



THE BIG HEART

JOURNEY





THE BIG HEART JOURNEY



THE BIG **HeART** JOURNEY

HOME



HOME

You are safe here.

You belong here.

You matter here.

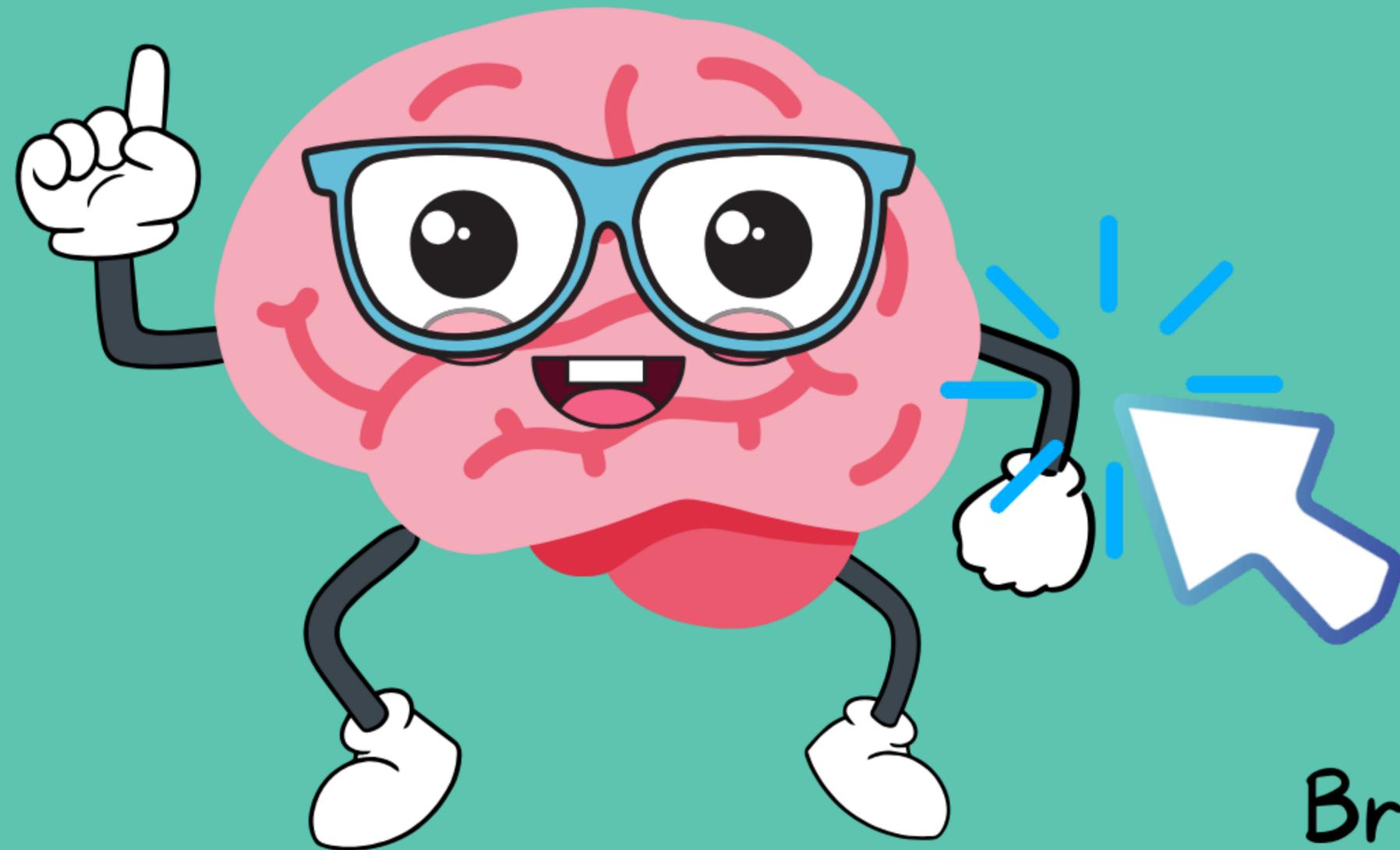


HOME

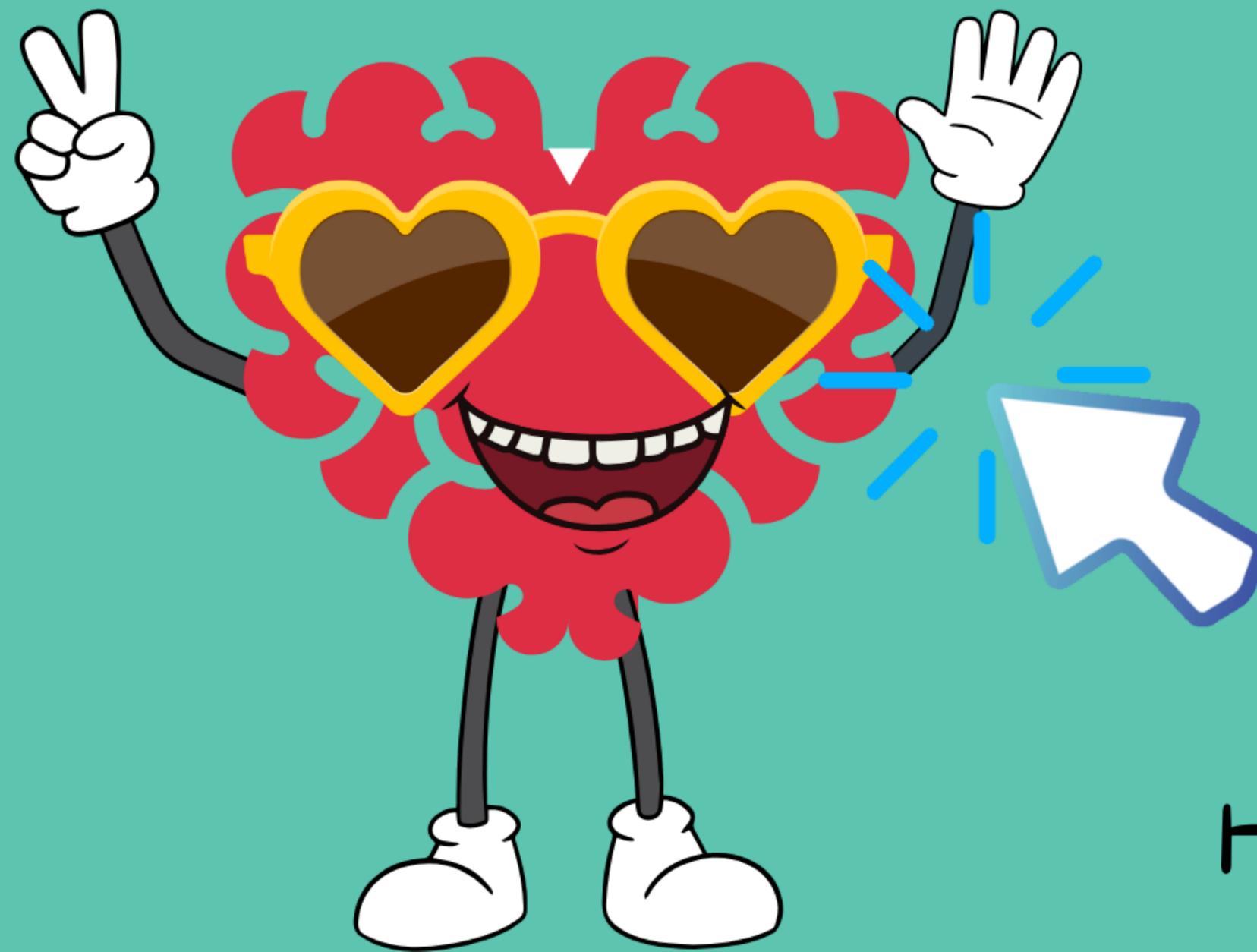
You are loved for
exactly who you are.



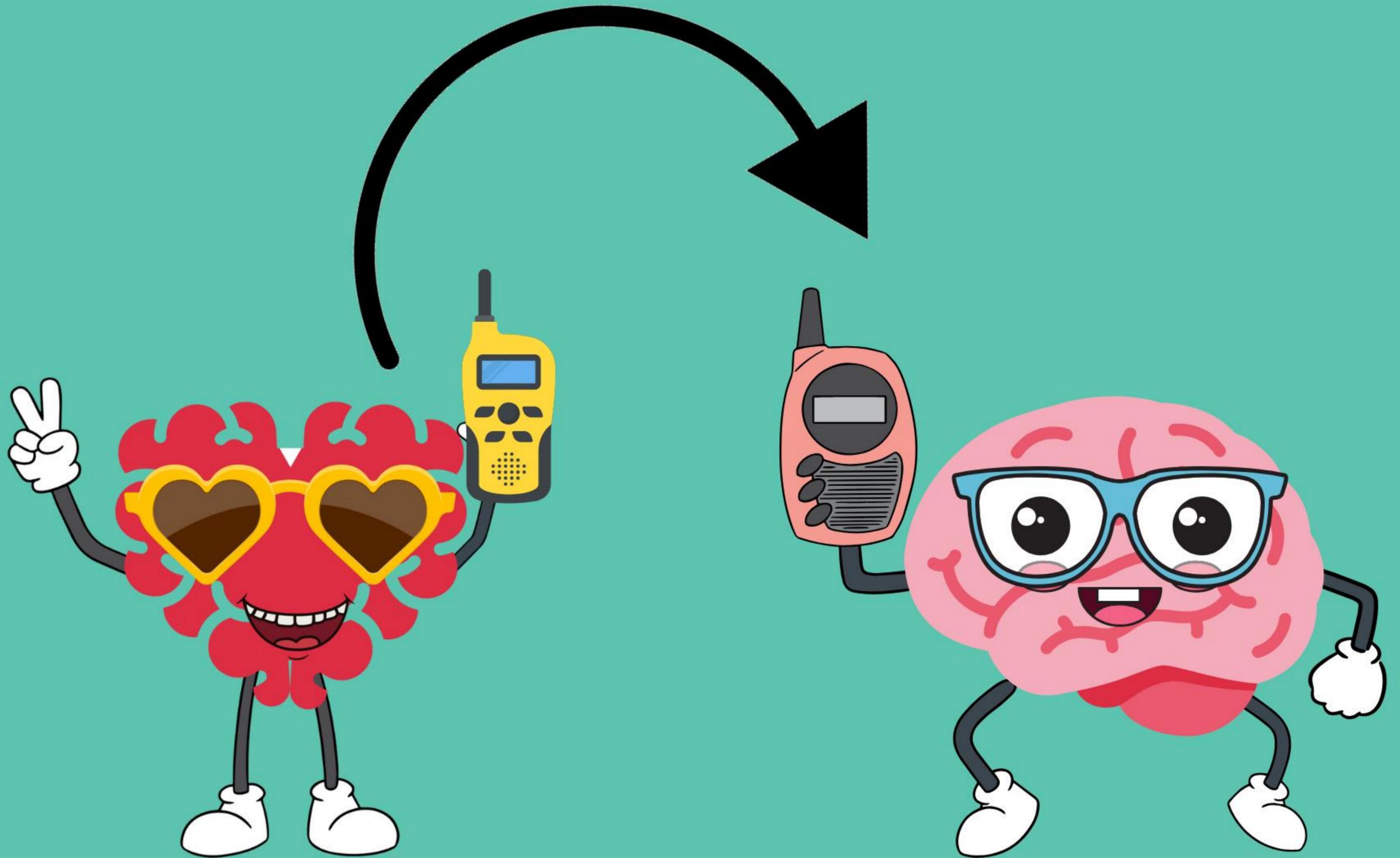
THE BIG **HeART** JOURNEY



Brain Brain



Heart Brain

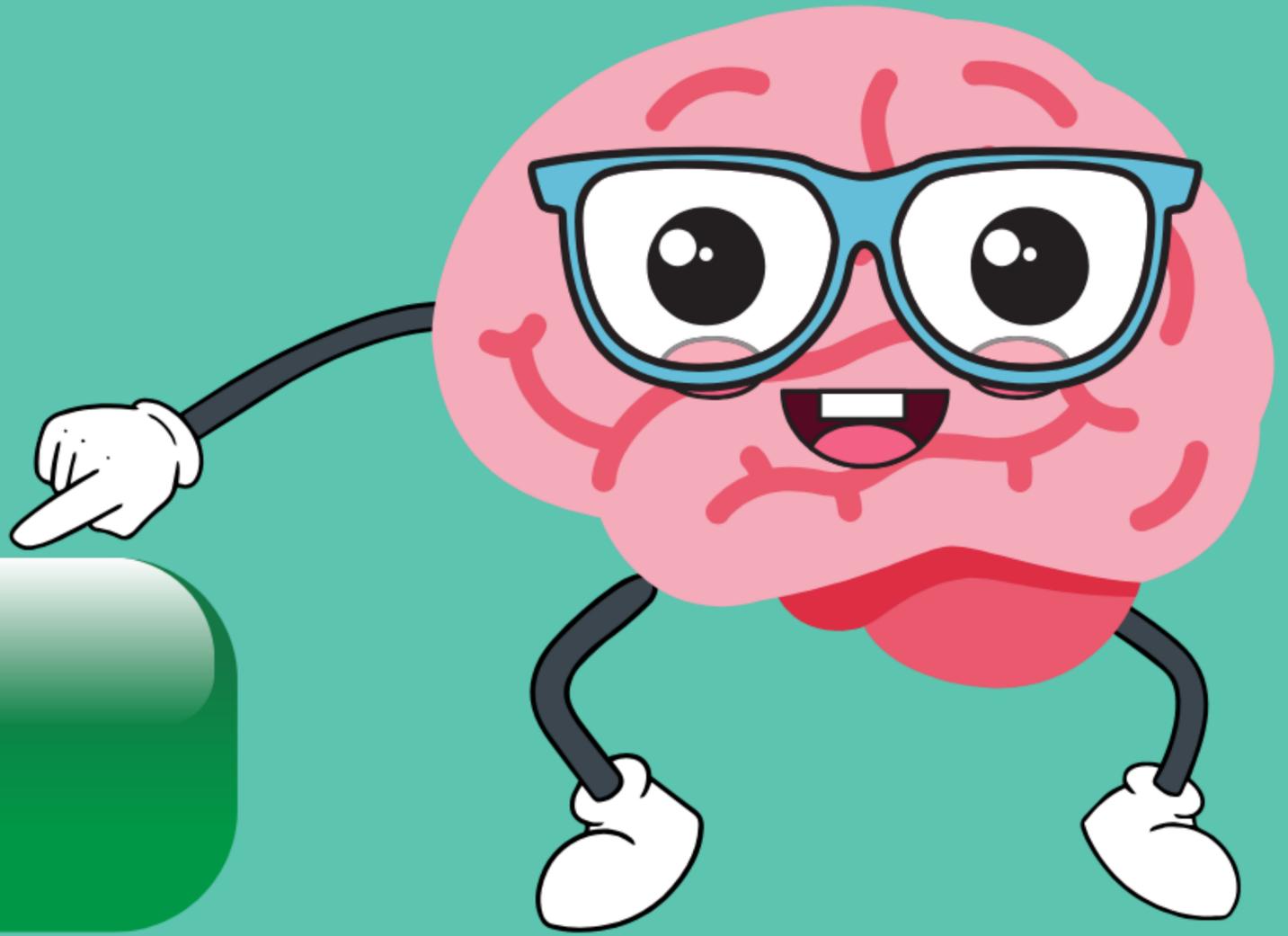




Heart Brain

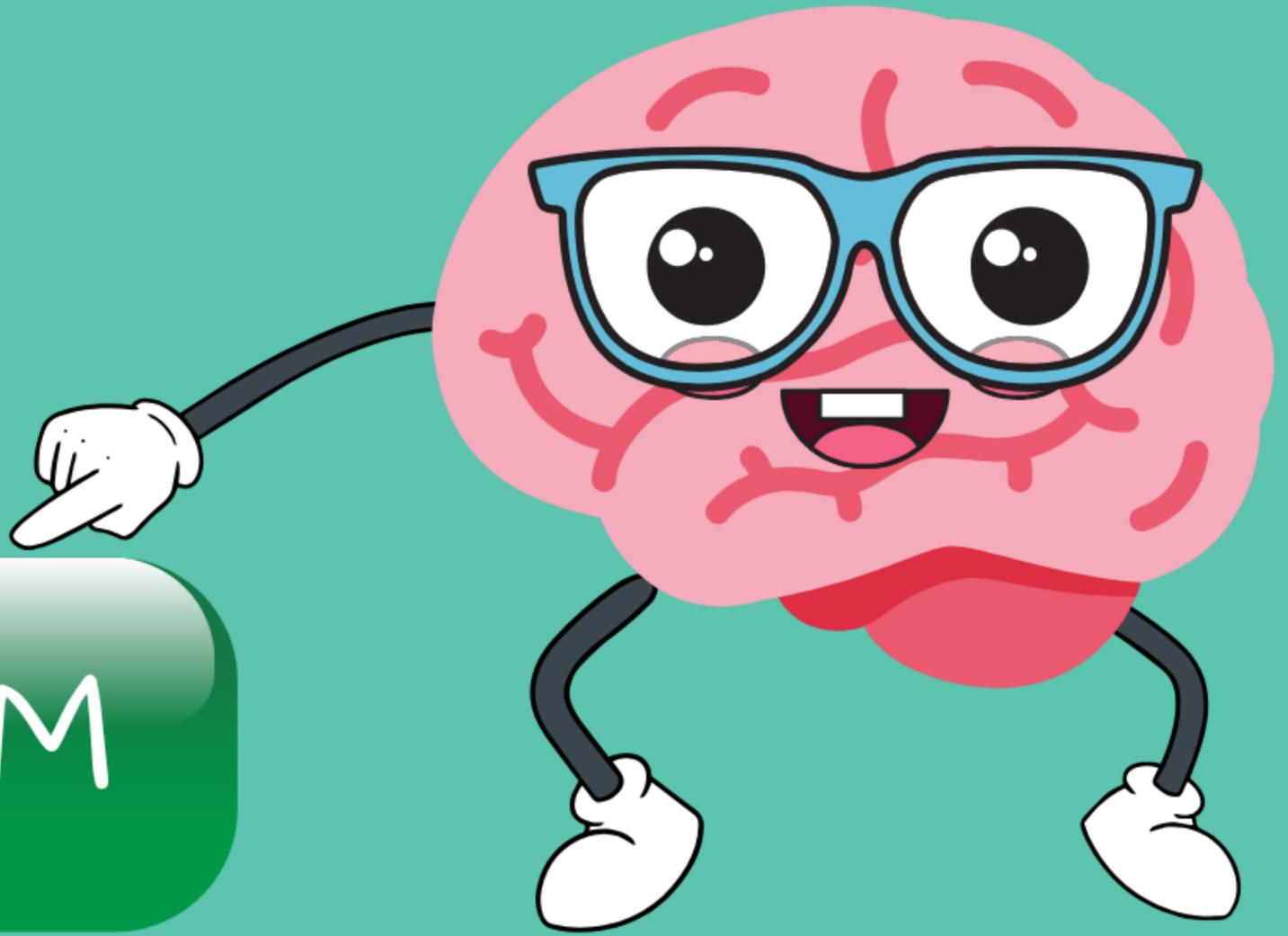


Regular Heart Beat





CALM PALM

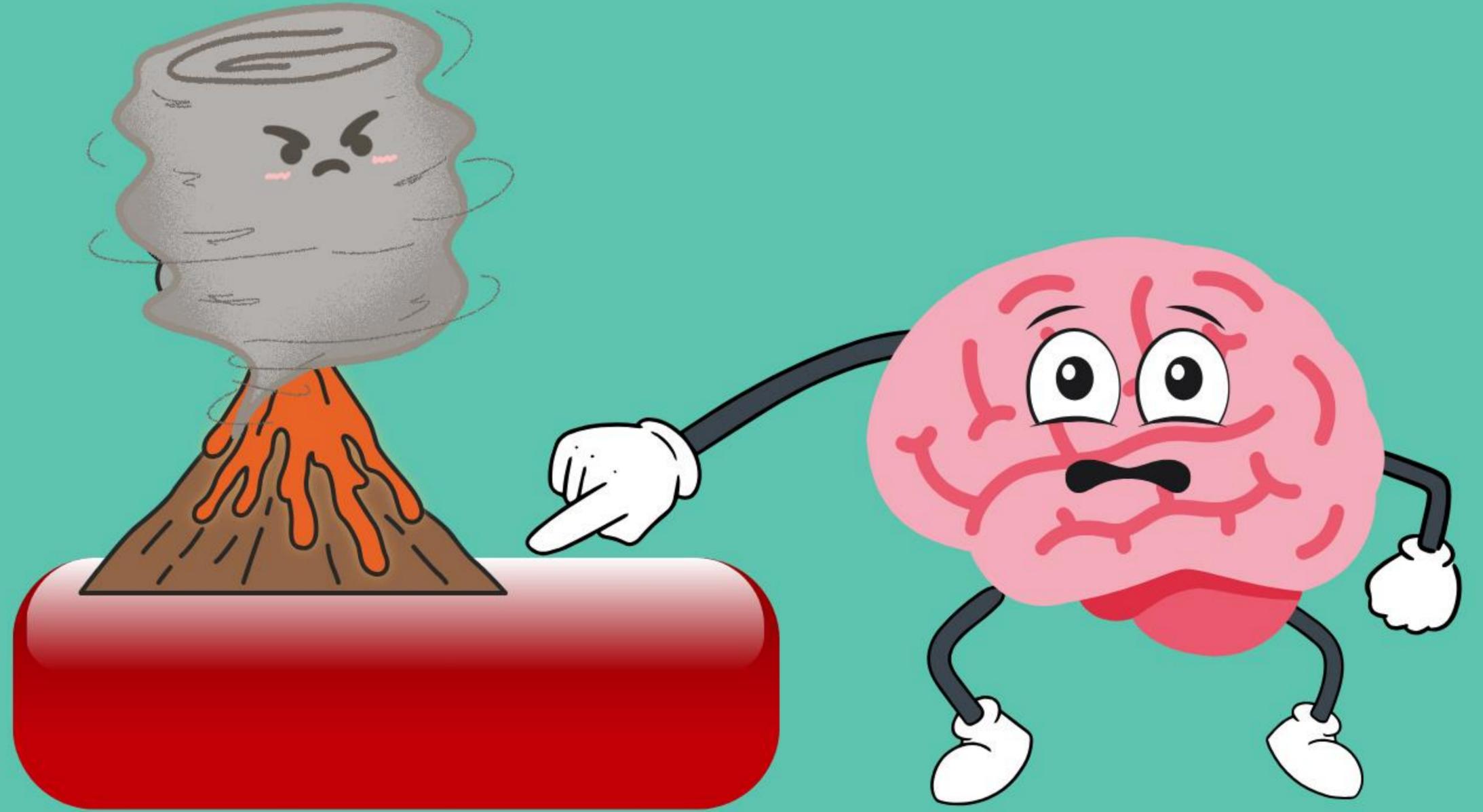


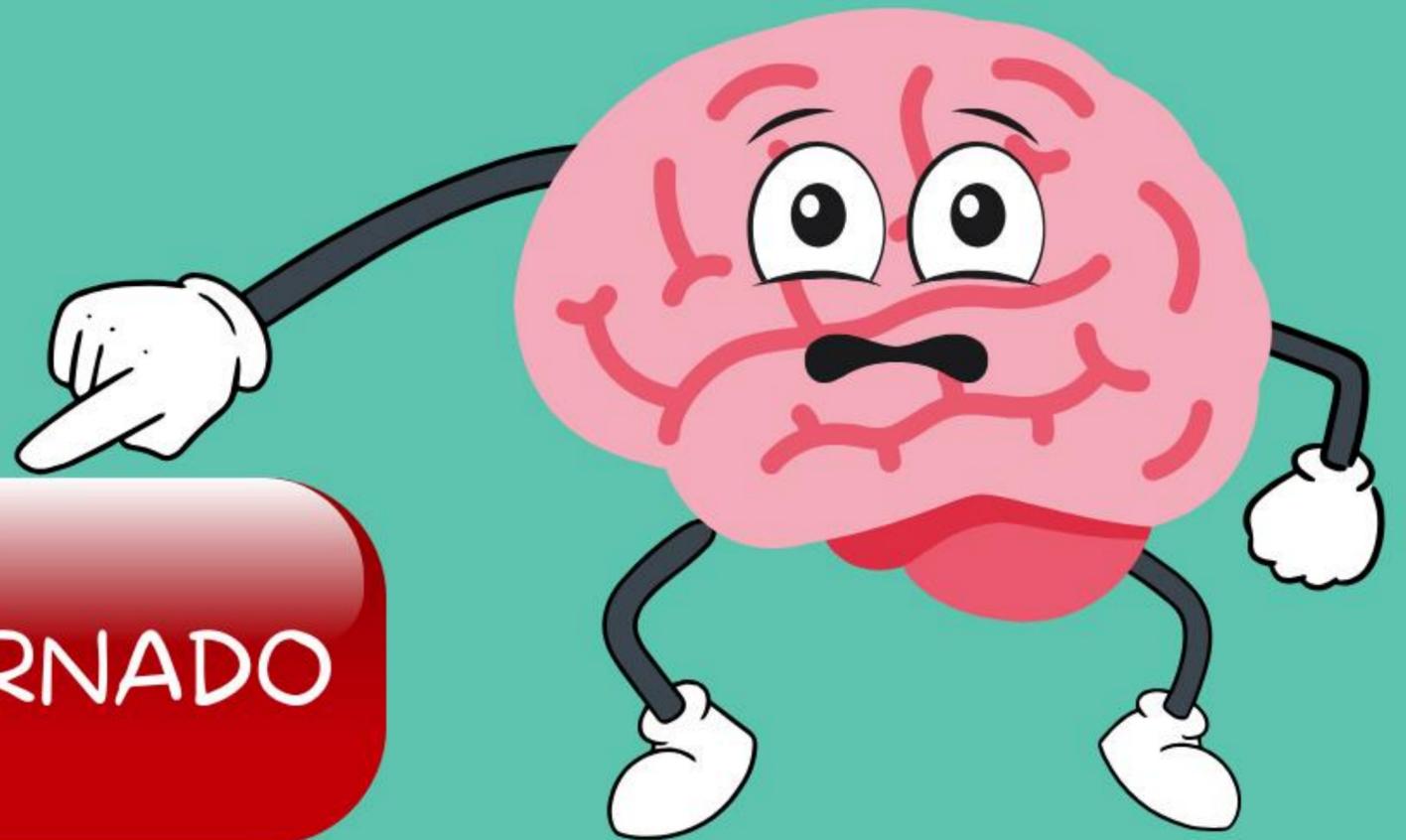


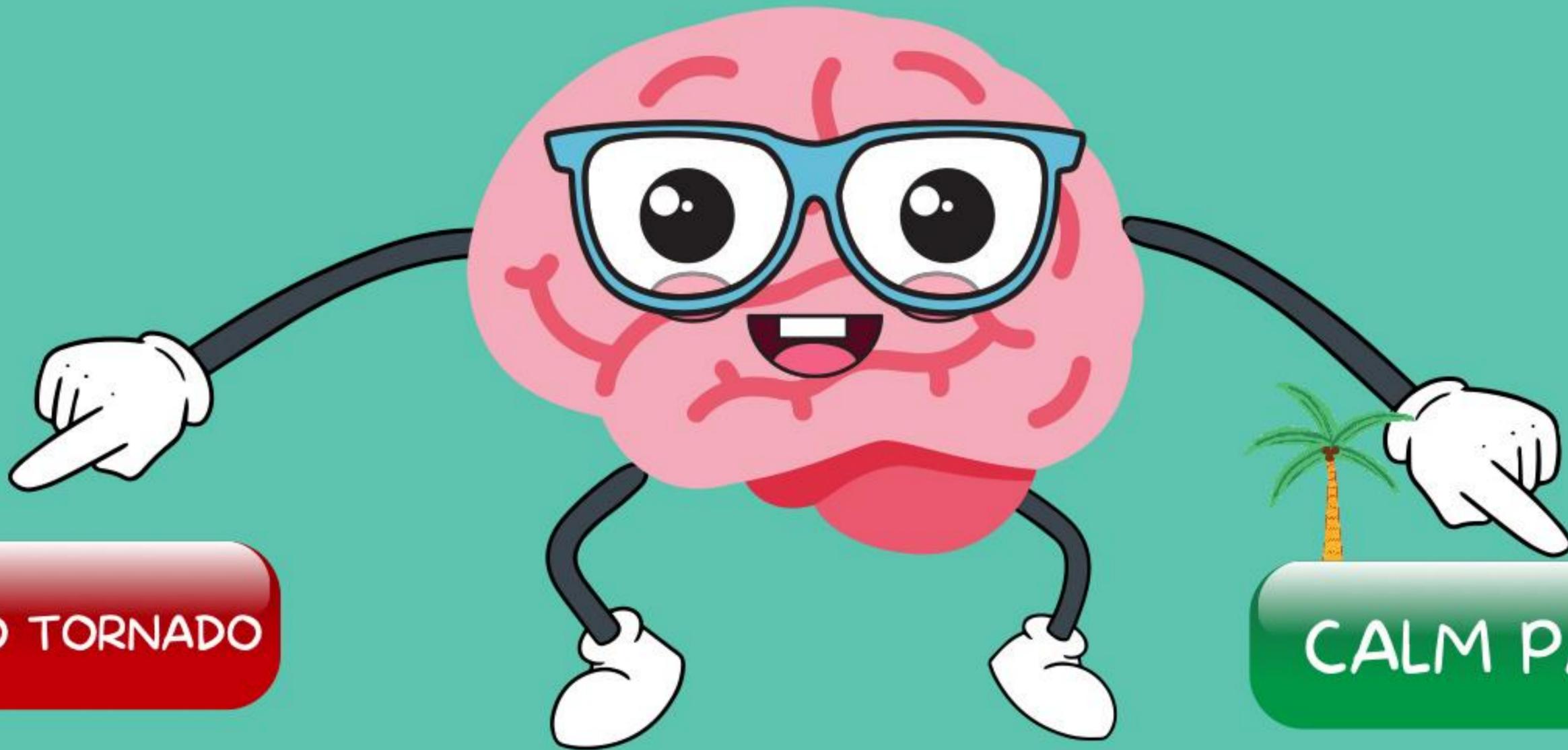
Heart Brain



Big Feeling
Heart Beat



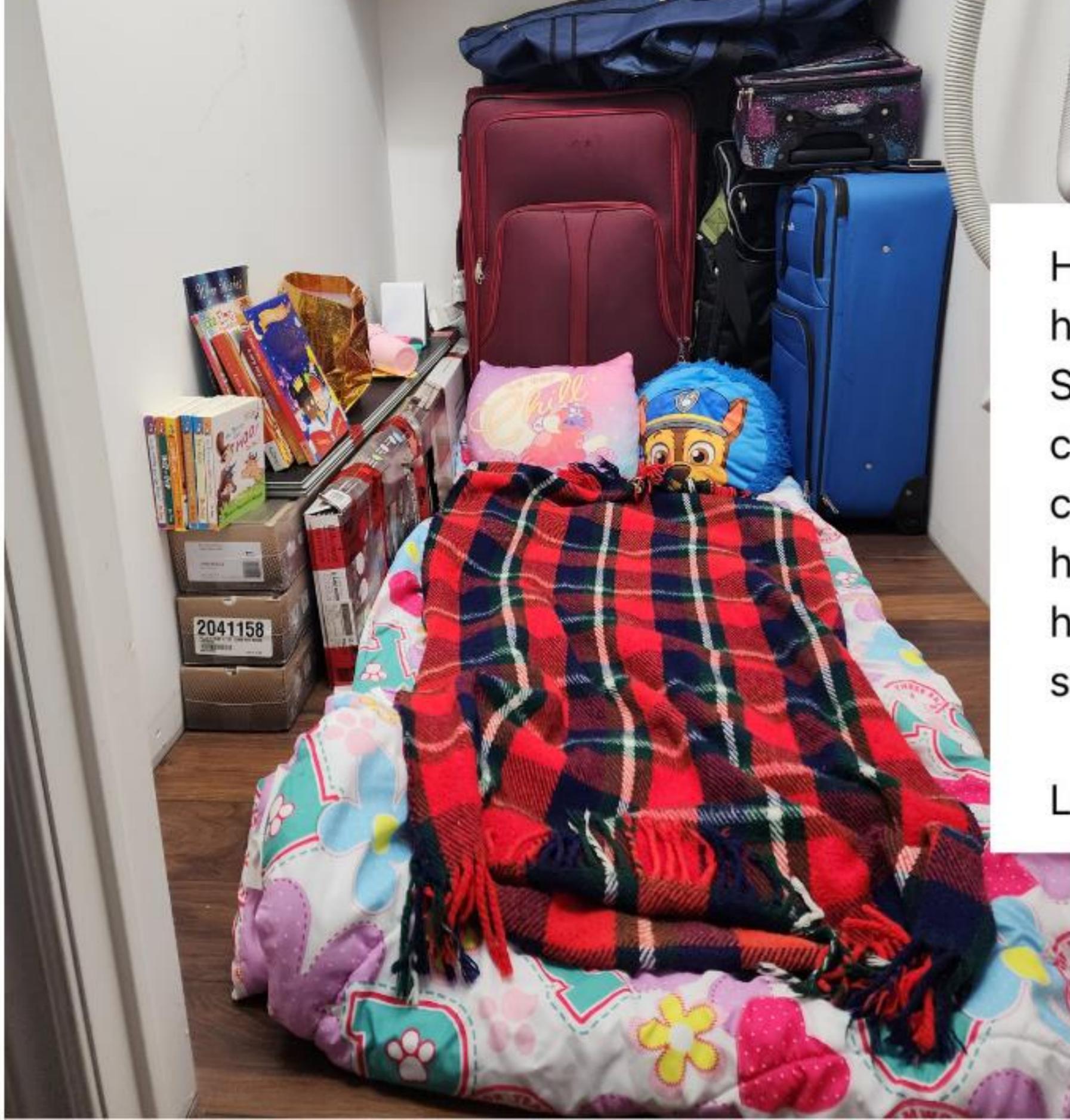




How can we create spaces that help Kids regulate their nervous system?







Here is Shayla's heart space, or as we call it, her safe space, when she has big feeling! She made it last Tuesday right after she came home from school. Its in our storage closet. She spends most nights in there for hours reading and coloring. She is going to have her session tonight inside the safe space!

Love Crystal 😊❤️







WELCOME TO THE WORLD OF
Raccoons
Diane Swanson

In cities or forests, raccoons make themselves at home. These animals climb a lot of mischief. One even scampers a lot construction crane to eat scraps of food. Raccoons can even climb down trees to eat scraps of food. Raccoons are full of mischief. Raccoons use their paws to pick the animals behind the mask.

What was one of your
favourite spaces or places?

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favourite spaces or places?

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favourite spaces or places?

THE BIG **HeART** JOURNEY

Pre-Paving: Preparing for the feelings before they come

When I have a big feeling I need:

Things that make my Heart Happy:

MY BIG HEART MAP  "There is nobody in the world with a heart just like yours"

Music I Love:

Name:

Date:

Movement I Love:

Big Heart Breath:

Feeling Fridge Friend:

MAGICAL QUESTION:

Can you help me understand how you are feeling?

THIS FEELING IS:

SUNNY 

CLOUDY 

SOUPY 

STORMY 

IT'S OK THAT I FEEL:

The colour of my feeling is:



MY BIG FEELING

My Body Feels:

Feeling Flips I Tried:

What I learned:

My Feeling Needs:

I NEED TO BE:

Alone Together

Name: _____

Date: _____

FEELING FLIP

CHANGING THE STATE OF
YOUR BODY TO CHANGE
HOW YOU FEEL









move!



move!



move!



move!



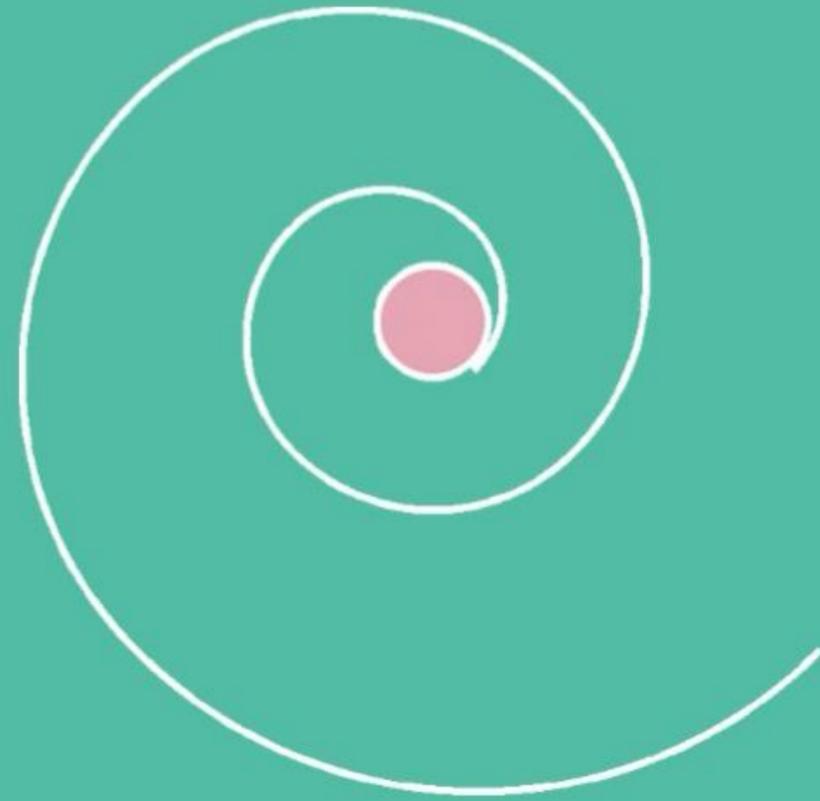
move!



move!



move!





CINNAMON

BUN

BREATH



CINNAMON

BUN

BREATH



**THE
FEARLESS
SQUIRREL**



**THE
FEARLESS
SQUIRREL**





**THE
FEARLESS
SQUIRREL**

I LOVE MY KNEES

I LOVE MY TOES

I LOVE MY BELLY

I LOVE MY NOSE

I LOVE MY HEART







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Let's Connect:



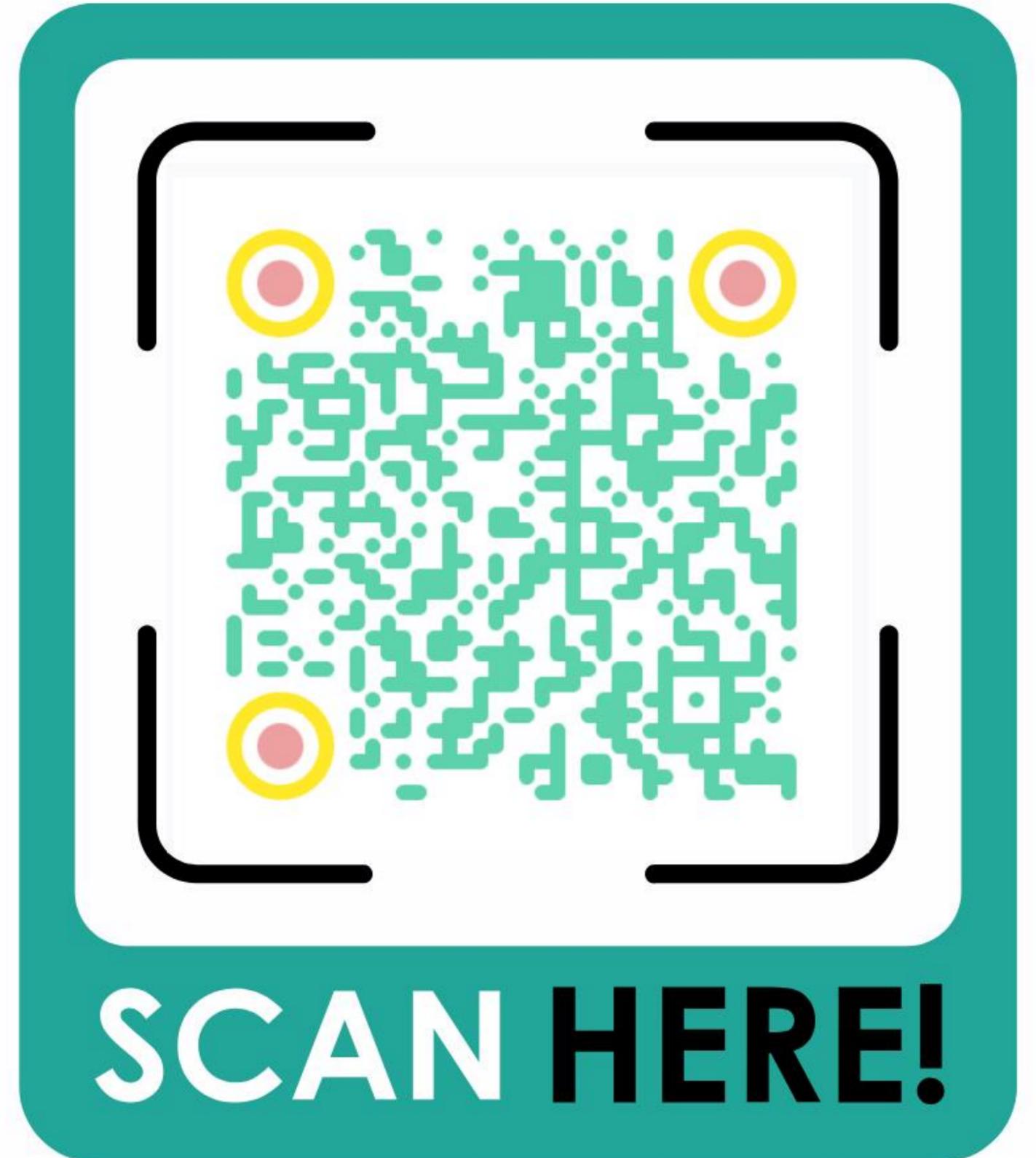
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