

TUNING INTO YOUR HEART

Self-Reflection and Integration

Middle School Program

heartfulness
advancing | with kindness



7-Week Workshop Series Includes:

- Relaxation sessions
- Self-observation journal writing
- Tuning into your heart to make decisions
- Positivity: inside and outside, to build healthier relationships
- Sleeping and resting well
- Art of silence

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

The “Tuning Into Your Heart: Self-Reflection and Integration” Middle School Program is a 7-week introductory workshop for grades 6-8, emphasizing self-awareness and decision-making skills. It utilizes practical tools and hands-on activities to foster positivity and enhance clarity.

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

Self-Observation

- Relaxation and meditation interactive session
- The importance of self-observation
- Introduction to journal writing
- Using the PEMS Method:
 - Physical*
 - Emotional*
 - Mental and self-development*
 - Self-observation*
- Heartfulness relaxation

WEEK 03

Making Heartful Decisions

- Review of relaxation and journal writing
- Emotional vs. logical decision making
- Are we following our head or our heart?
- Making clear decisions when our minds are clouded with thoughts
- Going within to make clear choices
- Breathing with awareness of purpose
- Guided relaxation conducted by a student

Series descriptions continued on next page...

heartfulness

advancing **L** with kindness

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

04

- Understanding the power of positivity
- How do others influence our self-confidence and performance
- How can we spread positivity?
- How do we resolve conflicts?
- How does meditation change us?
- Heartful affirmations
- Guided relaxation conducted by a student
- PEMS observation

WEEK 05 Importance of a Good Night's Sleep

05

- 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 Silence

06

- How to reduce excessive noise that we are completely inundated by
- How to internalize to find peace and quiet
- 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

07

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