#### PANDEMIC HEART MAP GUIDING QUESTIONS (developed by Lily Howard Scott and Georgia Heard)

Somewhere in or around your heart map, please include your *first name* and the words *pandemic heart map*. Using drawing and/or writing, respond to the guiding questions below that resonate with you. (You do not need to respond to every question, and of course you can also write or draw from your own inspiration.)



What has been especially difficult about this experience?

Have you learned to do something new?

What worries or wonderings do you have?

How have you stayed connected to people who you love?

What wish(es) do you have for the world right now? For yourself?

### CONNECT WITH ME

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PANDEMIC HEART MAP TEMPLATE



### LILY HOWARD SCOTT

SUPPORTING STUDENTS' WELLBEING THROUGH CREATIVITY

### **TEACH IN COLOR:** K-8 ARTS INTEGRATION AND STEAM CONFERENCE

## OUTER SHELL

What is immediately "obvious" about you? You might consider including your:

Skin/hair/eye color

Gender identity

Clothing choices

The way you immediately present to others (Cheerful? Reserved?)

# **INNER SWIRLS**

What is NOT immediately "obvious" about you? You might consider including your:

Idiosyncrasies, insecurities, hopes, worries, wonderings

Important life events

Longings or wishes

Culture, ethnicity, religion or belief system

Interests and hobbies; what you really love

Things you're great at

Learning style or learning variation

