**BRAVE Activities**

**Wrinkled Heart**

* Grab a sheet of paper and cut it into a heart shape.
* Tell the kids to admire the heart. Look at how perfect it is with no tears, wrinkles or marks. Get them to hold the perfect heart in the air.
* Now ask the kids to wrinkled, rip and tear the heart!! After they have done so get them to hold the now destroyed heart up in the air.
* Hold your perfect heart up and ask them to make their look like yours again. They will say it’s impossible!!
* Explain to them that this is like being mean to someone, picking on them, teasing them, kicking the, etc. Even time they bully someone they are wrinkling someone else’s heart.
* Yes, it is great to say sorry but you can never take your actions back!!
* Remind them to always think about what they do or say to someone before they do it. If you’re having a bad day, just take a deep breath and remember tomorrow is a new day!!