

Whimsy's Heavy Things

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Activity Packet



Heavy Things

Have you ever felt weighed down?

What heavy things (problems or worries) do you have about your home, school, or neighborhood?

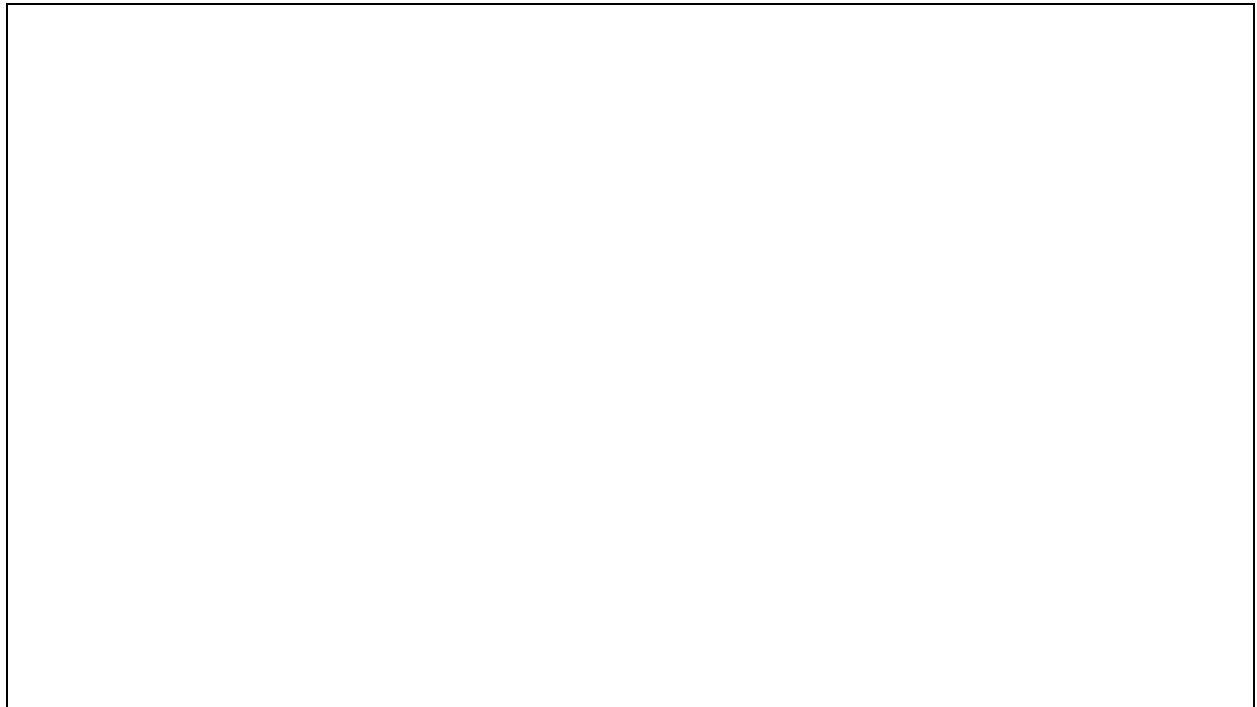
Draw or write some of them below.



Dealing with Heavy Things

What are some ways that you can deal with some of the heavy things you drew on the last page? Who can you go to for help?

Draw these people below

A large, empty rectangular box with a thin black border, intended for drawing the people mentioned in the text above.

It's important for us to remember to talk with family and friends when we are feeling this way. They can listen to our heavy things and offer us support.

Feeling Lighter

What are the things that make you feel 'lighter'? Celebrate the good things in your life. Draw pictures of things you love to fill the wagon.



Worry Dolls



Paint round, white face shapes on your dolly clothespins. You may need two layers of paint. We've used paint for the hair here, but you could try gluing wool on top of the dolls instead. Use a toothpick dipped in acrylic to paint dainty details on the faces.



Cut out a piece of fabric 3 x 2 1/2 in (8 x 6 cm). The size of the dolly pegs may vary, so line up the fabric with the pegs and check that it fits.



Use a popsicle stick to spread white glue onto the fabric. Fold over the bottom and top edges so that any fraying fabric is hidden and wrap the fabric tightly around your doll. Allow the glue to dry.

In Peru, parents put worry dolls under their children's pillows if they are anxious about something. In the middle of the night, they remove the doll and the worry along with it!

Activity Sheets

1. Whimsy's Heavy Things Word Find
2. Heart Maze
3. Always Believe in Yourself Coloring Sheet
4. Be Kind to Yourself Coloring Sheet
5. I am Amazing, Brave, and Strong Coloring Sheet



Whimsy's Heavy Things

Word Find

B	E	B	R	E	A	T	H	E
C	O	U	R	A	G	E	V	W
O	S	S	E	E	R	B	N	E
M	T	W	T	R	A	L	U	L
P	R	I	H	E	T	E	R	L
A	E	S	E	L	I	S	T	N
S	N	D	R	A	T	S	U	E
S	G	O	E	X	U	I	R	S
I	T	M	M	E	D	N	E	S
O	H	A	N	D	E	G	T	O
N	A	B	A	L	A	N	C	E
W	H	O	L	E	N	E	S	S
O	C	H	A	N	G	E	I	S
N	O	R	E	S	T	O	E	O
S	E	L	F	-	L	O	V	E

STRENGTH

COURAGE

BLESSING

NURTURE

WHOLENESS

GRATITUDE

WISDOM

SELF-LOVE

BREATHE

COMPASSION

RESTORE

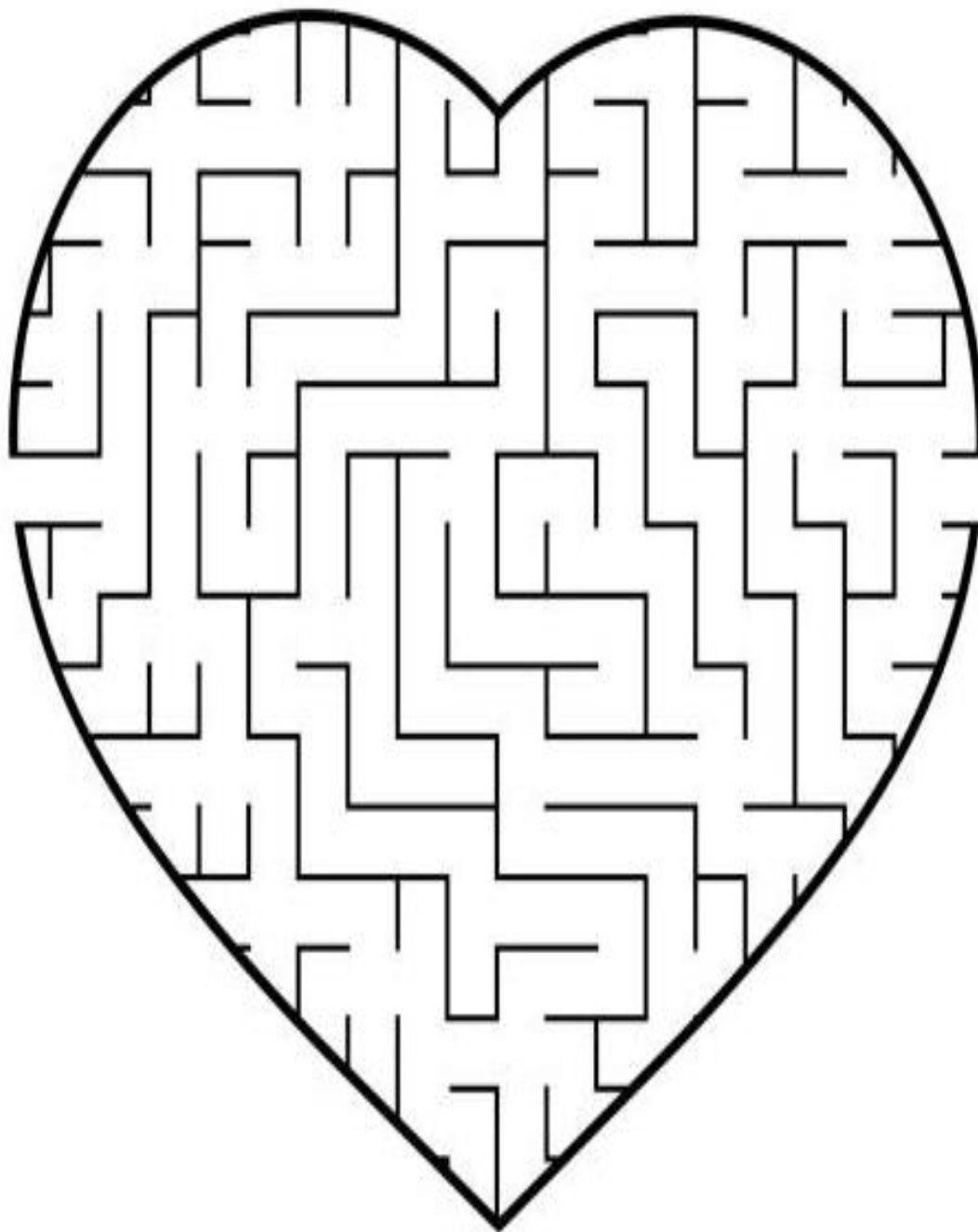
BALANCE

WELLNESS

CHANGE

RELAX

Heart Maze



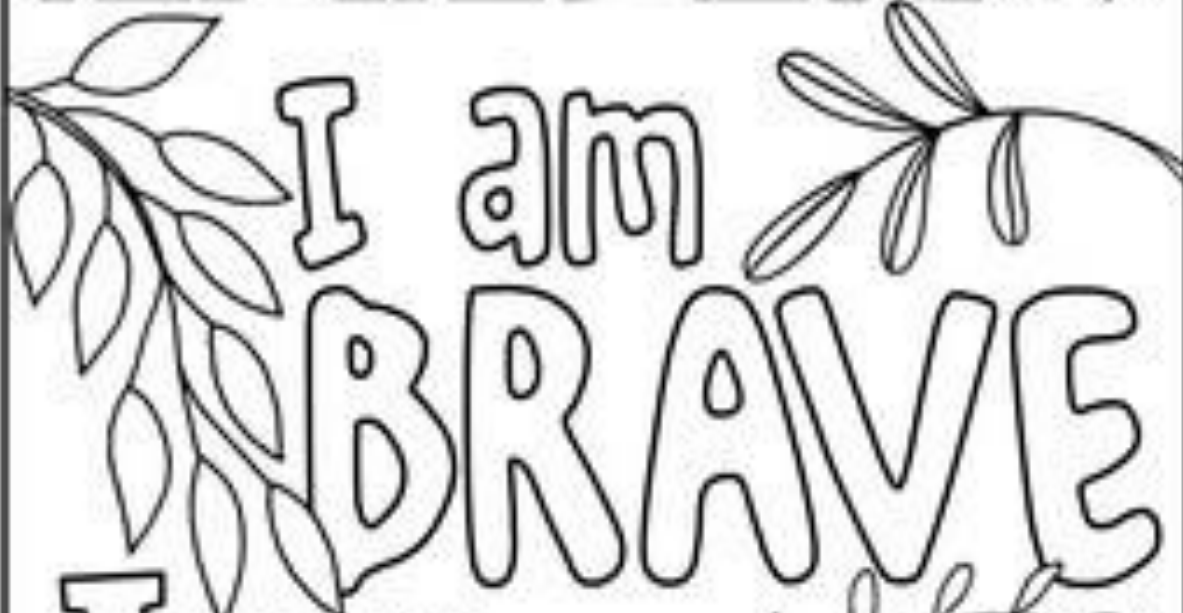


Doodle Art Alley ©





I am
AMAZING



I am
BRAVE



I am
STRONG

