



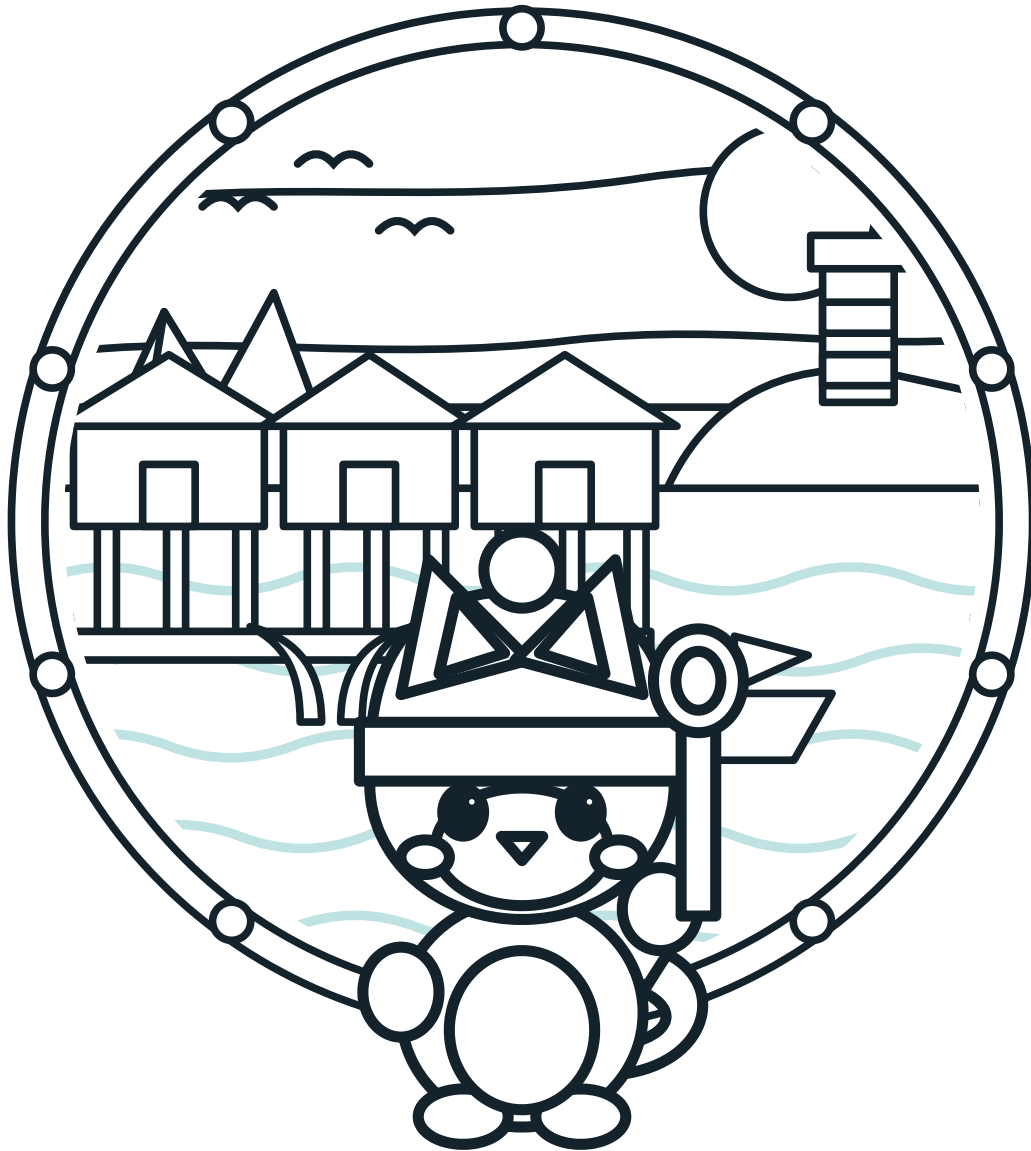
The Heart's 'Eh' Plenty Activity Pack

Welcome to Heart's Plenty. Every page needs a crayon, torn paper, and scissors held by you. Each instruction reads aloud in one breath, and there is no wrong way to do any of it. One more thing in the pot!

Kettle and the Big Pot

Colour Kettle and his big pot. His toque is red, and the rest is up to you.

What will you put in the pot?



Puffins on the Wharf

Colour the wharf where the puffins stand. Puffins have orange beaks and orange feet. Can you spot Pip's worried eyebrows?



Trace the Magic Words

Put your crayon on the big dot and follow the letters slowly. Say each word as you go: One more thing in the pot!

One more thing
in the pot!

Practises the left-to-right movement and letter shapes that come before writing, paired with a phrase your child already knows by heart.

Count the Capelin

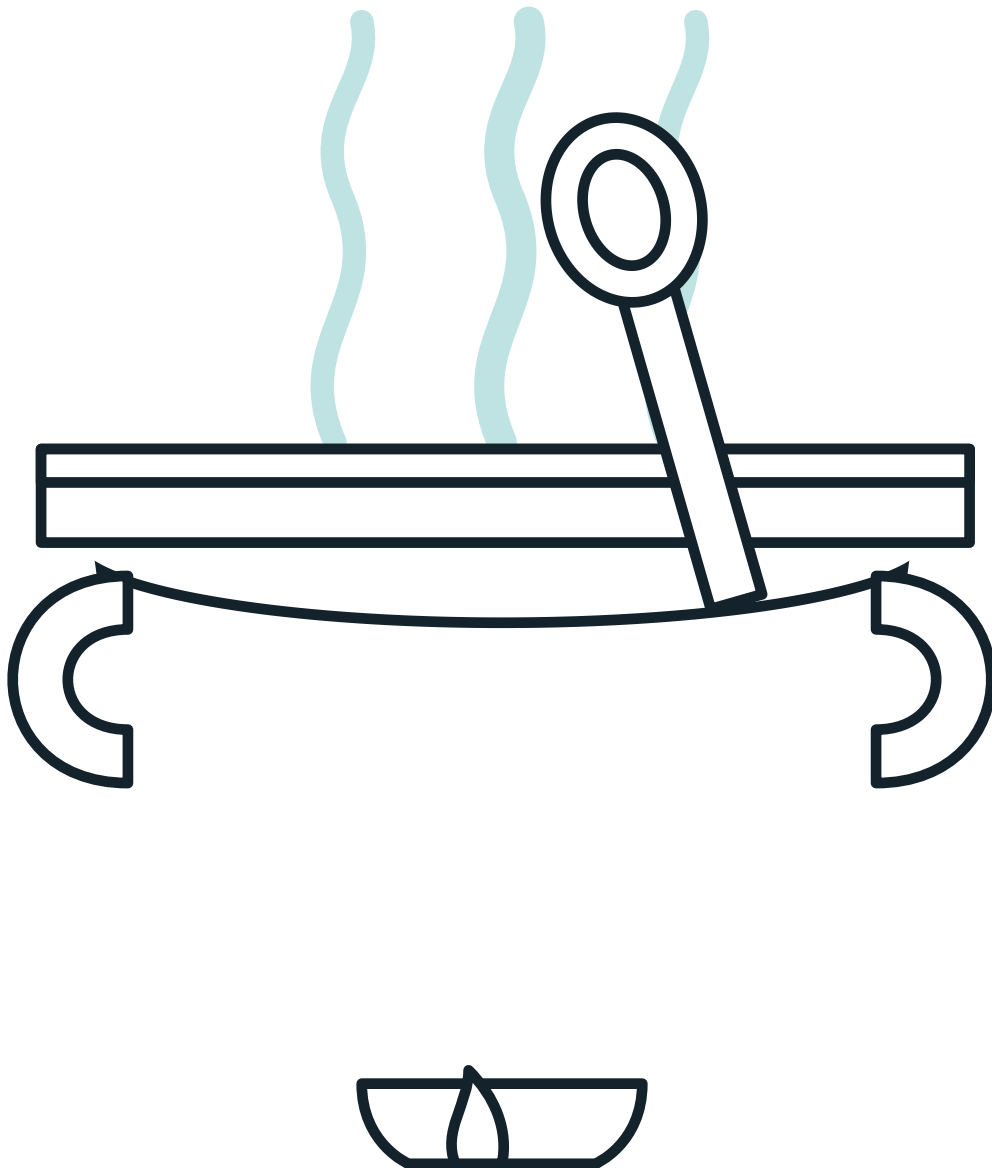
The capelin are rolling into the cove! Touch each little fish with your finger and count out loud. How many did you find?



How many capelin rolled in today?

Hiding in Kettle's Kitchen

Look closely at Kettle's kitchen. Can you find the potato, the onion, the tin of milk, the hard bread, and Tuck's fluffy tail?



When Kettle Did Not Ask

When Kettle Did Not Ask

Kettle's pot stayed empty because he never asked for help. Have you ever needed help with something? Who did you ask?

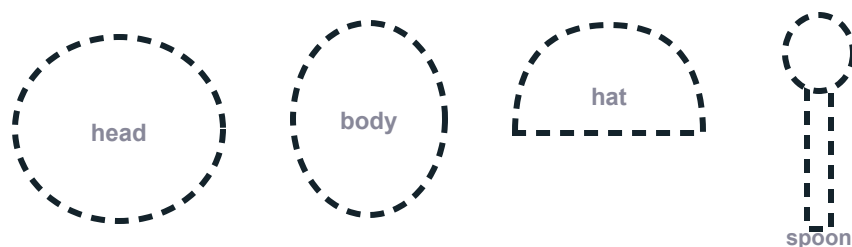
Whose Door Would You Knock On?

When Kettle finally knocked on one door, the whole cove came. If your pot were empty, whose door would you knock on first?

Connects the book's lesson to your child's own memory, letting them find the moral instead of being told it. Helps your child name their trusted helpers, which makes asking for help feel normal before they ever need to.

Torn-Paper Kettle

Tear grey paper into small pieces and fill in Kettle's round shape. Tear red bits for his toque. No glue, just place the pieces.



- 1 Tear grey paper roughly around the big circle — rough edges are the whole trick, so no scissors for the body.
- 2 Tear a smaller grey circle for the body and a red one for the hat. Glue them down: body, then head, then hat.
- 3 Two little triangles poke through the hat for ears. A brown strip makes the spoon.
- 4 Draw the face with a crayon: two wide-apart eyes, a tiny nose. Done — that is exactly how our artist makes him too.

Tearing paper builds the hand strength that scissors and pencils need later, and it is the very same torn-paper technique used to make the Heart's Plenty books.