

Kimochis®

Nesting Heart Activity



Directions:

Print out “nesting hearts” on cardstock paper and cut them out. Laminate the hearts and place Velcro so they can be attached to each other.

Make one heart per child.

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The **Kimochis® Nesting Heart** is one plush heart nestled inside another. When family members or friends are separated, each person can keep a heart as a tangible, playful way to stay connected. Perfect for back-to-school jitters, sleep away summer camps, parents on business trips, best friends, or long distance relatives.

Can be used for many fun activities for creating close family connections:

- Clip the heart to your child’s backpack or belt loop as a special way to feel close throughout the day.
- Give the inner heart to a loved one when you have something to confide.
- Hide each other’s hearts in fun or funny places as a reminder that “I love you!”
- Create heartfelt rituals for separations during any kind of separation, you or your child can take the inside of the heart and leave the outside of the heart at home offering a tangible way to remember that “even though we are apart, you are always in my heart.

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Directions for Nesting Heart Activity:

- Child will color/decorate the big heart on the activity page and the parent(s) will color the small heart.
- Cut out the hearts (If your child is able to cut out objects you may want him/her to cut out his/her heart—this is an excellent fine-motor activity).
- Laminate the two hearts.
- Place Velcro on the hearts so they attach to each other.
- Use your “Nesting Hearts” for any of the activities above and keep with your family to use whenever necessary.

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