

Choosing Love

Activities



In the story of "Merritt's Heart Opens" we meet a bee. The bee reminds Merritt to open his heart and choose love.

Here are some ideas to help your child choose love.

1 Say something nice to someone:

- Say thank you to someone that helps you during the day.
- Tell someone you like what they are wearing.
- Say I love you to your family or close friend.
- Call a family member and tell them you miss them.

2 Do something nice for someone:

- Send a note to someone you love.
- Make a drawing and give it to a friend or neighbor.
- Invite a new friend to play with you.
- Bake treats for local firefighters or police officers.
- Donate pre-loved items to those in need.
- Bring your teacher a drawing or small gift.
- Help make dinner.

"Always remember to open your heart, for the love and kindness inside is your very best part."

When we open our hearts and choose to be kind and generous, we are choosing love and we are less fearful and more grateful.