

Heart Mapping: Writing from the Heart

Some questions to help you get started heart mapping:

What memories have you stored in your heart (they don't have to be BIG or exciting memories. For example, the smell of molasses cookies baking in the oven at my grandmother's house is an important memory to me because it was something she would always do.)

What people have been important to you – and why?

What are some experiences or events that you will never forget?

What happy or sad memories do you have?

What secrets do you keep in your heart?

What things or objects are important to you -- for example, a tree in your backyard or a stuffed animal, etc.?

What's at the center of your heart – you might want to place the most important people, memories, and experiences in the center?

Ask yourself if you want to keep some things inside your heart and less important things on the outside of your heart.

Do you want to draw more than one heart – good and bad; happy and sad; secret and open – and include different things inside each heart?

Do different colors represent different emotions, events, and relationships?

Try not to just write one word (pets, nature, etc.) but instead use very specific words. Later, when you write from your heart map it will help remind you of exactly what you want to say.

from Awakening the Heart: Exploring Poetry in Elementary and Middle School by Georgia Heard (Heinemann) heard_georgia@yahoo.com