




Kassie The Turtle Activity Sheet

"Kassie the Turtle" encourages children to learn about their sense of human empathy and healthy relationships with a sense of love and profound connection to others.

You may need to offer encouragement to your child to help them complete the activities. Praise their efforts and be patient as they may need to work out their responses and how they are feeling. If they don't feel like doing an activity then you can come back to it another day.



It is a good idea for you and your child to complete the activities together so then you will both be on a learning journey. To help your child do the activities, remember to share how you are feeling and thinking while you are doing them.

When you see this symbol  explore with your child how they think, how they feel and how their body responds, in relation to the activity.


We trust you and your children will find this journey as rewarding as we have!

Kassie The Turtle Activities:



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1. Tell me about someone who is special to you. 
2. Tell me about other people who are special to you. 

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3. What does love mean to you? 


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4. What happens inside you when you are with someone you love? 
5. How do you like to show your feelings of love? 

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6. Do you feel different when you are around someone special? How do you feel different?
7. Tell me how it feels when your heart flutters. How else does your heart feel?


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8. Who do you admire? Tell me how that feels?
9. Think about a time when you've seen someone caring for another person. 




Kassie The Turtle Activity Sheet



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When you see this symbol  explore with your child how they think, how they feel and how their body responds, in relation to the activity.

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10. Think of someone special. Tell me what makes them special for you.
11. How do you care for those who you feel are special to you? 


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12. How can you feel close to someone, even when you are not with them? 
13. Tell me about a time when you have been away from someone, yet you have still felt close to them? 



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14. *I'm going to say some words. Some might tell you what it feels like, when you're with someone you love. Some might not. Nod your head if you think that's what you feel like too. Shake your head if you don't feel like that when you're with someone you love.*
 - ◆ Heart tingling
 - ◆ Lion roaring
 - ◆ Bees buzzing
 - ◆ Volcanoes erupting
 - ◆ Butterflies
 - ◆ Baby giggling
 - ◆ Etc...

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15. How do you show your feelings of love?
16. How do you know someone loves you? What do they do? 

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17. Tell me about other things you love as well. 
18. How do you feel when you hear the voice of someone you love? 
19. Tell me what you like about sitting close with someone special, when they are reading a story to you.




Kassie The Turtle

Activity Sheet



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When you see this symbol  explore with your child how they think, how they feel and how their body responds, in relation to the activity.

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20. Who gives you hugs? There are all types of hugs that people give: Big Bear hugs; upside down bat hugs; soft snugly teddy hugs – Which ones do you like the best? Or maybe you have a different type of hug that makes you feel special.
21. Who loves you just the way you are? 



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22. Who comforts you when you are sad? 
23. What do they do to comfort you? Is there anything else you would like them to do?
24. What if you were all alone? What could you do to comfort yourself? 

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25. Give an example of when you have had to leave someone you love (e.g. my Grandma lives in Hamilton).
26. How does it feel when you leave someone you love? (eg: finish a holiday away with family, when I leave my grandma I feel sad and happy at the same time. I feel sad that I won't be able to give her a hug every day but I feel happy that I've spent more time with her and I can take away some special memories about her in my heart.)

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27. How do you remember people you love even when you are not with them? 
28. Who will love you forever? 

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