

Continuing Learning

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Level: Grades K -7

Category: Literacy

Title of Lesson:

My Heart Fills With Happiness

Goals/Objectives:

Indigenous picture books support the family and community in strengthening literacy across the generations. They can include: Indigenous values, cultural teachings, Indigenous languages, and traditional practices on the land. For Indigenous children, literacy learning with their family and in their community takes place in daily life—in multiple forms—and is deeply connected to how we understand the world.

Materials Needed:

- Access to the internet with the ability to stream video, using a phone, tablet or computer.
- **My Heart Fills With Happiness**, Monique Grey-Smith reading her picture book on YouTube. Link: <https://youtu.be/sBCNFMzvyl4>
- Paper, Scissors, Pencil, Pencil Crayons/Crayons

Task Instructions:

1. **Explain:** This is an Indigenous story that features things that makes the author's heart fill with happiness. The illustrations in this picture book relate to Indigenous culture, connection to family, and the natural world.
2. **Watch:** My Heart Fills With Happiness, read by the author Monique Grey-Smith <https://youtu.be/sBCNFMzvyl4>
3. **Discussion Questions:**
 - Can you name some things that make you feel happy? What are some activities that you and your family enjoy doing together?
 - Bannock is a food enjoyed in Indigenous culture. What cultural foods do you enjoy at home?
 - Drumming is very important for Indigenous ceremonies. Have you ever heard an Indigenous song using the drum?

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4. Make a Heart

On a blank piece of paper folded in half, draw $\frac{1}{2}$ a heart as big as you can with a pencil and cut it out with scissors. Draw pictures or write words inside the heart of things that fill your heart with happiness. Colour your drawings or words using pencil crayons or crayons.



Adaptations/Adjustments: (consider different environments)

Go for a walk and point out things about family, community, and nature that fill your heart with happiness. Take turns sharing.

Extensions (Optional):

Make a beaded heart, using pipe cleaners and pony beads. Math connections include patterns, repeating patterns, and symmetry.

