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MUCHO AMOR

This book was subject to scientific peer review.

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FOLLOW YOUR HEART

THE SCHOOL FOR MULTIPOTENTIALITES



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The authors would like to thank the extended ECO_CARE family, which includes researchers from both law and marine disciplines, students, and teachers from Indigenous and local communities in Brazil, Norway, Tanzania, Canada and Italy. You will find some of them illustrated in Chapter 3.

At ECO_CARE, we believe in the openness and reuse of learning resources to guarantee access to education for all; therefore, this book is open access, and also has an audiobook version. At the back of the book, on page 103, you can scan a QR code for more open-access educational resources.

Emily would like to thank Margherita for her support and mentorship over the past year, in both a professional and personal sense, and for bringing ECO_CARE into her life. She also thanks her mom and dad for giving her a nurturing space to grow to her fullest potential; an unconditional loving environment that welcomed big dreams, multiple talents, and emotions. Whilst working on this project, she thanks Anna for bringing play and imagination back into her life after many years of rigid academia and remembers her best friend, Nelia, who had the purest heart and always reminded Emily of all that she could become. Finally, she thanks Valentina for trusting and including her in this beautiful project.

Margherita would not have made it without a considerable amount of good coffee, daily dog walks to local farm shops (The Good Life Project), and visits to bookstores and local libraries. Margherita is particularly grateful to Barbie and Nick for the writing retreat at Windsor Hill House, in Somerset, UK, in the Autumn 2022. She thanks Princesses Poppy and Pebble (the twin dogs) for guiding her to Craig’s beautiful farm shop each day, as well as all the children’s books, authors, illustrators, psychologists, educators, and researchers that inspired her during this project. This project comes to life in the middle of many rejections and a difficult turn of Margherita’s professional life, where she had to face the challenge of not belonging to certain mainstream academic paths. And, lastly, she wouldn’t have made it without Emily-Cora and Valentina-Mucho Amor. “Follow Your Heart” originates directly from their warm embrace, their beautifully new-born friendship and their daily words of encouragement and comfort. It is one of the best results of empathy, compassion, and care.

Valentina would like to thank Emily and Margherita for “un montón de cosas” and especially for helping her to transform a business plan (forgotten in a drawer) into a dream book. She also thanks her family, and her dog Scarlett because she feels as if she would be nothing without her cuddles. Valentina thanks Camilla for showing her that it is possible to be a multipotential kid in the world of today.

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THE ECO_CARE TEAM

MEET THE AUTHORS



Emily Murray: author, editor, and creator of the character Cora. After graduating from her masters in the beginning of 2022, she is taking time to explore the world, learn new languages, reconnect with her true interests, and find ways to build out her passions in an impactful and meaningful way. She became involved with ECO_CARE during an internship and her experience has further fuelled her passion for human and planetary health, sustainable development, access to quality education and health care, and knowledge translation. Emily is still finding ways to bring together her multiple interests, and through this project, she feels many steps closer.



Valentina Russo: founder and illustrator of the project "Follow Your Heart". Her passions are art, hearts, and beautiful things. She has loved to draw, paint, sew and create since she was a child and dedicated her studies to this. She is a romantic multipotential artist with a IED degree in Fashion and Textile Design. Over the years she has explored different expressive languages and after some time she discovered a magical universe in the world of illustrations capable of expressing her true inner self. Valentina illustrates children's books whilst spreading love and happiness all over the planet with her own brand "Mucho Amor", which means "much love". She is also the official illustrator of ECO_CARE. You can follow her (with her beloved dog Scarlett) on Instagram @mucho__amor.



Margherita Paola Poto: author and project supervisor. Margherita is a researcher and a professor. She coordinates ECO_CARE and is a project member of many other wonderful research projects (SECURE, UiT The Arctic University of Norway). She believes in the power of knowledge, creativity, and solidarity for a better world. With the help of her creative team members, she tries to inject more art, beauty and love into legal research.

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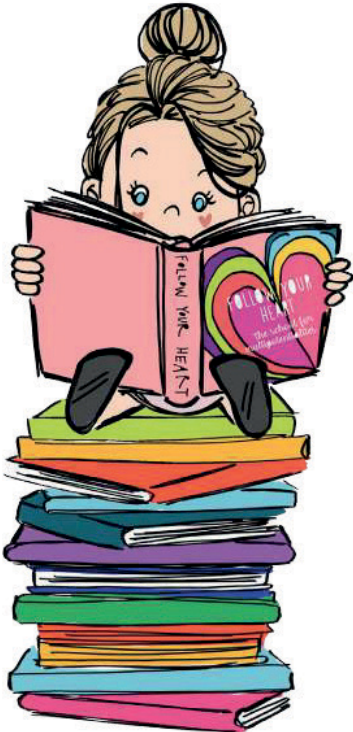
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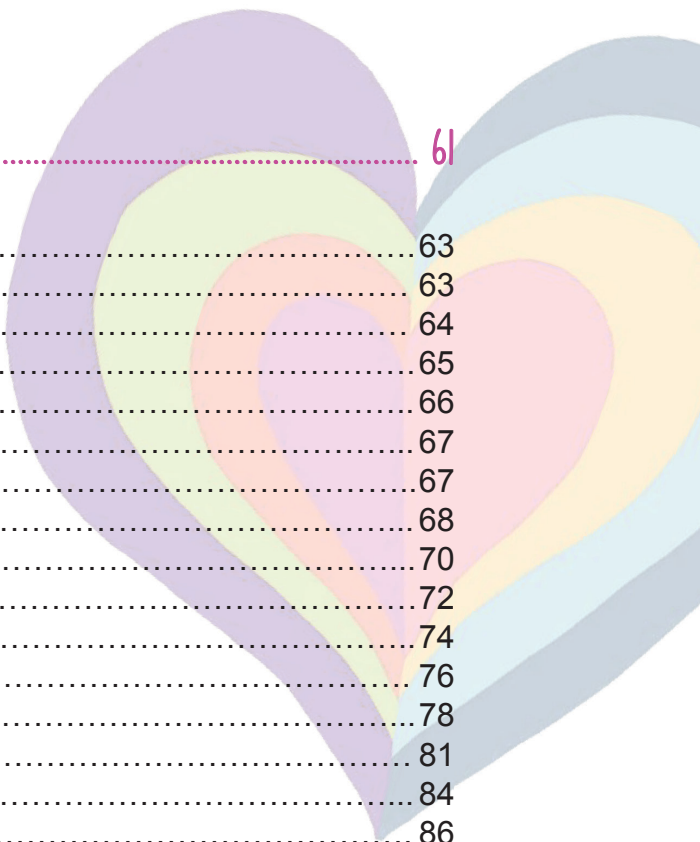
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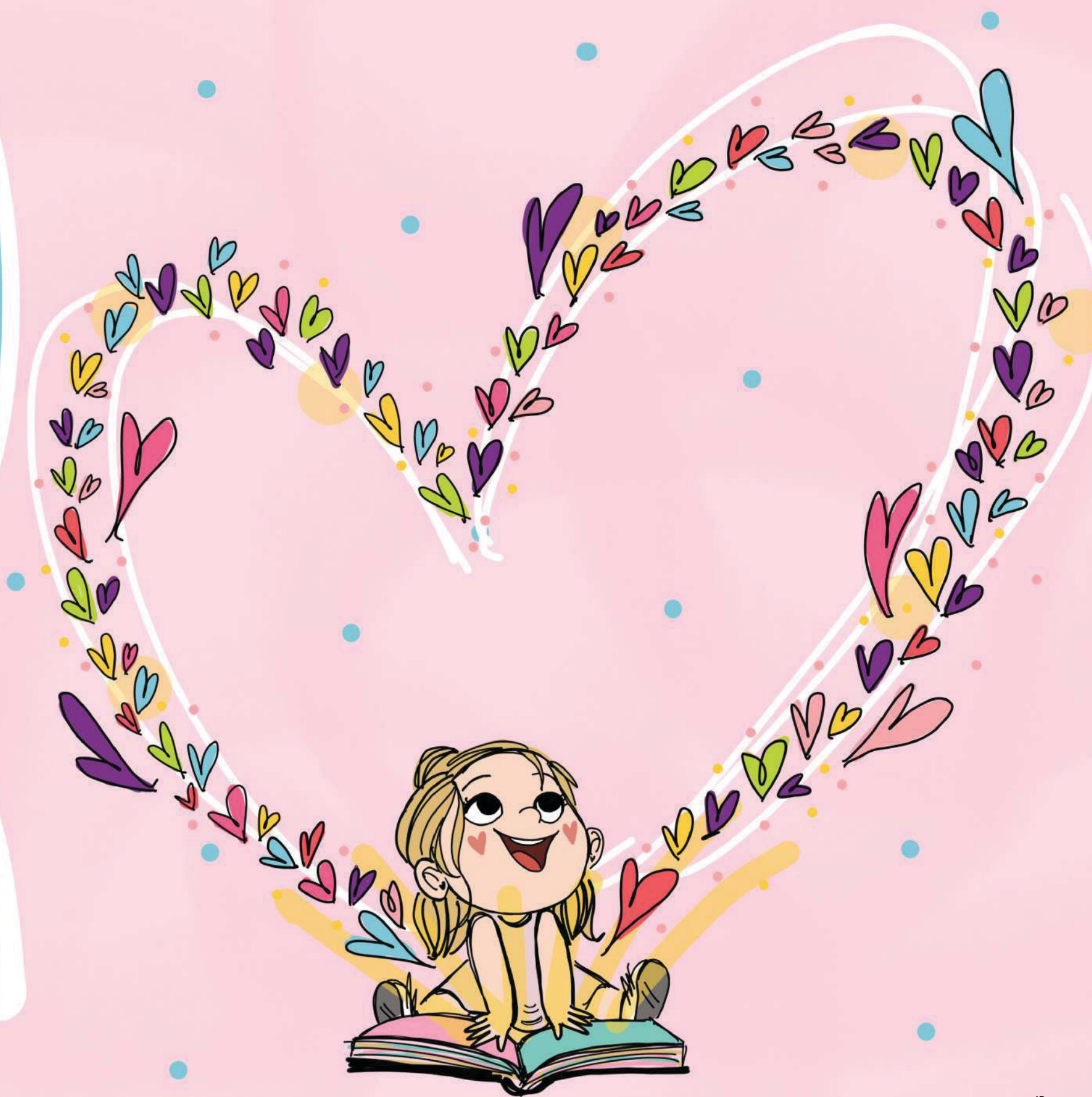
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This book mirrors a **tripartite approach** that targets multiple audiences. *Follow Your Heart: A School for Multipotentialites* begins with **PART 1**, a fully illustrated section with the beautiful story of Cora authored by and created for multipotential children. **PART 2**, for researchers and educators, illustrates the methodological steps that led to the co-creation of the book, the relevance of emotional education for academic legal research, and the teaching philosophy of Follow Your Heart. **PART 3**, for educators and children, is the participatory section with suggestions for how to implement emotional literacy and fostering multiple talents in the classroom. In line with ECO_CARE, the central importance of **participation** and **co-creation** is integrated throughout this book with each chapter providing a dedicated space for notes, suggestions for improvements, and ideas. Similarly, at the end of the **Activities** chapter, there are blank templates for children, educators and researchers to bring their own ideas and insight into the Follow Your Heart space.

AUTHOR: EMILY MURRAY
ILLUSTRATOR: VALENTINA RUSSO

The Story



WHAT DO YOU WANT TO BE WHEN YOU GROW UP



LAWYER

OR

POLICE
MAN



OR

DOCTOR



?





I CAN'T PICK JUST ONE!



? THERE IS STILL SO ?
MUCH THAT I DON'T KNOW ?

? ? ?
? WHAT IF I CANNOT CHOOSE
WHAT I WANT TO BE?!

? ?
? WHAT IF I CHANGE MY
MIND WHEN I GET OLDER ??

