



## Seastar's Guide to a Heartful Heart

Hi! Sometimes, even in the peaceful sea, someone says or does something that hurts. Now that you learned to *heal your heart* using the magic of heartful thoughts, let's practice.

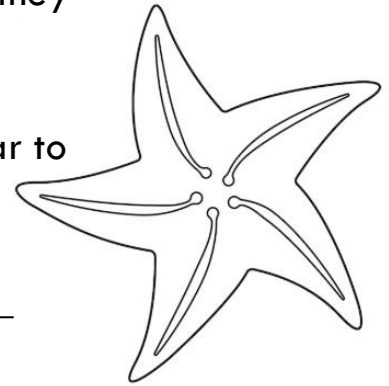
### Part 1: Name the Feeling

Think of a time someone hurt your feelings. Maybe they said something mean or left you out.

**Write how you felt and why?** And, use your seastar to draw the color of your hurt heart?

*I felt...* \_\_\_\_\_

*Because...* \_\_\_\_\_



### Part 2: Heartful Thoughts and Wishes

Circle or write your favorite "heartful" sentence below. And, use your seastar to draw the color of your heartful heart:

"I am strong and loved."

"Feelings come and go, and I will be okay."

"I can grow kindness from hard moments."

"There are good things in my day too."

*Want to make your own? Write it here:*

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