

Otter

Resource Guide

Families are connected by the love they feel in their hearts. Otter's stories introduce the concept of connections and acceptance. It teaches children that no matter how near or far, loved ones are held in their hearts.

Key Themes

Building Connections

Feelings of love and affection for people, places and things we care about

Self-Esteem

Feeling good about ourselves and being proud of what we can do

Emotional Wellness

Being aware of, understanding, and accepting your emotions

Acceptance

Allowing things to be just how they are without trying to change them

Community Engagement

Working together alongside those in your community while building relationships and supporting the well-being of all

Discussion Questions

Who are the people in your life that love you?

Parents, siblings, pets, teachers, friends, etc.

What is a heart family and how does it grow?

A heart family is a family we choose and includes people here or moved on that we love.

Heart families grow with love.

Activity

Who is in your heart family? Can you draw a picture of everyone that you hold in your heart?

Affirmation

I am always connected to the people I love.