

HEART SWAP ACTIVITY

It can be hard to be away from your sibling when they are staying in the hospital. Here is an activity for you both to do while you are not together.

You will need:

- paper or a coloring page with a heart on it
- something to write with, like markers, crayons or colored pencils
- glue or tape

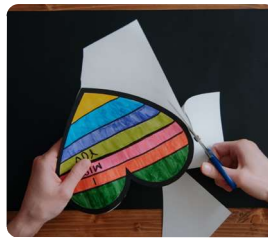
Directions:



1. Print the heart coloring page or draw a heart on a piece of paper.



2. Color the heart. Write a nice message like "I love you" or "I miss you."



3. Cut out the heart.



4. Fold the heart in half.



5. Cut the heart down the middle where it is folded.



6. Ask someone to take half of your heart to your sibling, or give it to them the next time you see them.



7. When you get half of your sibling's paper heart, glue or tape their half and your half onto a piece of paper.



8. Hang up the heart in your home or in your hospital room. Now your hearts can stay connected!



Scan this QR code or visit cmkc.link/heart-swap to see a video tutorial for this activity.



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