My Heart Fills With Happiness – Monique Grey-Smith

Activities

**Learning Standards**

Core Competencies:

* Positive Personal Cultural Identity
* Communication

Curricular Competencies:

* Use developmentally appropriate reading, listening and viewing strategies to make meaning.
* Recognize the importance of story in person, family, and community, identity
* Beading easily connects to math curricular competencies (patterns, expanding patterns, symmetry, shapes)

Materials

* Heart worksheet
* Coloured pencils/crayons/felts
* Pipe cleaners
* Coloured pony beads

Teacher reads the book, My Heart Fills With Happiness. This is an Indigenous story that features things that makes the author’s heart fill with happiness. The author includes illustrations in this picture that relate to Indigenous culture. Can you identify some of them? Pay special attention to the connection to family, to cultural icons like the drum, pow wow dancing, holding hands … all these examples relate to the importance of culture/family.

Have students think about their own culture. Ask them to imagine themselves as an author. What items would they include? Ask students to think about colour.. How does colour evoke feelings?. What colours did the author choose?

Activities:

1. Complete the worksheet. Use colours to express feelings. Draw pictures inside the heart of things that fills your heart with happiness. Complete the sentence starter too.

Extension – Make a beaded heart..

Use pipecleaners and pony beads to make a beaded heart.. Math connections include patterns, repeating patterns, and symmetry.

Explicit Indigenous Information

* There are numerous books related to beading from an Indigenous perspective (Metis floral beadwork an excellent tie in).
* Beads were often added to important items like regalia (clothing worn at pow wows).
* Beads were traditionally made from items found in the environment (shell, bone, stone, pottery, copper, claws, nuts, seeds, hoofs, horns, fish vertebrae, wood and other items – Beadwork by Christi Belcourt)
* One of the teachings in Indigenous culture is that the first thing we make, we give away. We usually give it to someone who is important to us, like an elder. Think of someone in your life who has taught you something, who is important to you. Would you be willing to give your heart to that person?

 

