



Elementary School Program '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 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 Elementary 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 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

Facing your Emotions

Review of individual relaxation | Know your Emotions to face your Emotions | Tips to face intense emotions | Tune your mind to the heart | Heartfulness Relaxation

Week 3 Program

Happiness

Review of relaxation (A self-reflective session) | What makes you happy? What is happiness? | How full is your bucket of happiness? | Follow your heart for happiness | Breathing with awareness of purpose | Tuning into your heart through Guided Heartfulness Relaxation

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? | Heartful Affirmations | Guided relaxation conducted by a student

Week 5 Program

Importance of a good night sleep

Review of individual relaxation 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 relaxation help in sleeping better? Tips to get a good night sleep
| Breathing and Guided relaxation conducted by a student

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 | Heartful Affirmations. Guided relax-
ation conducted by a student

Week 7 Program

Recap

Review of the following: Individual relaxation | 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 collect-
ed/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?