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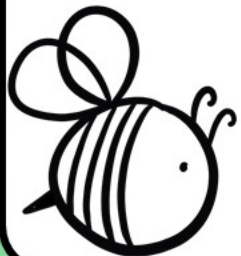




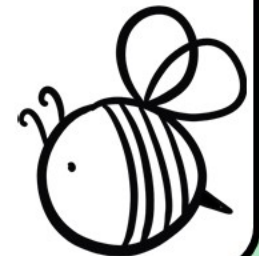
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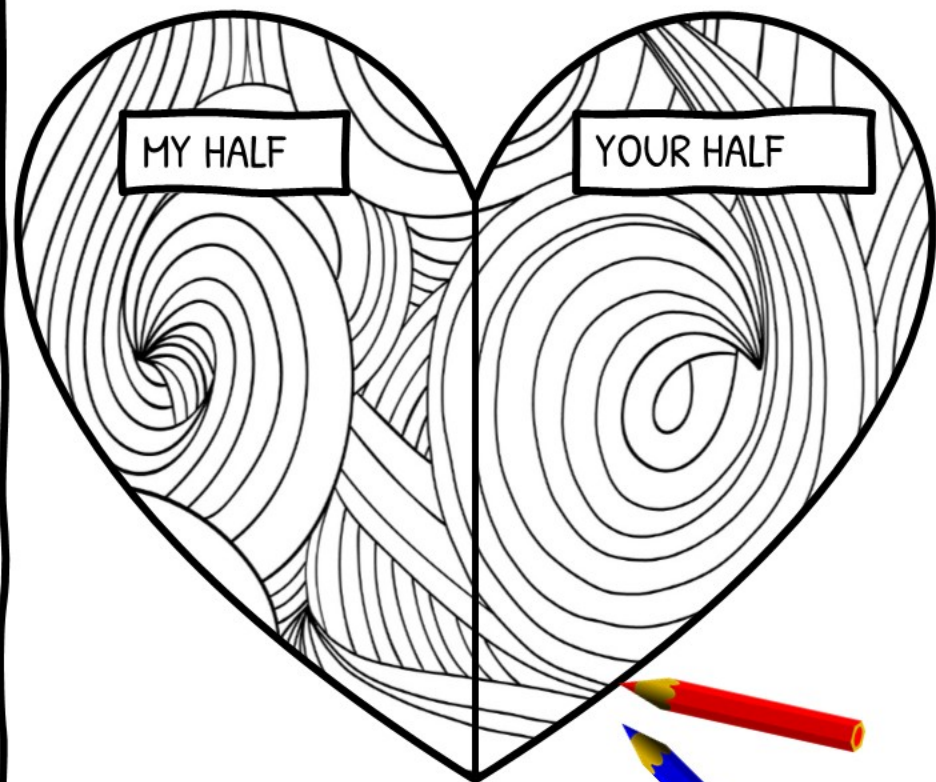


Our heart is one

This is useful for separation anxiety. It could be used when going to school, or even bedtime.

Read the poem together and then cut the heart in half and each colour your half of the heart. Each person takes the half of a heart and keeps it safe during the day.



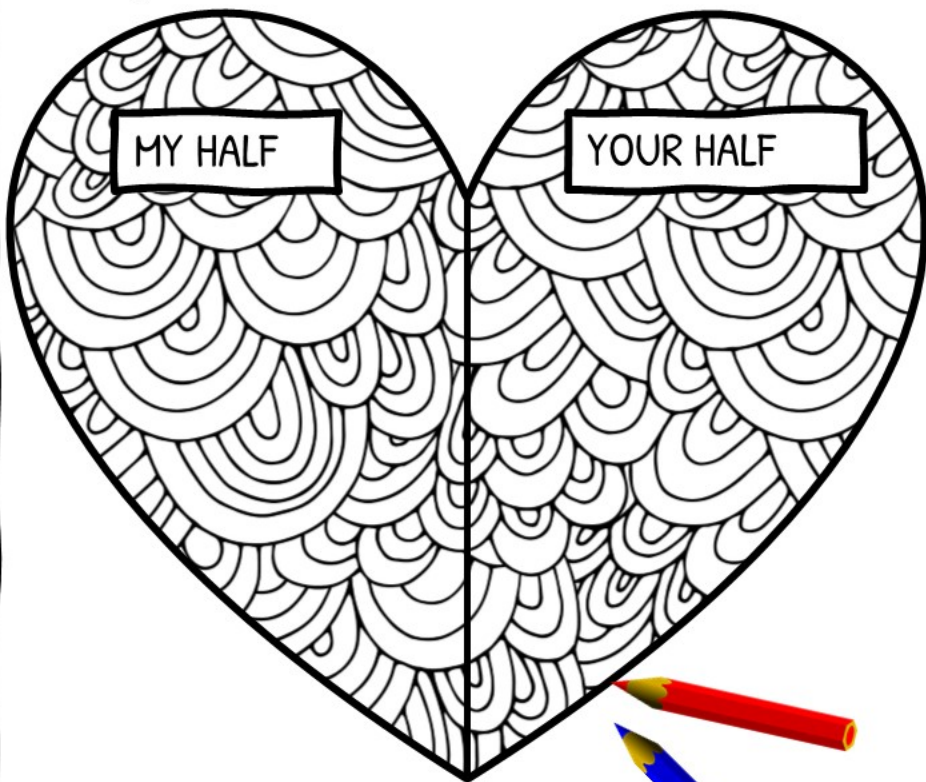


Our heart is one



Here is a heart, that together we can share.
Wherever you are, just know I am there.
Let's colour it in and make it ours
Then our heart will have super powers.
Let's cut it in half when we part.
We will each then have a piece of heart.
I will keep my half close by me.
You keep yours somewhere you can see.
If you miss me during the night or day.
Take it out and say
'It's ok,
To smile, relax, sleep or play'.

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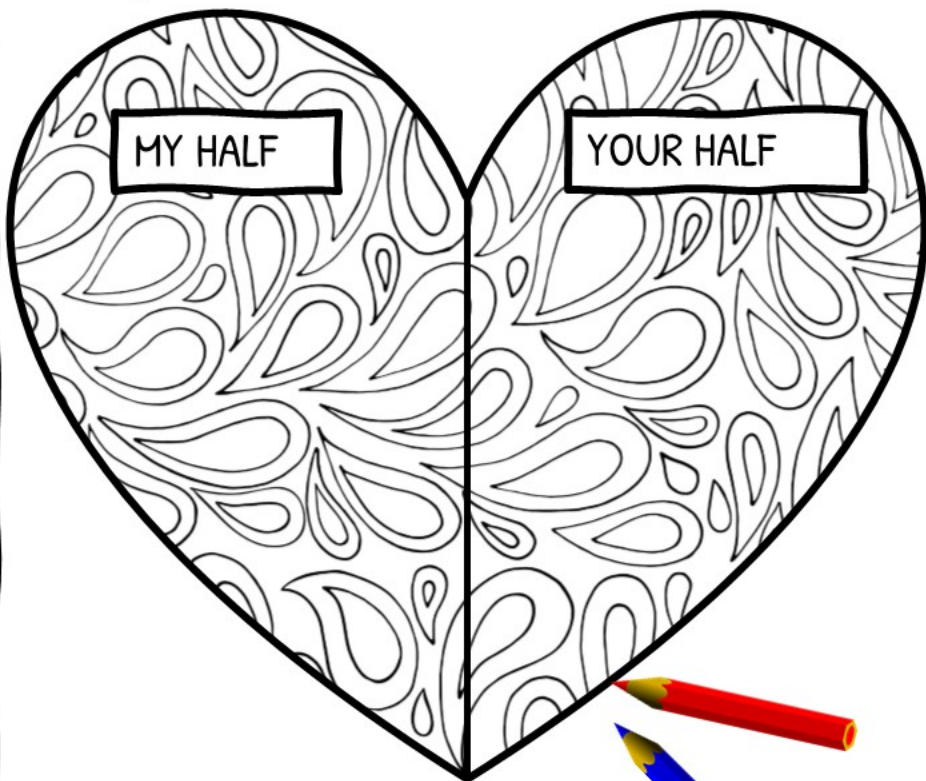


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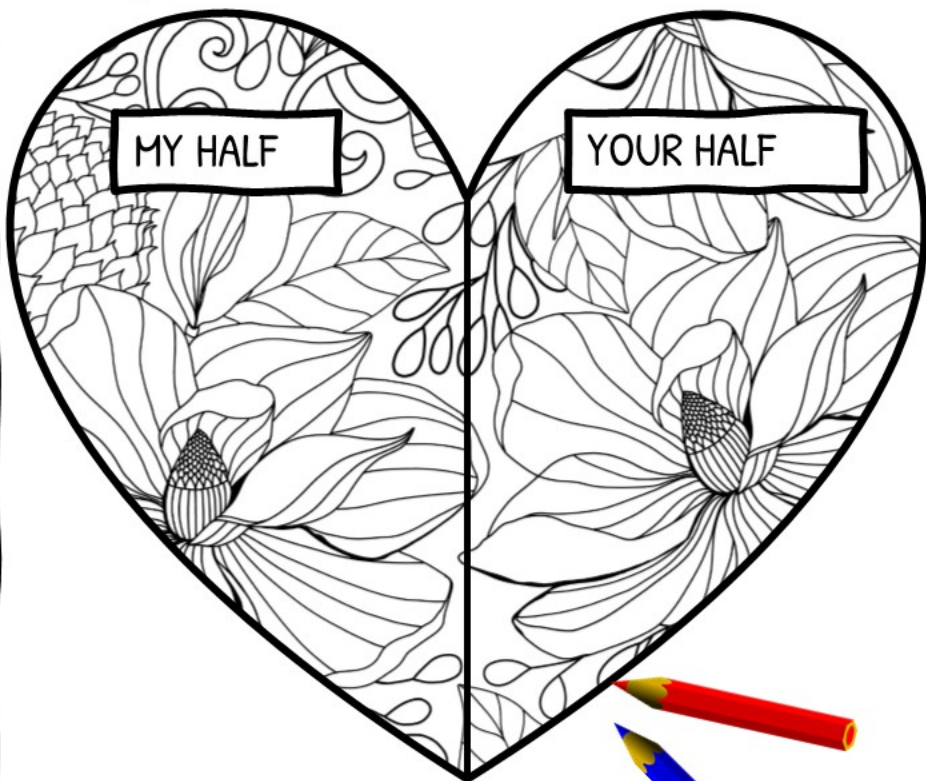


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