



Middle School Program 'Tuning into your Heart: Self-Reflection and Integration'

What is Heartfulness?

Heartfulness is a simple and practical way to experience the heart's unlimited resources. The Heartfulness Institute offers workshops to help learn simple and effective relaxation, affirmations, and breathing techniques that help 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 and calm | Better integrated, and have improved relationships | Positive and focused | Healthier, more creative and productive learning environment

How do you learn this?

The Heartfulness program includes relaxation, affirmations and breathing techniques that are simple and practical exercises designed to nurture individual wellbeing and balanced living. This involves being seated comfortably in quiet repose with closed eyes, to simply tune inwardly through the guided suggestions. 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 Heartfulness trainers.

How to integrate this in the school?

The practice can be easily integrated into a daily routine without any disruption. It is open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic backgrounds, academic ability or other demographics.

The Heartfulness program ranges from a single workshop to a series of workshops, providing a deeper understanding of relaxation. 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 programs are offered free of charge by Heartfulness trainers. There is no cost for the practice at any stage or any other commercial interest.

Heartfulness Relaxation Program Heart-Centered Relaxation Program for Middle 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: Self-Reflection and Integration

Class length: 45 min-1 hour

Week 1 Program

Introduction to Heartfulness Relaxation

What is relaxation? | What is Heartfulness Relaxation? | Why the HEART? | Why should I relax? | How to practice relaxation? | How to integrate this into daily routine?

Week 2 Program

Self-Observation

Review of individual relaxation (A self-reflective session) | Interactive session on questions and experiences on individual relaxation and meditation including importance of 'Why the HEART' | Why do we need to observe ourselves? What is the importance of self-observation? | How do we do self-observation? Introduction to journal writing and the importance of using PEMS method: Physical, emotional, mental and self-development for self-observation. Practical tips on how to observe oneself | Heartfulness Relaxation

Week 3 Program

Tuning into the heart to make decisions

Review of relaxation and journal writing (A self-reflective session) | Tune your mind to the heart to achieve the highest? | How to develop better Decision Making - Emotional vs. logical decision making | Difficult to make clear decisions when our minds our cloud with a billion thoughts. | Are we following our head or our heart? | The importance of going within to making a correct choice. Breathing with awareness of purpose | Tuning into your heart through Guided Heartfulness Relaxation conducted by a student. PEMS - Self-observation

Week 4 Program

Fostering positivity

Do we understand the power of positivity? | How do others influence our self-confidence and performance? | How can we spread positivity? How do we resolve conflicts? A few tips... | How does meditation change us from the inside? How does this change foster positivity? | Heartful Affirmations | Guided relaxation conducted by a student and PEMS observation

Week 5 Program

Importance of a good night sleep

Review of individual relaxation including feedback and questions: an interactive session | 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 relaxation help in sleeping better? Tips to get a good night sleep | Breathing and Guided relaxation conducted by a student and PEMS observation

Week 6 Program

Art of Silence

Review of individual meditation and journal writing including feedback and questions: an interactive session | The Art of Silence - Reducing the amount of noise that we are surrounded by cell phones, television, music

- Era of technology - excessive noise is a by-product
- How can we internalize in order to find peace and quiet?

Practical tips on how to self-observe, introspect and tune to the HEART using the Heartfulness relaxation | using the Heartfulness relaxation | Heartful Affirmations. Guided relaxation conducted by a student and PEMS observation

Week 7 Program

Recap

Review of the following: Individual relaxation | Self-Observation- PEMS Journal writing- Diving into our heart | Tuning into your heart to make decisions | Positivity: inside and outside to build healthier relationships | Sleep and rest well | Art of Silence | 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 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?

(The 7-week module could culminate to a community project)