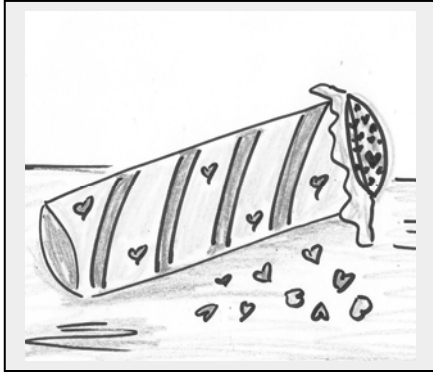


Namaste Numbers - Family Art Activity

Heart Kaleidoscope



Life can be harsh and so can we!

This project gives you a physical tool to reinforce the lessons of compassion and heart centeredness.

Directions:

1. Take empty paper towel roll and color or paint! Let dry.
2. Cut out mini hearts from colored paper.
3. Put mini hearts into a clear plastic sandwich bag.
4. Wrap plastic bag around end of dry paper towel roll.
5. Tape bag at end making sure bag fits securely and hearts are all in center at end of tube. Cut plastic bag ends off if wish.
6. Look through to see with your heart!

Curious Questions

- ~ What do people look like when you see with your head?
- ~ What do people look like when you see with your heart?
- ~ What are some ways you can see with your heart?
- ~ How does seeing with your heart make you feel?
- ~ How does it make others feel?