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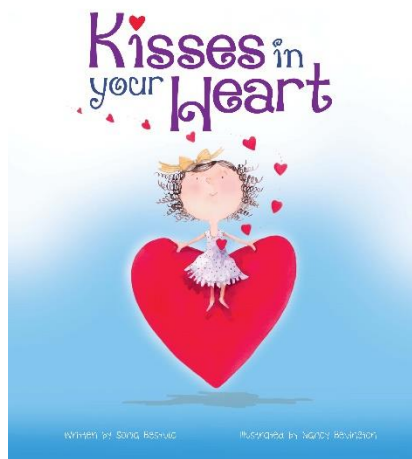
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Kisses in Your Heart

By

Sonia Bestulic

Illustrated by Nancy Bevington



Teachers' Notes

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About *Kisses in Your Heart*

A tender and simple bedtime blessing carries all Mum's heartfelt love inside. Her kisses rest in the heart - always there to help heal hurts, overcome fears and unlock inner courage. A beautiful and bright story for bedtime and beyond. Inspired by the heart-warming bedtime routine with her own three young children, Sonia Bestulic not only honours the love between a parent and child; her book encourages the beautifully simple, yet strongly symbolic act of placing kisses in our children's heart, to inspire bravery, courage and self-empowerment. This delightful story is a gift for parents and children alike.

About the Author

Sonia Bestulic was born and grew up in Sydney Australia, enjoying a childhood filled with wonderful books, a passion for writing, and musically entwined, having played the violin until her late teens, including performances at the Sydney Opera House. Sonia embraces the joys of motherhood and family life, with her three amazing young children, from where she draws most inspiration. Sonia is Founder of Talking Heads Speech Pathology, the well-known, reputable Sydney based clinics established in 2006. A long-term advocate for children's learning and literacy, Sonia continues to write and speak and podcast when it comes to all things children. She is the author of *Reece Give Me Some Peace!*

About the Illustrator

Nancy is a talented illustrator and also recognised for her distinctive large scale paintings. Her artistic career spans over three decades. Nancy has worked extensively in the publishing industry. Illustrating children's books are a real passion. She created the book series 'Mad Dog the Chef' which proved extremely popular with children and adults, both in Australia and overseas. She was also the co-developer of another popular children's book series 'Zen Tails' which has sold worldwide and illustrated the fabulous *Reece Give Me Some Peace!*

Learning Areas and Content Descriptors

KLA: English

Language: Text structure and organisation, Expressing and developing ideas, Phonics and Word Knowledge - literary devices (rhyme, rhythm, and repetition), word study.

Literature: Literature and context, Responding to Literature, Examining Literature

Literacy: Interacting with others, Interpreting, analysing and evaluating.

KLA: Health and Physical Education:

Content Descriptors: Personal, Social and Community Health; Being healthy, safe and active; Communicating and interacting for health and wellbeing; Contributing to healthy and active communities

- Identifying different relationships they have with people and which of these relationships make them feel loved, safe and supported.
- Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation.

General Capabilities: Literacy; Personal and Social Capability; Critical and Creative Thinking

Themes

- Child Development
- Relationships
- Family
- Personal Development
- Feeling safe
- Self-Empowerment
- Emotional Development
- Emotional Management
- Introduction to resilience
- Introduction to mindfulness
- Rhyme
- Stories in verse

Discussion Guide

- Before reading *Kisses in Your Heart*, ask children to consider the cover page. What do you think will happen in *Kisses in Your Heart*? What is often the meaning of a heart?
- What do students notice about the words in the text (rhyming).
- What kinds of activities/ events occur in the little girl's day to day life in the story?
- What feelings does the little girl sometimes experience?
- Who has felt the feelings of sad/ worried/ afraid? Acknowledge and discuss the thoughts of the children.
- Who has also felt the feelings of bravery/ courage/ love? Acknowledge and discuss.
- How does the illustrator show the love that the girl carries in the story?
- What do you notice about the colour of the illustrations throughout the book? How and when do they change?
- What are some adjectives you could use to describe how the girl feels when she feels the love in her heart?

Activities

Preschool & Kindergarten

- Identifying emotions – children identify various facial expressions and label them with an emotion word.
- Exploring emotions – children discuss different times they may have experienced sadness, worry, fear, love.
- Discuss how different emotions may look and feel on our body; then draw them (sad, worried, afraid, pride, love)
- Discuss what different things they can do when they feel fear/worry/ sadness.
- How can someone else help them?
- How can they help themselves?

Craft Activity

- Children create their own heart necklace and write the name of a person in there that makes them feel love in their heart.
- *Where does love follow you?* Children draw some activities they do, or places they go (swimming, reading, playing, classroom). Place love heart stickers on those activities or draw colourful love hearts on them.
- Complete the dot to dot love heart page. Colour in and cut out the heart shapes. Children keep the biggest as a reminder that they carry love within them. The other hearts can be given to loved family members.
- Children draw a time when they have felt love and write a sentence about it using the activity sheet.

Year 1 & Year 2

Exploring Emotions:

- Discuss different emotions experienced by the girl in the story, and how she overcomes them.
- Explore various times students have experienced sadness, worry or fear – what worked for them in overcoming these emotions?
- What could students learn from the little girl in the story?

Emotion Expression:

- Write words to describe how their body feels when they experience different emotions. Students can draw themselves and label areas of the body that are affected.
- Students draw or paint how they could represent various feelings; choosing colours and patterns that you think would match those feelings – see if student peers can identify the emotions.

Word Study

- List the rhyming words – students brainstorm additional rhyming words.
- Find the simile in the story; brainstorm more similes.
- Write a synonym for the emotion words, *scared*, *worried*, *sad*, *love*.
- Write an antonym for the emotion words, *scared*, *worried*, *sad*, *love*
- Complete the word find activity sheet

For further information about *Kisses in Your Heart* and about the author and illustrator.

[Author website](#)

[Illustrator Website](#)

www.bigskypublishing.com.au

Name:

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o	y	f	f	v	s	e	n	w
v	f	e	e	l	i	n	g	o
e	b	o	h	u	h	r	i	r
k	i	s	s	e	s	t	l	r
r	l	a	o	l	b	e	o	i
t	s	d	f	q	e	s	i	e
f	y	l	g	g	l	c	v	d
p	r	i	d	e	b	x	l	b

Find the 'feelings' words in the word search. Circle the letters that make up the word. Some might overlap!

Feelings

Hug

Love

Pride

Kisses

Worried

Heart

Sad

Name:

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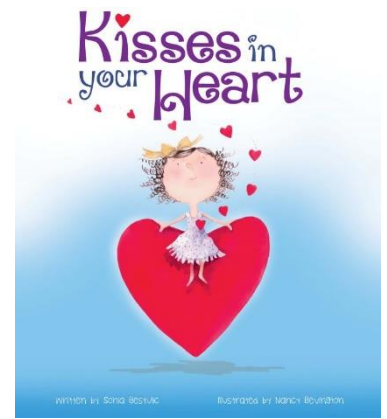
Draw a time when you have felt love.

A large, empty rectangular box with a dark blue border, intended for the student to draw a scene where they felt love.

Write a sentence about your drawing.

Four horizontal black lines provided for the student to write a sentence about their drawing.

Name: _____



1. Join the dots.
2. Colour in each heart with happy colours.
3. Cut out the hearts. Keep the biggest one and give the other hearts to loved family members.

