



THEME: YOUR FEELINGS ARE HURT

Directions: When someone has hurt your feelings and they apologize, how does your heart feel? Draw a picture of your heart when it is hurt and a second picture of your heart after someone says they are sorry.

Write one sentence that describes the differences in the pictures:

Remember to SOAR:

S
O
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people