

Wellness Wednesday

Heart Connections!

Create and decorate a heart to share with our community. Use this template or create your own.

Once complete, **drop your heart off** at the Outlet (Please use the mail slot at 2248 McAllister).

Staff will display the hearts in City facility windows for everyone to enjoy!

Ideas to get you started:

1. **Write an inspiring message** inside the heart and then decorate using colourful pens, markers or crayons.
2. **Zentangle** inside your heart by dividing it into sections using black pen and then doodling inside the different areas.
3. **Collage your heart** using images and words cut and pasted from magazines, newspapers and other recycled materials.
4. **Colour in the heart**, cut it out and fold it like a fan.

