

Y.O.U. Lesson Plan based on the book, *The Hidden Power of the Heart*
Lesson Plan Written by Damir Hudovic

OPENING:

- Hidden Heart Power Activity –
 - Each teen chooses a paper heart (different colors made from construction paper).
 - Using the markers available, have each person write a word or sentence that defines or describes a ‘hidden’ power they believe they hold within themselves.
 - Do NOT have them put their name on this.
 - Have the teens fold the heart in two and place it on the small table in the center of the circle, to be used later.
- Joy Songs:
 - YOU Down clap
 - “Thank You For Loving Me”
 - “Open Your Heart”

SACRED CIRCLE TIME:

- Opening Prayer
- Introductions –
 - Have each teen say their name, age, grade, and school.
 - Then have them take one of the paper hearts from the center table and complete this sentence by reading what is written in the heart – “I have a hidden power in my heart, and it is...”
- Offering

MEDITATION: (Heart’s prayer)

Let us now get comfortable for our meditation. You can either sit with your legs crossed (or not), or you can lie on the floor (with your head on a pillow or your hands). Just relax your body. Take a deep breath in. Hold it for a second. Now let it out slowly. Take another breath in and hold it for a moment. As you let your breath out, imagine all your worries and cares are going out with that breath. Let’s do that again. (Breathe in, hold, now exhale.) With your eyes closed and your body relaxed, imagine that you are lying on a hillside. The sky is blue with a few white clouds here and there. There is a nice breeze so you feel very comfortable. You noticed that here are other people on the hill with you. Some are sitting. Some are lying relaxed like you. You listen and you hear a voice. It is the voice of a man. He is speaking to everyone. You hear Him say, “When you are praying, do

not say lots of things you do not mean. For your Father knows what you need before you ask him.” You listen with your heart now as you hear God speak within you. Listen, now, and you can hear what your heart is praying for. (Moment of silence.) Maybe you don’t hear the exact words but you have a feeling or can see a picture in your mind of someone or something. You will know what your prayer is because it will feel right in your heart. (Another moment of silence.) Now that we have our hearts prayer, let us hold this in our hearts and minds as we awaken our bodies. Open you eyes now and come back to the awareness of this room. You may sit up if you aren’t already.

LESSON:

We are going to be using the book, *The Hidden Power of the Heart*, for our lesson focus today. In Chapter 4, “Stress, The Social Disease”, I think we may all be able to relate to some of the stress. Keep in mind that our goal will be to look at these things in our lives and then come to a place where we can let go of the stress and embrace our inner love of self and others.

(Read pg. 47-48) Pass out paper that contains checklist of below (contained at bottom of lesson).

How often do you have any of these symptoms of stress?

- Feeling you have no time (feeling rushed?)
- Moodiness—lots of ups and downs (feeling tired?)
- Bored—lack of care (feeling depressed?)
- Quick to get irritated or frustrated (feeling anxious?)
- Short tempered (feeling angry?)
- Feeling unloved or un-liked (feeling unfulfilled?)
- Headaches—too much to cope with (feeling disheartened?)
- Can’t shut your mind off and relax (feeling tense?)

As you manage your day-to-day stress, you will find your next level of peace. Peace is the opposite of stress. The two frequencies of stress and peace cannot live in the same place as they cancel each other out. It is each individual’s choice. The game of life is a game of you and you. You can heart empower yourself, once you know how. You can de-stress your life. It starts with de-stressing the simple, ordinary day-to-day hassles.

Here is a way to begin –

- Spend a little time quieting your mind and asking yourself, “During the course of the day, week, or month, do I accumulate more stress or more peace?”
- Start to recognize your mental and emotional response patterns.
- Observe and identify whether your response to stressors is from the heart or from head reactions.
- See where head reactions take you.
- Evaluate whether they are a good way of using your energy or not.
- Self-correct. (what would that look like if I did it differently?)
- Use what your own heart tells you to do in a circumstance – in your attitudes, your understandings, your communications with others, and your actions.
- Managing your self – you CAN achieve real peace and inner security in a stressful world.

Lesson continues – if time permits:

Read Chapter 11, Inner Security, Your Key to Self-Esteem, pgs. 123-124.

Have one of the teens read this chapter.

CLOSING:

Group circle, say the Prayer for Protection.

Group hug. (Grug)

“Stress, The Social Disease”
From The Hidden Power of the Heart

I think we may all be able to relate to some of these stresses. Keep in mind that our goal will be to look at these things in our lives and then come to a place where we can let go of the stress and embrace our inner love of self and others.

How often do you have any of these symptoms of stress?

Underline or circle one: Never – sometimes – often – very often – all the time

- Feeling you have no time(feeling rushed?)
Never – sometimes – often – very often – all the time
- Moodiness—lots of ups and downs.....(feeling tired?)
Never – sometimes – often – very often – all the time
- Bored—lack of care.....(feeling depressed?)
Never – sometimes – often – very often – all the time
- Quick to get irritated or frustrated.....(feeling anxious?)
Never – sometimes – often – very often – all the time
- Short tempered.....(feeling angry?)
Never – sometimes – often – very often – all the time
- Feeling unloved or un-liked.....(feeling unfulfilled?)
Never – sometimes – often – very often – all the time
- Headaches—too much to cope with.....(feeling disheartened?)
Never – sometimes – often – very often – all the time
- Can't shut your mind off and relax.....(feeling tense?)
Never – sometimes – often – very often – all the time