

Mother Earth Activities

Ages
4-10

Appreciation for Earth Using the Heart Shine™ Technique

The Heart Shine™ Technique is about spreading care and appreciation. When we are grateful for the people and things around us, we naturally respect and value them. Feeling appreciation leads us to show care and concern.

Heart Shine™ Technique Steps



- ▶ Place one hand on your heart and focus on the area around your heart.
- ▶ Breathe in the feeling of warm sunshine. Imagine as you breathe, you are drawing in the rays of the sunshine into your heart. Doing this warms up your heart.
- ▶ Continue to breathe that sunshine in and out of your heart.
- ▶ Now take that warm sunshine in your heart and send that love and appreciation to something in nature that you care about and appreciate (trees, ocean, animals, the sky).
- ▶ See the rays of sunshine shining out from your heart to a special part of nature that you love.



Activities

For ages 4-5

Listen to The Sunshine Secret and discuss it using the chapter questions. Color the frog-coloring page to show how the frog shines. Together, practice The Heart Shine™ Technique.



For ages 6-7

Complete the worksheet to show why you are thankful for nature.

For ages 8-10

Make a card for the planet. Tell the Earth what you appreciate about it and why. Then, share one way you can show your respect/take care for nature.