

## CONVERSATION HEARTS

Ages: B, C, and D

**Supplies: Conversation Hearts Facilitator Template, scissors for Facilitator, lunch-sized paper bag or small container**

1. Prior to group, photocopy Heart handouts. Cut out hearts and place in a paper bag or small container. Some blank hearts are included for older children to make their own conversation hearts to add to the activity.
2. Have participants sit in a circle. Explain that each participant is going to select a conversation heart from the container and finish the statement.
3. Pick a participant to start and have him or her pick a heart from the container of heart questions.
4. If the child needs help, read the question for the child and ask him/her to give a brief answer. The participant can keep their question or put it back in the container to be answered by another participant.
5. Repeat until all participants have had a turn to answer a question.



### **To Process:**

- Ask the participants to identify one thing they learned, or thought was interesting about another group member's conversation heart.
- What was your favorite answer and why?
- Was it difficult to share your thoughts and feelings?
- How can we open our hearts to be a better listener?





