



TODAY'S TOPIC:

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Which is smarter, your heart or your brain?

Lesson

HeartMath

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Some sort of music player 	<ul style="list-style-type: none"> Recording of Karen Drucker's / <i>Send My Love</i> 	Explore the power of the heart

ASK: Have you ever wanted to help someone but didn't know how? Maybe they lived somewhere really far away or they needed something that you couldn't give them, like a new home.

SHARE: One of the most powerful tools we have to take care of each other is *love*. What are some ways we show each other love? Can we send love to people that are far away? How?

SHARE: Have you heard of the HeartMath Institute? The HeartMath Institute is a group of people who study the heart and its effects on the brain. Their research shows that not only do our brains send signals to our hearts but our hearts send signals to our in brains. What does that mean though?

ACTIVITY: Let's try a little exercise to show you. Raise your hands above your head and wiggle your fingers. Like this. (demonstrate)

ASK: How are you doing that? What is making your muscles do that?

EXPLAIN: Your brain! Your brain is sending signals to your fingers and arms. These signals are like little messages that tell your body what to do. You can put your arms down now.

SHARE: It turns out that the signals your heart sends to your brain work the same way; they tell your brain what to do. And guess what? The heart actually sends more signals to the brain than the other way around! How crazy is that?! Science shows us just how powerful our hearts are and that's why sending love, even from far away can be so effective. Now we are going to practice two different ways to send our love out into the world.

ACTIVITY: First we are going to practice what is called a coherent moment. Coherent is a fancy word for working together or being in harmony. To practice a coherent moment all you need to do is pick one thing to send love to and focus on sending love there. Choose a situation from the news or your family or something that is important to your family. Settle into a comfy position and take a deep breath. You can close your eyes if you'd like. Imagine that we are the sun and we are filling up with so much love energy and compassion that it's shooting out in every direction just like the sun's rays. Focus on that love and send it to those people that need it. Breathe into the quiet. (allow for a moment or two of silence)

SAY: Could you feel all that energy?

ACTIVITY: Now let's practice a technique called heart focused breathing. This is something you can do anywhere, anytime because all you need is your breath. Start by thinking about your heart and focusing your attention on it. (pause for a few seconds) Once you are focused on your heart center, slow your breathing down. See if you can feel your breath going right through your heart, breathing love in and out.

ACTIVITY: Say affirmation and play "I Send My Love" by Karen Drucker.

AFFIRMATION – I send out my love and it returns to me. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .