



Hope at Hand

“I Carry Your Heart/ Concrete”

Directions

1. Start: with a gentle grounding and inhale/exhale for five to ten breaths.
2. Read: “I Carry Your Heart With Me” By EE Cummings. Ask the participants to underline any words or phrases that speak to them.
3. Write: Introduce participants to the definition of love. Allow time for students to discuss the different types of love someone may feel or have. For 3–5 minutes, ask students to list as many words as they can think of when they hear the word love (like a list poem). Then, provide a premade sheet with possible love words and invite them to add more to their list.
4. Art: Concrete Heart Poem
 - Using a red sheet of card stock and precut pieces of white paper, students will write each love word they’ve chosen on a slip.
 - Then, arrange the slips into a heart shape (like a concrete poem).

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

Materials

Red and white card stock, pencils, markers, glitter (optional), liquid glue (if using glitter), stickers (optional).

I Carry Your Heart With Me

I carry your heart with me
I carry it in my heart

I am never without it
anywhere I go, you go, my dear;
and whatever is done
by only me, it's your doing, my darling

I fear no fate
For you are my fate, my sweet

I want no world for beautiful,
you are my world, my true
and it's you are whatever a moon has always meant
and whatever the sun will always sing is you
here is the deepest secret nobody knows
here is the root of the root and the bud of the bud
and the sky of the sky of a tree called life;
which grows higher than the soul can hope or mind can
hide, and this is the wonder that's keeping the stars apart

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Definition of Love

Love is a variety of different feelings, states, and attitudes that range from interpersonal affection like “I love my mother” to pleasures like “I love this meal.”

It can refer to an emotion of strong attraction and personal attachment. It can also be a virtue representing human kindness, compassion, and affection.

When I think of *Love* I think of...

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Love Word Examples

- Heart
- Family
- Caring
- Happiness
- Forever
- Trust
- Passion
- Romance
- Sweet
- Kiss
- Hug
- Sharing
- Warm
- Joy
- Friendship
- Marriage
- Laughter
- Pride
- Gratitude
- Kindness
- Hope

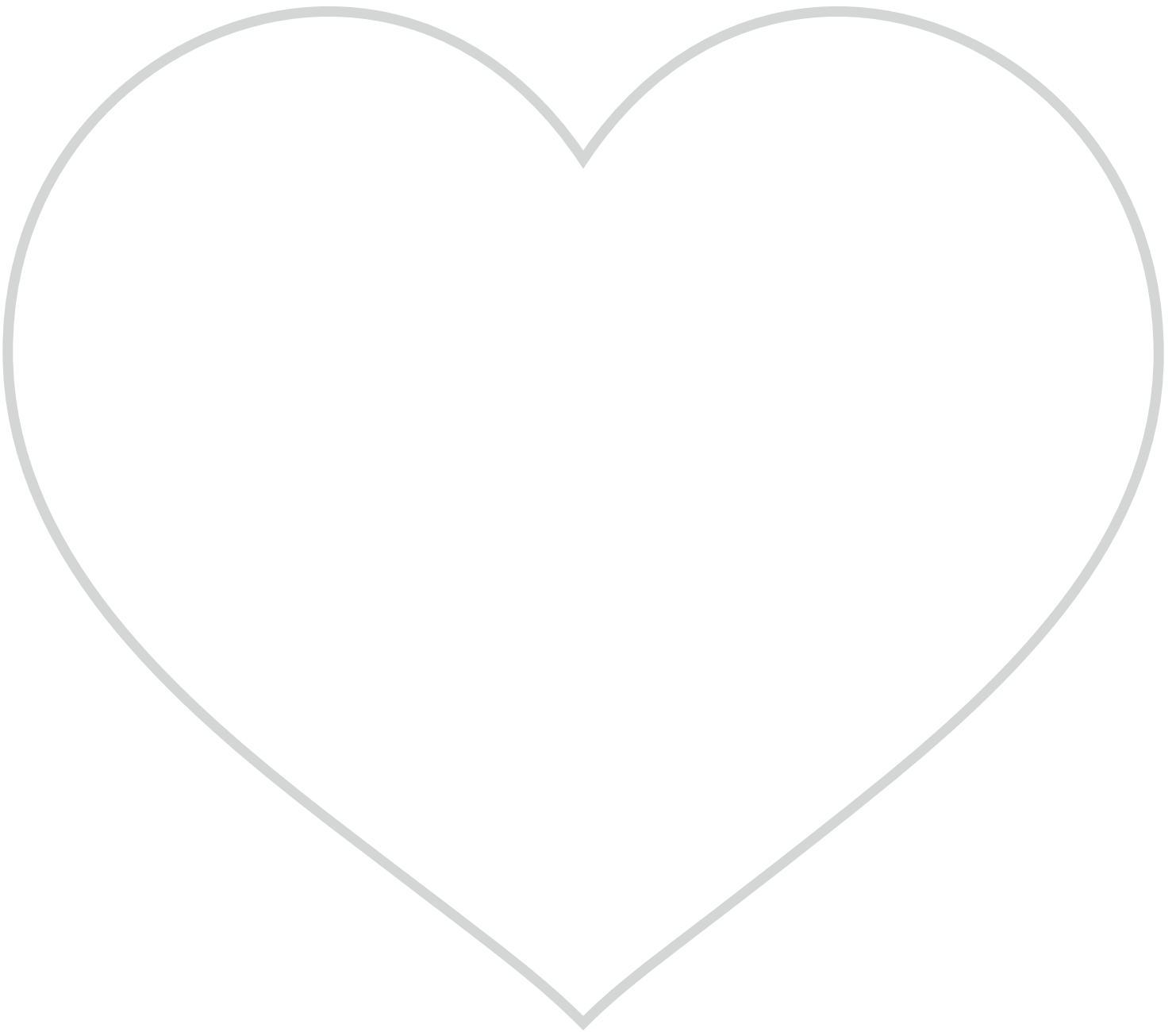
Did any of these resonate? Add them to your list!

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