

# Hearts and Hands

## Introduction for children and families

A theme connecting Well-being and Arts Education K-3

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 you may skip any section you like, or repeat as many times as you would like.

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 - chose 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 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?

## Week 1: based on the book Beautiful Hands

- Watch YouTube reading of the book "Beautiful Hands" - <https://www.youtube.com/watch?v=YeV5QA6UEHg>



### What will your hands do?

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<p><b>Visual Arts:</b></p> <ul style="list-style-type: none"> <li>• Draw a heart on a piece of paper, or in the dirt, or sand in your yard. If you draw it on a piece of paper, cut it out and put it up on your window just as others are doing all around the world.</li> <li>• Go outside and find examples of heart shapes in nature or create a heart out of sticks, leaves, or rocks.</li> </ul>  <p><i>If you drew a picture of YOUR heart, what would it look like? What colour would it be, what size would it be? Would it be the shape as the heart you drew or a different shape?</i></p>	<p><b>Drama:</b></p> <ul style="list-style-type: none"> <li>• Play a drama game with your family. Take turns acting out something you do with your hands and see if your family can figure out what you are doing, examples might be building lego, cooking, sewing, drinking, cutting, drawing...</li> <li>• Try acting out something with sock puppets! Put a sock on each hand and talk to each other. Make up a little story.</li> </ul> <p><i>What things can you do with your hands that make you feel happy? If someone is feeling sad, what could you do with your hands to help them to feel happy?</i></p>
<p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>• Make up a dance that only uses your hands.</li> <li>• Make up a dance with one of your stuffys - hold your stuffy in your hands and dance to your favourite music.</li> </ul> <p><i>Can you teach your dance to someone else? How does it feel to share your dance with someone else?</i></p>	<p><b>Music:</b></p>  <ul style="list-style-type: none"> <li>• Do you know any songs about hearts or hands? (example: If you are happy and you know it - clap your hands). Can you sing that song?</li> <li>• Ask your family if they know any songs about hearts and hands. Have your family pick their favourite one and sing it together.</li> </ul> <p><i>Is this song happy or sad? Why do you think this? How does singing or listening to music help you to feel happy?</i></p>
<p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• Make a list or draw a picture of all the things your hand can do.</li> </ul>	<ul style="list-style-type: none"> <li>• ask if you can paint your hands like the illustrator in this book and make plants, animals or an imaginary creature!</li> </ul>