



## Elementary School

### 7-Week Tuning into your Heart: Happiness and Love

#### What is Heartfulness?

Heartfulness is a simple and practical way to experience the heart's unlimited resources. The Heartfulness Institute offers workshops to help students learn simple and effective relaxation and meditation techniques that help them develop calmness from within leading to reduced stress and anxiety, improved focus, and overall wellness of being.



#### How does this help the school?

Students are

- more relaxed, positive and focused
- better integrated, and have improved relationships
- healthier, more creative and productive learning environment

#### How do you learn this?

The Heartfulness relaxation and meditation techniques are simple and practical exercises designed to nurture individual well-being and balanced living. This involves being seated comfortably for 10 minutes in quiet repose with closed eyes, to simply tune inwardly through the guided suggestions given by the facilitator. It is available to students of all socioeconomic backgrounds from ages 6 onwards, regardless of academic ability, and is offered completely free of charge by trained Heartfulness volunteers.



#### How to integrate this in the school?

The practice can be easily integrated into a student's daily routine, and school schedule without any disruption. It is open to all students from ages 6 onwards irrespective of religion, nationality, personal beliefs, socioeconomic backgrounds, academic ability or other demographics.

A Heartfulness program can range from a single workshop to a series of workshops, providing a deeper understanding of meditation. Ongoing support is available from Heartfulness trainers.



**Heartfulness Institute** offers this method in over a hundred countries throughout the world for schools, universities, corporates, communities and individuals. The program is offered free of charge by trained Heartfulness volunteers. There is no cost for the practice at any stage or any other commercial interest.

## **Heartfulness Relaxation & Meditation Program**

### **Heart-Centered Meditation Program for Elementary School Students**

The section below provides the high level structure of an introductory Heartfulness workshop. We can also offer teacher training through in-person workshops to help the school self-sustain and integrate the program into their regular schedule.

### **Tuning into your Heart: Happiness and Love**

Class length: 45 min - 1 hour

#### **Week 1: Program- Introduction to Heartfulness Meditation and Relaxation**

What is meditation? What is Heartfulness Meditation?

Why the HEART?

Why should I meditate?

How to practice relaxation and meditation?

How to integrate this into daily routine?

#### **Week 2: Program- Facing your Emotions**

Review of individual relaxation and meditation

Know your Emotions to face your Emotions

Tips to face intense emotions

Tune your mind to the heart

Guided Heartfulness Relaxation followed by meditation

### **Week 3 Program- Happiness**

Review of relaxation and meditation (A self-reflective session)

What makes you happy? What is happiness?

How full is your bucket of happiness?

Follow your heart for happiness

Tuning into your heart through Guided Heartfulness Relaxation followed by meditation

### **Week 4 Program- Fostering positivity**

Water in Us: Why are we talking about 'Water'?

What causes changes in water crystals?

Do we understand the power of positivity? Dr. Emoto's Experiment

How to overcome the negative thought monster?

Guided relaxation conducted by a student followed by meditation

### **Week 5 Program- Importance of a good night sleep**

Review of individual relaxation and meditation including feedback and questions: an interactive session

Why do I need to sleep?

The importance of a good night's sleep for physical and mental wellbeing

Why Can't I Fall Asleep? !

- Thoughts!
- Electronics—habit of falling asleep with cell phone/television on.
- How do we empty our minds and feel relaxed for a sound night of sleep?

How can meditation and relaxation help in sleeping better? Tips to get a good night sleep

Guided relaxation conducted by a student followed by meditation

### **Week 6 Program- Art of Love**

The Art of Love

- The only way to use your Heart is to Love
- Magic of Love
- How do you show your love for everything and everyone around us?

Practical tips on how to self-observe, introspect and tune to the HEART using the Heartfulness relaxation and meditation

Guided relaxation conducted by a student followed by meditation

## Week 7 Program- Recap

Review of the following:

- Individual relaxation and meditation
- Facing your emotions
- Happiness
- Fostering Positivity
- Sleep and rest well
- Art of Love
- Recap

Each life is unique. Each life has a story to tell. Each life has its own set of lessons, experiences, and perspectives. Share them.

Review of the last seven weeks: a self-reflective session to be collected/verbal feedback and reviewed by the Heartfulness team:

- How has your relaxation and meditation changed in the last three months?
- What changes have you and your family observed in yourself since you started Heartfulness?
- What is your feedback on this program?