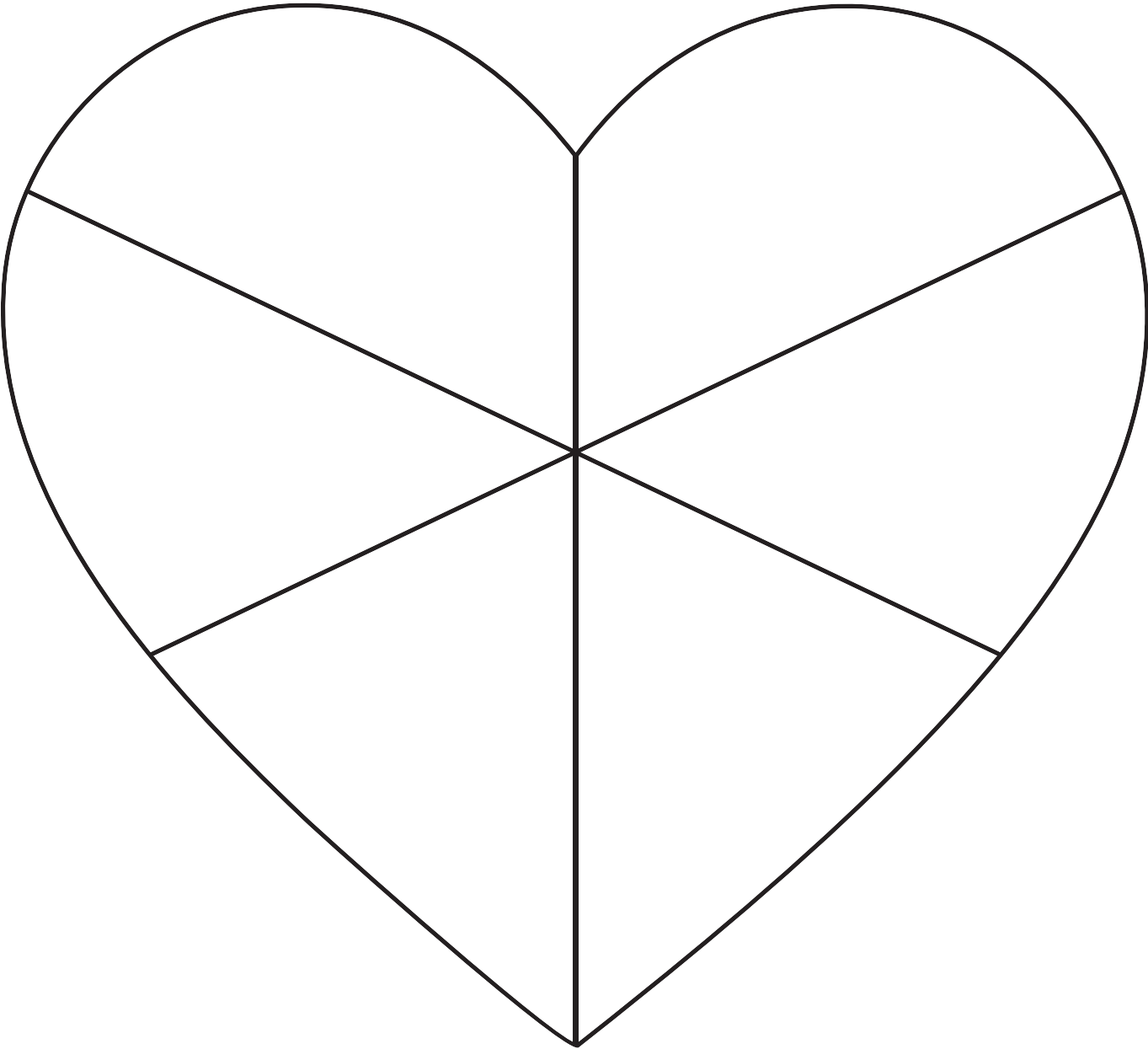


My Heart Map

Fill in each section of your heart with what means the most to you.



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My Heart Map

A reflective activity to explore what makes us feel happy, connected and unique.

Overview

Our 'My Heart Map' activity invites children and young people to reflect on the things that fill their heart with happiness, joy and fulfilment.

The worksheet features a heart shape divided into six sections. Each section can be filled with thoughts, feelings, memories, people or experiences that are important to them. This activity encourages self-reflection and helps young people recognise the things that support them and make them who they are.

Benefits:

- Builds self-awareness and emotional literacy
- Identify sources of joy, comfort and happiness
- Develop gratitude and positive thinking
- Recognise positive relationships, experiences etc. that can be reflected on at a later point

How to use this worksheet

1. Introduce the idea that everyone's 'hearts' are made up of different important things
2. Encourage young people to think about what makes them feel happy, safe or proud
3. Ask them to fill in each of the six sections of the heart with drawings, words or short phrases
4. Remind them that there are no right or wrong answers – their answers will be very personal to them
5. Allow time for quiet reflection and creativity
6. Optional: Invite students to share parts of their heart if they feel comfortable

Estimated time: 15-25 minutes

Materials needed: Worksheet, pen or pencil and colouring materials

Conversation Starters/Reflection Questions

- What kinds of things make you feel calm or happy?
- Who or what is important to you?
- Which part of your heart feels the strongest right now?
- How can you take care of those things that matter to you?
- Which part of your heart is your favourite when you're having a bad day?

Parents/Carers

The 'My Heart Map' activity is an effective way to help your child explore what brings them happiness and supports their wellbeing.

At home, you can:

- Talk through the idea that everyone has different things that make them feel happy
- Support them in thinking about people, hobbies, memories or places
- Complete the activity together to create a shared conversation
- Use it as a tool to learn more about what is important to your child

After the activity, you can ask:

- What did you choose to put in your heart map?
- Why are those things important to you?
- Is there anything else you wanted to put in but didn't have space for?

Teachers/Education Settings

This activity works well within PSHE or wellbeing sessions and can support emotional literacy and self-awareness.

You can:

- Introduce the idea of emotional wellbeing as "taking care of what's in our heart"
- Encourage students to reflect individually before sharing with others
- Provide examples for younger learners e.g. family, friends, pets, hobbies

Additional Considerations:

- Use as a starting point for a class discussion about wellbeing and identity
- Link back to gratitude, relationships and developing resilience
- Provide visual prompts for SEND learners
- Have a completed example to show the class

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