

My Lightning Heart Chart

An activity from Lily and the Lightning Heart by Robin Ashlin

A small thing can strike Lily's big heart like lightning. Her heart isn't too big — it's powerful, and a powerful heart can learn to check whether the alarm is real. Use this chart when the lightning strikes.

- 1 First, catch it. Hand flat on your chest. Breathe out slowly, longer than you breathed in. Say to yourself: "That was lightning." Naming it makes it smaller.
- 2 Then fill in a row. Do the last column last, once the storm has passed.

What happened	What my heart said	What might really be true
 	 	
 	 	
 	 	

- 3 Before you believe the storm, check it out loud. Ask the person: "Are you cross with me?" Most of the time the answer is no, and the lightning goes out on its own.

"Your heart isn't too big. It just feels the weather first." — Lily