



Supporting Systems

Creative Brief- Heart Love Helps

How can we bring the love from our heart to connect with our children?

Purpose

Sometimes in the busyness of the day with so much giving to children and pressures of the school curriculum; we can lose the connection to our heart. We can connect to where that love and caring for them comes from. Our children can also find that connection. This exercise is a reminder of that heart love.



Stilling Exercise

- Everyone can sit with their feet on the ground and their hands on their lap
- Breathe in and out three times slowly
- Close their eyes and put their hands on their hearts
- Start by breathing and becoming aware of your heart.
- Breath with your heart
- The next step is to feel your heart.
- Is your heart saying something to you?
- You can end with inviting everyone to imagine who loves and supports their heart and what might happen?
- Invite everyone to keep that feeling with them for the next exercise.

Systemic Exercise and Art Extension

Everybody can choose a piece of heart paper. It can also be a square paper that you draw a heart on. Use what art supplies you have available. Ask everyone to think about how they would use the feeling that came from their heart connection to move this positive feeling into their day. The children can share about their picture. The parent can receive and reflect and reply to reinforce the child's experience. The parent can share and add something about their own heart picture, that will be of service to the child. If there is more than one parent or adult in the home, then this is a good exercise for parents to try with each other first, to strengthen their hearts for their children..

You can place the hearts around the children's school place in the home. You can breath using bubbles and spread the love around.

This exercise was an adaptation of an exercise by Bill Mannie