

# curriculum outline

## Part 1

### Establishing the Foundation of How Our Minds Work

#### **Introduction to IHEART**

Exploring what we mean by Innate Health Education and Resilience Training

#### **The Superpower of the Mind: Designed to Perfection**

Introducing the highly intelligent, perfectly designed operating system behind the mind

#### **The Source of All Our Feelings**

Discovering Thought as the source behind all feelings and why that is so important

#### **The Nature of Thought**

Learning about the invisible power called Thought which brings all experience to life

#### **As We Think, We Feel**

Understanding the illogic that any other factors besides Thought can create a feeling is the key to eliminating victimhood and blame

#### **Separate Realities**

Exploring the barriers to healthy relationships



*I am extremely impressed by the IHEART curriculum which has been thoughtfully designed to appeal to and inspire adolescents and teenagers. I wholeheartedly believe it has the potential to make a significant improvement to the lives of young people and to encourage them to uncover their innate resilience and wellbeing.*

Zia Brooks, Assistant Headteacher, Langley Park School for Boys



## Part 2

### Addressing the Daily Challenges Facing Young People

These sessions have been flexibly designed to be selected according to the needs of the participants and do not have to be taught in a particular sequence.

#### **Stress, Worry & Anxiety**

Knowing that anxiety comes from Thought and not from anywhere else demystifies these feelings, empowering the knowledge that we are equipped to handle life's challenges

#### **Appreciating Difference:**

##### **What Causes Prejudice & What Makes Acceptance Possible**

Learning how we are all created with the same "factory settings" informs us that no person is more or less worthy, enabling the emergence of greater respect for difference and tolerance

#### **Understanding Bullying & Bad Behaviour**

Learning that no one has the power to make us feel inadequate, makes it more likely that we will find an appropriate response to the bad behaviour of others

#### **Self-image & Identity: Labels are for Jars!**

Understanding that we do not require anything from the outside to feel complete leads to deeper feelings of wholeness and resilience that emerge from within

#### **Using Social Media Without it Using You**

We neutralise the hold that social media has over us when we know that our security comes from within

#### **The Drivers Behind Addictive & Compulsive Behaviour**

Learning about the factors that create and break addictive habits and compulsive behaviours

#### **Dissolving the Barriers to Learning & Motivation**

Seeing that we are all born with an immense capacity to unconditionally absorb and learn means that unnecessary thinking is the only barrier to our innate intelligence and motivation

#### **Dealing with Anger & Conflict**

Realising that no person or situation can make us feel angry is the secret to reducing conflict



*I've learnt how to deal with problems better by not getting offended by what others say and not getting affected by thoughts that overtake me.*

Harrison, 14

