



FOLLOW YOUR HEART ACTIVITY

In the WorryWoo story, *The Monster Who Couldn't Decide*, Fuddle learns to follow her heart.

Let's create our own personal heart and think of ways we can follow our heart and make decisions. Remember as Fuddle learns, "You'll only miss out if you don't choose at all!"

In each section of the heart write ways of how YOU can "follow your heart."

Need help? A great way to come up with idea is to discuss what Fuddle learned throughout the story and give examples of how Fuddle could have "followed her heart."

Each piece of the puzzle is a part of your strength.
Making a choice is a super power.. we know you can do it!