What is ‘Self-Care through Heartfulness’?

This program, offered through Heartfulness Program for Schools, includes a 28-day portfolio with a variety of activities for self-care through Heartfulness to the whole school community. The 4-week program promotes stress-management, fosters positivity, builds alignment with circadian rhythms, and develops self-observational tools.

Heartfulness Program for Schools meets CASEL’s promising designation for evidence-based programs, indicating that it could play an important role in a school’s approach to promoting social and emotional learning. Please visit https://pg.casel.org/heartfulness-program-for-schools/ for more details.

Program Outline

Part 1: Stress to De-Stress
- Stress Statistics
- Stress to De-Stress
- Stress Curve

Experiential Session:
Guided Relaxation and Meditation

Part 2: Fostering Positivity
- Statistics on Positivity
- Mind Mapping Activity
- Positive Mindsets

Experiential Session:
Guided Affirmations
Breathing with Awareness and Purpose

Part 3: Circadian Rhythm
- What is Circadian Rhythm
  - What does it affect?
  - Why is it important?
- Circadian Rhythm Activity

Experiential Session:
Guided Rejuvenation

Part 4: Goal Setting
- Self-Reflection
- Attitude and Mindsets
- Heartful Communication
- Goal Setting

Experiential Session:
Guided P.E.M.S