

Mother Earth Activity: The Heart Shine™ Technique

Introduction: Before practicing the Heart Shine™ Technique, discuss what appreciation means. Appreciation means being thankful for the good qualities, someone or something offers. 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. Let us take time today to appreciate the Earth and all that it provides for us.

Procedure: The teacher charts aspects of nature that kids appreciate and why. Then, the teacher will explain the Heart Shine™ Technique. Next, practice this technique as a way to show appreciation to nature using our emotions. Explain that our emotions are powerful and can be felt by all living things around us.

*Note: For the Pre-K –Kindergarten activity, first listen to the story and do the activity. Then, practice the technique as a class.

Heart Shine™ Technique Steps for Mother Earth: In honor of Mother Earth, we will send love and care to our planet to show our appreciation for all that it provides us.

- Let's begin by placing one hand on our heart and focusing in the area around our heart.
- Next, 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.

Storybook Activity for Pre-K-Kindergarten: First, listen to the audio of The Sunshine Secret book. Next, discuss the story using the provided questions. Then, let the students color the frog-coloring page. Finally, practice The Heart Shine™ Technique together.

Worksheet Activity for Grades 1-2: This activity is to reinforce what each student appreciates about nature. Start by adding clothes and a face on the outline to look like you. Then, color in your heart red. Remember that feeling of love and sunshine that fills your heart. Color the hearts and sunshine in the field around your body. Then, draw one picture in each box to show something in nature for which you are thankful. Students will share their responses.

Writing Activity for Grades 3-4: Write a three-paragraph letter to the planet expressing your gratitude for all it does for us and share one way you can show your respect/take care of nature. Be sure to include the four parts of a letter.

The Sunshine Secret: Story Questions

Chapter 1: Questions

1. What do you think Gloria and Leon were feeling when:
 - They were ignored by the grasshoppers playing jump rope. (Sad, disappointed, angry.)
 - They saw the snake in the forest. (Frightened, nervous.)
 - Kruz the chameleon made fun of them. (Sad, rejected, upset.)
 - They thought about the possibility of meeting the Magical Frog. (Excited, happy.)
2. What do you think Leon and Gloria were feeling when they could not glow green? (Frustrated, sad, disappointed, upset.)
3. Why do Leon and Gloria want to glow green so badly? (To be safe in the forest, hide from other creatures.)
4. What is camouflage? (Camouflage in animals is something such as their color or shape that makes it difficult for them to be seen, or helps them blend into their environment.)
5. Where do frogs live? (Near the water.)

Chapter 2: Questions

1. How do you think Gloria and Leon felt when they:
 - First saw the Magical Frog?
 - Asked for help from the Magical Frog?
 - Told the Magical Frog how the other animals treated them?
 - Saw the Magical Frog turn lots of colors and the last one was neon green?
2. What do think the secret to glowing green is? (This question stimulates your children to reflect on the story and try to predict what will happen next. Expect answers to vary greatly.)

Chapter 3: Questions

1. How do you think Leon and Gloria felt when:
 - The Magical Frog said he would teach them to glow green?
 - They first started feeling the sunshine come in and shine out of their hearts?
 - They realized they were glowing green?
 - They shined the love in their hearts out to others?

2. When they said goodbye to the Magical Frog, he said appreciation was the key to keeping a good feeling in your heart.

- What is appreciation? (Appreciation means to be thankful or grateful for someone or something.)
- What do you feel appreciation for?

3. What do you think will happen if we shine the good feeling in our hearts towards others?

Chapter 4: Questions

1. How do you think Gloria and Leon felt when:

- They saw Kruz for the first time?
- They showed Kruz they could turn green?
- The snake did not see them hiding – after they turned green?
- The grasshoppers asked them to play?
- They said goodbye to each other at the end of the day?

2. Have you tried to use Heart Shine? When?

3. Have you taught anyone else to use Heart Shine?