

# Human Heart Mending Kit

This activity sheet was provided by the Guild of Circus Heartmice. The Guild wishes to inform you that thread made in factories is insufficient for heart mending. Please hold it as a reminder to make your own thread whenever you are able.

## You Will Need:

- 1) Scissors
- 2) Glue Stick
- 3) Blue Embroidery Thread (Approx. 12")

## Directions:

- 1) Cut the packet out on the solid line
- 2) Fold tabs 1, 2 and 3 on the dashed line toward the blank side
- 3) Glue tabs 1 and 2 together where they touch
- 4) Run glue along the top surfaces of tabs 1 and 2
- 5) Press tab 3 to the glue on tabs 1 and 2
- 6) Once dry, place thread in the envelope
- 7) Fold tab 4 along the dashed line and tuck it inside the envelope to close

## Heart Mending for Humans

Whenever you feel left out, sad, or downhearted, a tiny rip forms inside your heart. It is the job of us, your Circus Heartmice to mend those tears created by loneliness. We cannot, however, repair the heart without blue thread.

**Blue thread? Do we get that at a store?** Absolutely not. We find the thread within you. Only you can make it.

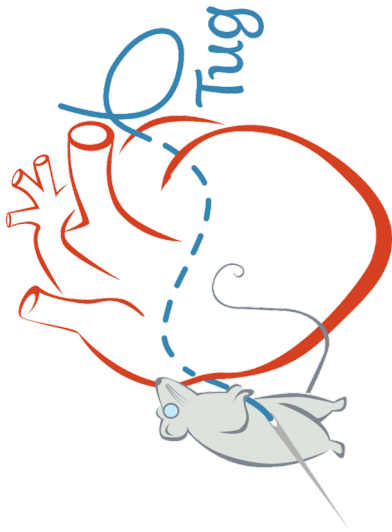
**How?** Everytime you listen to your heart and do what it thinks is a good idea instead of listening to everything else, you grow the thread that can heal your heart.

Listen for the *tug* of your heart. Listen for the *why not?*

—*Yours Truly, The Guild of Circus Heartmice*

To learn more about how a heart mends, the Guild of Circus Heartmice recommends you read *The Circus at the End of the Sea* by Lori R. Snyder (HarperCollins).

This heart mending kit belongs to:



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