

TUNING INTO YOUR HEART

Happiness and Love

Elementary School Program

heartfulness
advancing | with kindness



7-Week Workshop Series Includes:

- Relaxation sessions
- Knowing and facing emotions
- Happiness
- Fostering positivity
- Sleeping and resting well
- Art of love

Each workshop session is 45 minutes to 1 hour and may be taken online or in-person.

The “Tuning Into Your Heart: Happiness and Love” Elementary School Program is a 7-week introductory workshop for grades K-5, focusing on emotional awareness and management. It uses practical tools and hands-on activities to nurture positivity and happiness in students.

The Heartfulness Program for Schools meets CASEL’s Promising Program designation for evidence-based programs, indicating that it can play an important role in a school’s approach to promoting social and emotional learning. [LEARN MORE](#)



WEEK 01 Introduction to Heartfulness Relaxation

- What is relaxation?
- What is Heartfulness relaxation?
- Why the HEART?
- Why should I relax?
- How to practice relaxation
- Integrating Heartfulness relaxation daily

WEEK 02 Facing Your Emotions

- Recap of week 1
- Know your emotions to face your emotions
- Tips to face intense emotions
- Tune your mind to the heart
- Heartfulness relaxation

WEEK 03 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

Series descriptions continued on next page...

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What Is Heartfulness?

Heartfulness offers a means to tap into the heart's unlimited resources through a variety of simple and practical relaxation and inner-journey solutions. This can aid us in problem-solving and empower us to be the best we can possibly be in all aspects of our life. Heartfulness methods are practiced in more than 126 countries throughout the world, in schools, universities, corporations, communities and among individuals.

What Is Heartfulness Program for Schools?

Heartfulness Program for Schools is a program of workshops that teach simple and effective relaxation, affirmations and breathing techniques to help develop calmness from within for reduced stress and anxiety, improved focus and overall well-being. The programs range from a single workshop to a workshop series for a deeper understanding of relaxation. Ongoing support is available from Heartfulness trainers and coaches.

How Does Heartfulness Help in Schools?

In our school programs, students become:

- More relaxed and calm
- Better integrated and equipped to have healthy relationships
- More positive and focused
- Healthier and more balanced
- More creative and productive

How Much Do Heartfulness Programs Cost?

Heartfulness Program for Schools is offered completely free of charge by Heartfulness Institute, a non-profit organization. Heartfulness programs are open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic background, academic ability or other demographics.



To learn more, visit
Heartfulnessinstitute.org

Series descriptions continued...

WEEK 04 Fostering Positivity

- Water in us: Why are we talking about water?
- What causes changes in water crystals?
- Do we understand the power of positivity?
- How to overcome the negative thought monster?
- Heartful affirmations
- Guided relaxation conducted by a student

WEEK 05 Importance of a Good Night's Sleep

- Why can't I fall asleep?
- How falling asleep with electronics on affects sleep
- How do we empty our minds and relax before bedtime?
- Tips for getting a good night's sleep
- Breathing and guided relaxation conducted by a student

WEEK 06 Art of Love

- Magic of love
- Finding ways to approach everything and everyone around you with love
- Practical tips on self-observation
- Tuning to the heart and practicing Heartfulness relaxation
- Heartful affirmations
- Guided relaxation conducted by a student

WEEK 07 Recap Session

A recap and self-reflective session. Additionally, the Heartfulness team will collect the following feedback from participants:

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

To learn more about scheduling a Heartfulness program at your school, contact us at edu@Heartfulnessinstitute.org