a list of all the ways you can help others or that others have helped you. Practice acting out a few.

- Ask your family to play a game of *helping others* charades. Use the list that you created. Put each idea on a separate piece of paper and take turns acting out the idea. Your family might have new ideas to add to yours.

*Why does helping others' make us feel good? Can you think of a time that someone helped you? How did it feel?*

#### Dance:

- Todd Parr included “Watching your grandparents dance feels good” in the story. Using music that makes you feel good, explore creating new dance moves. Ask your family, friends, grandparents to share their favourite dance moves.

- Put together a simple dance routine that your family can dance together. Share it with your neighbours or friends or take a little video.



*Performing for other people can make us feel good, but it can also make us feel scared. How do you feel when you perform for others? How could the audience help to make us feel good?*

#### Music:

- Does listening to music make you feel good? Make a list of songs that you like to listen to and that make you feel good. Ask your family for song ideas to add to your list.

- Once you have your list, separate your songs into specific activities that would go well with the song. (*Listening to Here Comes the Sun while I am gardening makes me feel good.*)

*Doing things that make ourselves feel good, like listening to music is important. Think about a time when you felt good – what made you feel this way? How did you treat others when you felt good? Now think of a time when you felt bad – what made you feel this way? How did you treat others when you felt bad?*