



Teaching Notes: WHAT'S IN YOUR HEART TODAY?

Written by Louise Bladen
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SYNOPSIS

A beautiful journey of the heart for children and adults, using simple meditation to resolve emotional conflict and find forgiveness and peace. A delightful companion to Louise Bladen's first book, *What's in Your Mind Today?*

ABOUT THE AUTHOR

As a classical pianist, Louise found that during long practice sessions, the necessary mental focus gave her relief from emotional stress. Later, she discovered that a similar but more profound state of peace and calm could be cultivated through meditation and mindfulness, and swapped her piano stool for a meditation cushion! After years of teaching primary classroom music, she realised that there is a great need for children to learn some tools to help them de-stress and better cope with busy lives. Beginning with the simple practice of breathing, Louise introduced some meditation activities into her classes and discovered that children are quite capable of looking into their minds and really enjoy the process of cultivating a calm, peaceful space within. When Louise isn't sitting on her meditation cushion looking at her mind, she loves painting in watercolours, swimming, watching musicals and walking her four-legged canine friends, Maggie the Hairy and Harry the Smooth, accompanied by her two-legged husband John.

ABOUT THE ILLUSTRATOR

Angela was born in Putignano, Italy. She is a freelance illustrator with a degree in Art History and Cultural Heritage. She is fascinated by historical fables and fairytales, and loves bringing stories to life.



HAPPY LIGHT ACTIVITY

Miss Rose decides to help her class relax and make their worries and stress go away. Follow this positivity practice with your class.



1. Close your eyes.
2. Take a breath.
3. Let your body grow calm.
4. Imagine a bright, warm, happy, white light above you.
5. As you breathe, some of the light comes into you through the top of your head.
6. With each breath, more and more of your body is filled with this light.
7. All negative, bad feelings have disappeared into the ground.
8. Hold onto the light as long as you can.
9. Feel the light spilling out of you, like rays from the Sun.



WORD SEARCH ACTIVITY

Find all the words below in the *What's in Your Heart Today?* word search.

Name:

Class:

Date:

What's in your Heart Today?

T H D D S J R T I
E T O A S O S M P
S N T M S O H E E
P C R Y L H R H A
U A A D V A T L C
W R E R N A C I E
T I H L E I E G E
N N O R N D K H U
I G B R I G H T A

BREATHE
BRIGHT
CALM
CARING
HEART

HEAVY
KIND
LIGHT
MAD
PEACE

RAYS
SAD
SCARED
UPSET
WARM

What's in your Heart Today?

T H D D S J R T I
E T O A S O S M P
S N T M S O H E E
P C R Y L H R H A
U A A D V A T L C
W R E R N A C I E
T I H L E I E G E
N N O R N D K H U
I G B R I G H T A

BREATHE
BRIGHT
CALM
CARING
HEART

HEAVY
KIND
LIGHT
MAD
PEACE

RAYS
SAD
SCARED
UPSET
WARM

DRAWING ACTIVITY

Draw how your heart is feeling today. Happy? Sad? Angry? Upset? Calm?



DESIGN A FRIENDSHIP CARD ACTIVITY

Design a card to give to a friend to show them how much you care about them. This could be after you've had a disagreement as a way of making up to them or just because you want them to know that you think they are a fabulous friend.



Ask an adult to help you cut out the card.
Remember to fold along the dotted line.

you are a
fantastic
friend!