

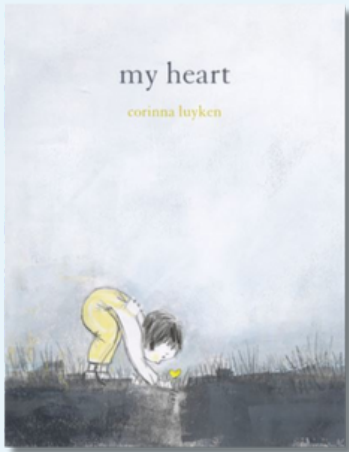
# My Heart

Corinna Luyken

# BOOK TALK CARDS



Spark discussion and foster a reading community with our top picks



## ABOUT THE BOOK

An illustrated picture book about caring for your heart, and understanding there are ups and downs in life.



## OUR THOUGHTS

"It is a thoughtful read with a simple, pleasing rhyme. Have a copy on the shelf for the reader who will cherish it."

# KS3

## THEMES:

- Emotions
- Body language
- Empathy
- Companionship
- Isolation

## TIME TO TALK

- 1 How does your heart feel today? Is it an open or closed window?
- 2 Can you describe a time when it might feel more like a slide? Which feelings does this relate to? Is there anything you can do to counteract this feeling?
- 3 What can make your heart feel tiny? Who or what can help it to grow again?
- 4 Are there ways that you can tell without asking how someone else's heart is feeling? How can you help?
- 5 What problems might 'building a fence between you and the world' cause?
- 6 Consider how they use light and dark in the text to convey feeling. Is there any other way you can express feeling through images?
- 7 Do you agree that you get to decide how your heart feels?
- 8 Are there any instances where you feel you are not in control?

## TAKE THE TEXT FURTHER WITH OUR TOP 5 TITLES TO CONTINUE THE THEME:



*The Book of Mistakes*  
by Corinna Luyken



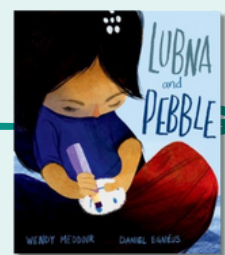
*The Tree In Me*  
by Corinna Luyken



*Sometimes I Think, Sometimes I Am*  
by Sara Fanelli



*The Red Tree*  
by Shaun Tan



*Lubna and Pebble*  
by Wendy Meddour and Daniel Egneus (illustrator)