

curriculum outline

Part 1. Foundations

The Logic of How Our Mind Works

Session 1 **What is IHEART?**

Exploring how resilience and wellbeing is built-in to each and every one of us, and seeing the relevance of this learning

Session 2 **Our Amazing Psychological System**

Learning how our psychological system is an intelligent operating system which is perfectly equipped to deal with life

Session 3 **We Have Everything We Need Inside of Us**

Discovering how qualities such as resilience, wisdom, compassion and peace of mind are innate and realising the true source of our wellbeing, allowing us to experience more of our built-in resilience

Session 4 **Where Do Our Feelings Come From?**

Discovering why it is so important to know the source of our emotions and exploring where feelings seem to come from and where they *actually* come from

Session 5 **Feelings Come From Thought**

Establishing the inseparable connection between Thought and feeling leading to an understanding how only Thought - and nothing else - can create a feeling in us

Session 6 **So, What is Thought?**

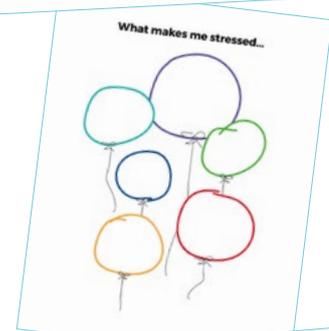
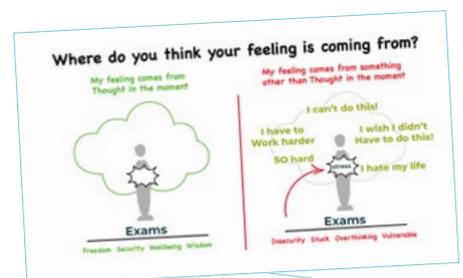
Learning how, in every moment, we experience the world through the constant life-force that is Thought and understanding the difference between the fact that we think and the content of what we think

Session 7 **Separate Realities**

Introducing the implications of this logic - that we all experience our own thinking - providing a gateway to exploring the barriers to healthy relationships

In the past I felt like I can't pick myself back up. But now I feel like I can face any challenge

Year 6 Pupil



IHEART has helped me with my emotions. If it hadn't, my depression would probably have overloaded me and I wouldn't be here today. IHEART is now a big part of my life.

Year 11 Pupil

Part 2. Applications

Daily Challenges Facing Young People

Session 8 **Making Sense of Worry, Stress & Anxiety**

Knowing where anxiety and worry comes from – rather than attributing these feelings to outside factors – empowers the confidence to handle stress and life's challenges

Session 9 **Appreciating Difference:**

The source of prejudice and what makes acceptance possible

The emergence of greater respect for difference emerges when we understanding how conflict and intolerance are born of the insecure thinking that someone should think, be or look a certain way in order for us to feel secure and comfortable

Session 10

Understanding Bullying, Bad Behaviour & Anger

Through learning that no one has the power to make us feel bullied or inadequate – however aggressive or poor their behaviour – empowers us to deal with aggressive or bullying behaviour in a considered and appropriate way

Session 11 **Self-image & Identity: Labels are for Jars!**

Appreciating that we are not born with a self-image or identity – we are born with a clean slate – means that we are not defined or limited by our experiences

Session 12 **Using Social Media Without it Using You**

When we see where our feelings are coming from in the moment, we understand that Facebook, Instagram and Snapchat do not have the power to create a feeling in us, enabling us to engage with social media from a place of security

Session 13 **The Misunderstanding that Drives Addictive & Compulsive Behaviour**

When we understand that all habits and addictions are the result of misunderstanding where our feelings come from, we appreciate that addictive behaviour never gives us a solution; at best, it may offer temporary relief or superficially distract us

Session 14

Overcoming the Barriers to Learning & Motivation

We are all born with an immense capacity to unconditionally absorb and learn as every person is connected to a mind that has innate intelligence and infinite potential for learning new things