

A child "...learns everything without knowing he is learning it...treading always in the paths of joy and love."

Maria Montessori



THE HEART'S PATH CLASSROOM



Interested in an
Introductory Workshop?
OR
Want more information
about the Heart's Path
Curriculum?

Please contact: [Melinda Cropsey](mailto:Melinda.Cropsey)

HEART'S PATH LLC
862 Longmeadow Street, Longmeadow, MA 01106
(413) 348-8731
melindacropsey@gmail.com



"Educating the mind without
educating the heart is no
education at all."

Aristotle



THE HEART'S PATH CURRICULUM

The Heart's Path Curriculum is designed to help children (age 4-7) identify and effectively communicate feelings; regulate emotions and behavior; introduce mindful awareness; develop a positive self-concept; reduce stress and enhance creativity. The 3 core Heart's Path practices outlined below are playfully integrated in each lesson:



Passing the compliment scepter; Self compassion exercise saying: "I love you" to YOU!

Perhaps more than ever before, children are in need of tools to reduce stress and develop social-emotional skills. Nowhere is the need more relevant than in the classroom. A growing body of research supports cultivating these skills in pre-school. The Heart's Path Curriculum is a complete comprehensive social-emotional curriculum. It is divided into five units with a total of 21 lessons introduced weekly over the course of a school year. Each lesson includes a carefully selected story that illustrates a key social-emotional concept. The stories are accompanied by a guided discussion, songs, activities, exercises, a Take-it-to-Heart Reflection Question and a Breadcrumbs Journal entry, all of which are designed to help students integrate and reinforce the lesson's core concept.

HEART-CENTERED BREATHING:

The Heart's Path "Ferdinand" Breathing technique is employed in each lesson as a means of shifting awareness from the head to the heart. "Place your hands on your heart. Put a gentle smile on your face. Close your eyes and imagine you're in your "Quiet Happy Place...Now, Breathe In-Like a Flower, and Out-Like as Shower... Feel the love pouring down over your whole body."



"Breathe-In ~ Like a Flower" "Breathe-Out ~ Like Shower"

HEART-CENTERED REFLECTION:

Maria Montessori observed that children are guided by what she referred to as "the intelligence of love". It is from the heart that they process key social emotional concepts. Heart's Path taps into and celebrates each child's innate, natural, loving, compassionate predisposition and helps them to build a strong social-emotional framework around it.



Sharing a Heart-centered response.



"How are you feeling?" in the All About Me T.V.

WALKING THE HEART'S PATH LABYRINTH:

What makes Heart's Path truly unique is the coupling of the practice of walking the ancient labyrinth with principles of heart intelligence and mindfulness. Children are naturally drawn to the labyrinth. The labyrinth is a kinesthetic teaching tool that makes profound heart connections and affords a perfect space in which to apply new concepts creatively! It is truly a Path of Joy!



Create a classroom Labyrinth... or



an outdoor labyrinth, using the Labyrinth Seed Pattern.