

A hug for under the pillow.

Cut out the heart. Write one line on the back. Tuck it under the pillow after the last story, and let your child find it in the morning. Like Nolan's glowing heart, it is there even in the dark.



Grown-up, write one of these on the lines, or your own:

I am proud of you for ___ today.

Tomorrow I will be right there at ____.

My favorite thing you said today was ____.

In the morning: ask what they dreamed, then ask what they want to do with the heart. Most kids move it to a pocket. That is the point.