

heartfulness
advancing with kindness

A Heartful World is a Happier World

Observe, Connect & Reflect

Celebrating Earth Day to Heartfulness Day

April 22 - April 30, 2025



What Is Earth Day and Why Do We Celebrate it?

Every year on April 22, people around the world celebrate Earth Day. The day marks the start of the environmental movement in 1970, and for the past 52 years has resulted in policy change and a greater awareness of the environment.



When Was Earth Day First Celebrated?

The very first Earth Day was celebrated in the United States on April 22, 1970. In 1990, Earth Day became a global event, mobilizing 200 million people to encourage environmental protections and encourage people to recycle.

How Many People Take Part in Earth Day Each Year?

According to the Earth Day Network, 1 billion people participate in Earth Day festivities each year in 192 countries.



What is Heartfulness Day? When is it celebrated?

Heartfulness Institute, present in over 165 countries, celebrates Heartfulness Day on April 30th every year. Millions of people across the globe come together and sit in silence while connected to the Heart. The Love and Joy in their hearts is shared with everyone around the world.

What is the Mission of Heartfulness Institute?

Develop peaceful, healthy and holistically-educated individuals and children, families and communities, organizations and businesses, and government organizations with a spirit of human well-being and oneness.



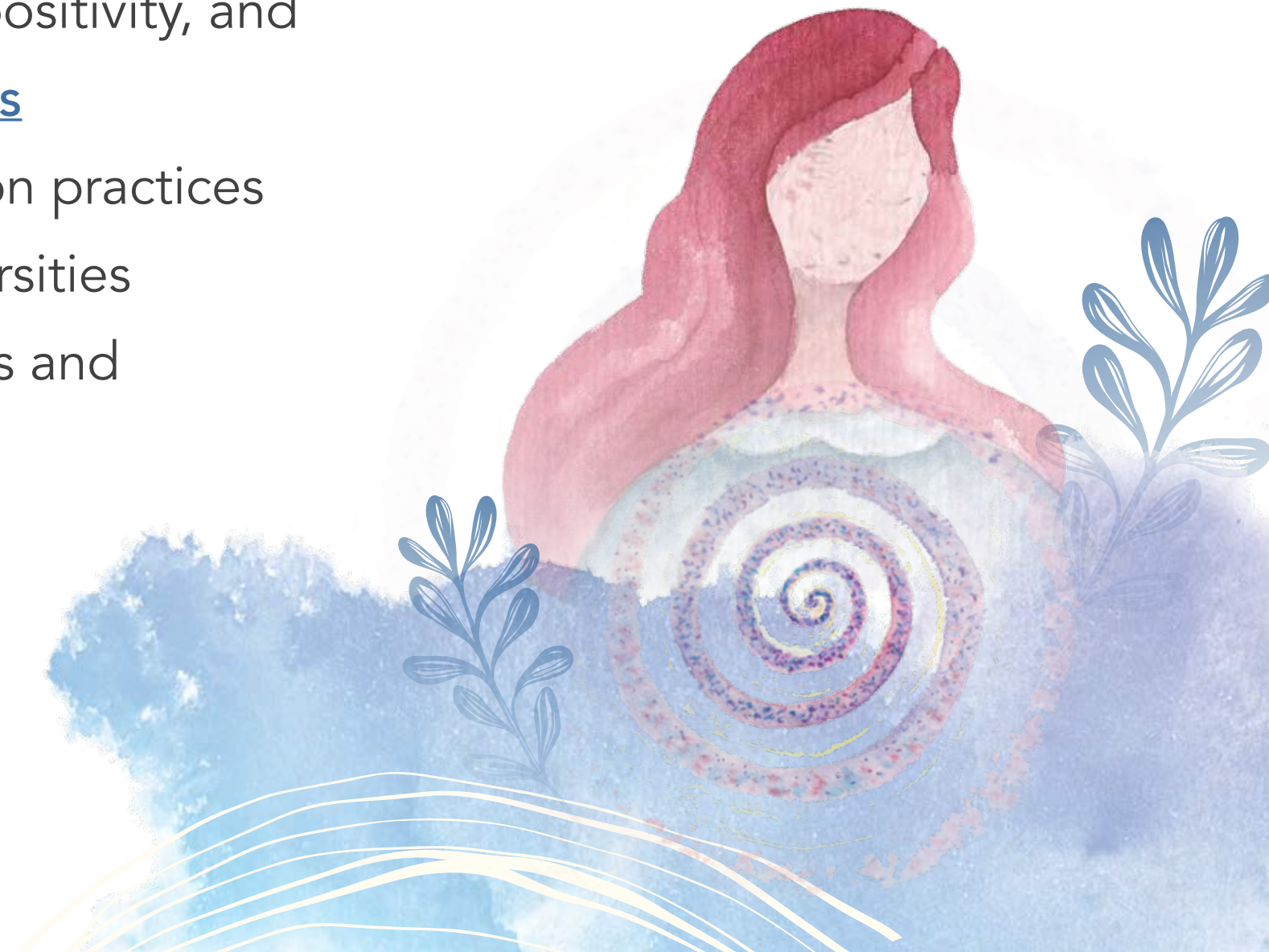
What does Heartfulness Institute Offer?

With the help of over 50,000 volunteers and 15,000 trainers in more than 165 countries worldwide, Heartfulness Institute offers

- Programs for children to improve their creativity, positivity, and social emotional learning through [Heartful Schools](#)
- Community relaxation, meditation and rejuvenation practices
- Self-development programs in colleges and universities
- Wellness programs for corporations to lower stress and improve teamwork

Find more details now!

www.heartfulnessinstitute.org



How to use this Book

While Doing Each Activity

Observe

After Each Activity

Connect

In the End

Reflect



Activity 1: Connect to your Heart on Earth Day

Activity 2: Sync with the Sun

Activity 3: Visit A National Park Virtually/In Person

Activity 4: Read and Reflect

Activity 5: Do a Craft & Connect

Activity 6: Earth-friendly Harvest

Activity 7: Purposeful Nature Walks

Activity 8: Gift of Giving

Activity 9: Connect with your HEART for a HAPPIER World!





Connect to your Heart on Earth Day

Grades: K-12



Earth Day is a time to observe, connect and reflect.

Start by watching the video at this [link](#) to learn how the roots of various trees are interconnected to share nutrients and offer protection to each other.

Reflection:

- List three people who provide strength in your life.
- List three activities that give you inner strength.
- How does our environment impact our health?

Let's begin our Earth Day Celebration with Heartfulness Relaxation.

HPS Tool: Heartfulness Relaxation   

Submission: Take a photo of your class relaxing to HFN Relaxation



Activity 2

Sync with the Sun

Grades: K-5

Celebrate Earth Day by observing your sensitivity to the sun.

Our bodies have a natural cycle of physical, emotional, mental, and SELF (PEMS) changes happening every 24 hours (one rotation of the earth). This is our circadian rhythm which is affected by light and darkness.

Try this experiment and record your PEMS discoveries:

- Think about your daily cycle.
- What do you do everyday: morning, afternoon and evening?
Share it.
- Watch this [video](#).

Reflection: HPS PEMS Tool



Activity 2

Sync with the Sun

Grades: 6-12

Celebrate Earth Day by observing your sensitivity to the sun.

Our bodies have a natural cycle of physical, emotional, mental, and SELF (PEMS) changes happening every 24 hours (one rotation of the earth). This is our circadian rhythm which is affected by light and darkness.

Try this experiment and record your PEMS discoveries:

- Think about your daily cycle.
- What do you do everyday: morning, afternoon and evening? Share it.
- Watch this [video](#).
- How can we align with the circadian rhythm? What are the changes you would like to make?

Reflection: HPS PEMS Tool   



Activity 3

Visit A National Park Virtually/In Person

Grades: K-12

Take a trip to a national park from wherever you are!

Many parks offer virtual visits! Get a bird's eye view of the Grand Canyon. Discover the fjords of Alaska. Or visit the active volcanoes of Hawaii. Nearly all 62 national parks of the United States offer some sort of [virtual tour](#).

Reflection:

- What was unique about the national park that you have just visited?
- How did you feel after visiting this park (either virtual or in-person)?
- What helped you appreciate nature after this visit?

Submission:

1. Draw or sketch a picture of a park that you just visited or saw on the virtual tour.
2. Submit a picture of your visit to a National Park or of your class taking a virtual tour!





Read and Reflect

Grades: K-5

This can be a 10-day activity to read a book a day.

Here is a list of Top 10 books for Children

www.familyeducation.com/fun/childrens-books/top-10-earth-day-books-children

Or Inspire the children with this list of Books

www.craftymama-in-me.com/inspiring-earth-day-reading-list-for-children

Reflection:

What are your three learnings from the book that you just read?



Activity
4

Read and Reflect

Grades: 6 - 12

Read one of the three articles and summarise your observations.



Links:

[Impact of Food Packaging](#)

[How Otis Conserves Energy](#)

[Building with Bamboo](#)

Reflection:

What are your three learnings from the book that you just read?



Do a Craft & Connect

Grades: K-12

Positive thoughts can lead to positive interactions, which can lead to a harmonious environment. Let's make positive thinking as constant as Earth's gravity. Experience these chain reactions.

Grades K - 5: Make a Spinning Disc and color it to look like Earth. Children can spin them in an 'arena' created by books to watch the chain reaction. ([Instructions](#))

Grades 6-12: Create a Rube Goldberg chain reaction, in a group, that reveals a sign saying "Happy Earth Day!" Each item could represent an item the students can reduce, reuse, or recycle - [OK GO - Rube Goldberg](#), [Rube Goldberg Easy Example](#) and [How to make a Simple Rube Goldberg](#). Use this domino effect to make your own tik tok video to showcase your final product!

Video resource: [How to reduce, reuse & recycle](#)

Reflection: How we feel and what we do affects others. How could you make positivity a chain reaction?

Submission: Share pictures of your classroom project or the tik tok video



A blue watercolor-style graphic with the word "Activity" in white and the number "6" in a large white font.

Earth-friendly Harvest

Grades: K - 12

Show Peter Menzel's photograph project on 'Family Food' at this [link](#).

After viewing, ask students to divide into groups of 3-4 to discuss the following questions with a scribe noting down the answers:

- What stands out about these photos?
- Which photo(s) reflects your own family life?
- Do these photos reflect different values and lifestyles? What are they?
- Which ownership patterns have less impact on nature? How?
- Do more possessions bring more happiness?

What eating habits can we adopt to reduce our impact on the Earth (Resource: [Impact of Food Packaging](#))?

Students can reflect on the learnings from this activity and prepare an earth-friendly snack to share with others for the next day!

HPS Tool: Heartful Affirmations



Reflection:

- How did you feel after this activity?
- What are the benefits when we eat earth-friendly foods?





Purposeful Nature Walks

Grades: K-12

Take a Nature walk and look for heart-shaped objects in nature. Sometimes rocks are in the shape of a heart. Sometimes leaves. Sometimes branches come together in the shape of a heart.

Guide your students:

- To take a break
- Experience the guided breathing exercise
- Connect to each other and to nature.

HPS Tool:

Heartfulness Breathing with Awareness and Purpose



Reflection: What do you observe?

Submission:

- Share a picture or a collage of all the heart-shaped objects that you found.
- Share your reflections from this activity.





Gift of Giving

Grades: K-12

Giving makes two people happy. Those who give and those who receive.



Gift of giving (for Others)

Create donation banks from recycled containers to collect monetary donations at your school. Donate the collected money to charities that support the environment. Students can send in their donations to one or more of these charities:

- Conservation International Foundation
- Earth Day Network
- Earth Share
- Environmental Defense Fund
- Friends of the Earth
- National Wildlife Federation
- Sierra Club Foundation
- The Nature Conservancy





Gift of Giving

Grades: K-12

Qualities of the heart need exercise like the muscles of the body.

Gift of giving (self care)

Have students experience Heartfulness Relaxation as a gift to themselves

HPS Tool: Heartfulness Relaxation   

Reflection: How did you feel after the donation drive?
How did you feel after experiencing Heartfulness Relaxation?

Submission: Take photos of the banks and share them.
Please submit the charity your class chose.



Activity
9

Connect with your HEART for a HAPPIER World!

Grades: K-5

Heart collage - Create your own Heart Map using the [Heart Collage](#).

HPS Tool: Heartfulness Relaxation   

Guided Reflection: 'How do you feel' using the [Feelings Poster](#)

Submission: Pictures of Heart Collage



Activity 9

Connect with your HEART for a HAPPIER World!

heartfulness
advancing with kindness

Grades: 6-12

Create your own 'Earth eBook' using Google Slides to share your version of a 'Happier World'. You may include pictures, poems, stories, jokes, memes, etc.

HPS Tool: Heartfulness Relaxation   

Guided Reflection: 'How do you feel' using the [Feelings Poster](#)

Submission: Submit your Earth eBook



Time to Celebrate

All the submissions will be entered into a raffle and winners will be notified.

Please submit your entries with the following details:

- Your Name
- Name of your School
- Teacher's Name
- Grade
- Pictures, links, and reflections along with the activity number

Send your submissions by **May 15th, 2025**
to support.hps@heartfulnessinstitute.org



This eBook is developed by the Heartfulness Program for Schools (HPS)

The **mission** of HPS is to equip school communities **with tools and techniques that promote a heart-based nurturing environment** focusing on relaxation, positivity and developing growth mindsets.

This **program** is designed **to create a loving, compassionate learning environment to nurture individual well-being and build social-emotional skills** for a balanced living.

Our **vision** is to partner with school communities and enable its members to build a more relaxed, compassionate and positive environment using Heartfulness tools and techniques, so that they feel connected and are able to collaborate with their peers to **uncover their own Brilliant Self**.



Designated by CASEL as a recommended program for social and emotional learning. The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. The program meets CASEL's Promising Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs. The program met or exceeded most of CASEL's criteria for high-quality SEL programming.

heartfulness
advancing with kindness

Connect with us

support.hps@heartfulnessinstitute.org

edu@heartfulnessinstitute.org

heartfulness
advancing | with kindness