THE WRINKLED HEART

One morning, a small boy woke up and started his day. He got dressed by himself, put on his own shoes and even started brushing his teeth without being asked! He was having a great time... there was water on the floor, water on the mirror, water on the counter but he was brushing his teeth by himself! It was a hectic morning and when the boy’s mother came in and saw the water, she scolded him for the mess... and the boy’s heart crumpled a little bit.

The small boy bounced downstairs, determined to have a good day. He saw the cereal and milk on the table and decided to fix his own bowl. But the milk carton was a bit heavy, and the milk spilled onto the table. The boy’s father was trying to read the paper and when he saw what had happened, he told the boy that he was clumsy. The small boy’s heart crumpled some more.

It was the first day of school for the boy. When he boarded the bus, the driver (who wanted to be at home) told him his new socks looked silly. Needless to say, the boy’s heart crumpled. When he went to class, the boy realized he didn’t have his milk money. When he told the teacher that he forgot, she threw up her hands in exasperation and said he’d just have to skip milk time today. The boy’s heart was all crumpled up.

Tomorrow is a new day for the boy. When tomorrow came, the boy went to brush his teeth. When his mother came in, she gave him some towels and asked him to please wipe the counter when he was finished, and she showed him a special place for his toothbrush and paste. The boy’s heart unwrinkled a little. When the boy went downstairs for breakfast, the milk spilled again. The boy’s father gave him a sponge to wipe the spill and poured some milk into a more manageable pitcher for the boy. The boy’s heart felt better!

When the boy got on the school bus, the driver told him what neat pants he had on. The boy’s heart was smoothing out. Today was only the second day of school and the boy remembered his lunch but he forgot his milk money again. The teacher told the boy that everyone forgets things sometimes and she would find a way to help him remember. The boy’s heart felt pretty good. But the boy’s heart wasn’t as smooth as it used to be. It still had some creases and wrinkles from being all crumpled up. It takes a long time to smooth those wrinkles.
The Wrinkled Heart Classroom Activity

- Talk about the difference in the things we say that make people feel good or that hurt them.
- While talking, cut a big heart from construction paper
- After it is cut out, hold it up and tell the children that each one of us starts out with a heart that is as smooth as this one.
- Have the children begin sharing things that someone might say that would be hurtful to someone else. With each response, crumple the heart a little more until the heart is crumpled up.
- Tell the children that each time they say something hurtful to someone, they put a wrinkle in that person's heart.
- Now, ask the children to say things that make someone else feel good.
- With each response, smooth out the heart. Eventually, you will have smoothed out the hurt feelings, but the wrinkles can still be seen and felt.
- Talk about how we each have wrinkles in our hearts from things that people have said or done to use that hurt our feelings and that the wrinkles don’t ever go away completely.
- Tell them that we want to be careful with what we say so we don’t add wrinkles to anyone's heart.
- Ask the children to write their name on a band aid and tape it to the heart to say that they will do their best not to use words or actions that hurt others. Tape the heart up in the classroom as a reminder throughout the year.