



Heart in Action: Self-Care and Heart Chart

Child's Name: _____

Week of: _____ to _____

Daily Activity Tracker

Day	Date	Activity 1	Activity 2	Reflection: How did I feel?
Monday	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____
Thursday	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Saturday	_____	_____	_____	_____
Sunday	_____	_____	_____	_____

End of Week Reflection

1. Which activity did I enjoy the most this week?
2. What did I learn about taking care of myself and self-love?
3. How can I continue to make self-care a part of my routine?



Heart in Action: Family & Community Love Reflection Chart

Child's Name: _____

Week of: _____ to _____

Love 1.0: Family Connection Reflection

Date	Activity	Reflection: How did it make us feel closer as a family?
_____	_____	_____
_____	_____	_____
_____	_____	_____

End of Week Thoughts on Love 1.0:

- What was our favorite family moment this week?
- What warmth and connection did we feel during our family activities?

Love 2.0: Community Connection Reflection

Date	Activity	Reflection: How did this spread love beyond our family?
_____	_____	_____
_____	_____	_____
_____	_____	_____

End of Week Thoughts on Love 2.0:

- Which community activity made the biggest impact on others?
- How did our acts of kindness feel to us, and how do we think it felt to others?



Overall Reflection on Love 0.0, 1.0, and 2.0

- 1. Which type of love did I connect with the most this week, and why?**
- 2. How did the different love activities make me feel?**
- 3. What impact do I believe our acts of love had on others this week?**