

I am made with recycled materials because I respect Mother Earth!



THE HEARTPHONE

A new invention for the XXIst century

Heartphones are a great invention! They wish to help all children foster an "inner connection" with their loving heart, and develop a heart to heart connection with others.

When we communicate heart2heart something good always happens! This activity will teach you how to make your heartphones. You need 1 phone that you can make together! Follow the instructions that are connected to this worksheet, and when yours is assembled come back to learn how to use it with your family and friends!

*Our heartphones are ready!
Now what do we do?*



Charge the battery!

Whenever we use a heartphone we need to be sure that its battery is charged. This modern tool of communication is recharged with a universal element: O₂ = Oxygen. So, when we want to charge our heartphone batteries we need to **prepare ourselves**, and if we are to use the phone with someone else we need to do this exercise together with them. Heartphones are universal and use the open and infinite **Innernet** field of our hearts.

Step 1: Deep breathing

Breathe in and out three times. Hold your breath for about 4 seconds every time after you breathe in and every time after you breathe out. If the battery is charging the way it should, your faces will light up in a beautiful smile, your eyes will twinkle and you will sense the the loving presence and friendliness of each other. You are ready to communicate!

Step 2: Connection

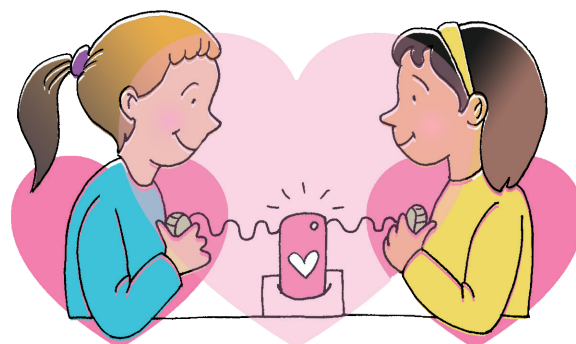
Each communicator places one of the earphones (the plastic tops) on his or her heart. Hearts are filled with warm vibrant energy and now this energy is connecting.



Your heartphone teaches you to become a good listener, and to listen to your heart's guidance!

Step 3: Start communicating!

It feels good when we communicate using our heartphones! It helps us connect to the most beautiful part of ourself - that's our heart! When we do this it is easier to tell the Truth and to feel Love towards other people. Love helps us behave better. We act kindly towards everyone, and this makes us feel real good. Let's start a heart2heart conversation with someone now! Let's tell them how we are feeling, and share our deepest thoughts and experiences. We can enrich one another by sharing something nice that we learned or noticed during the week, too!



You can use your heartphone by yourself, too. Place one earphone on your head and the other one on your heart. Sit quietly and tune into Love!

The heartphone invention has been shared with us by Elena Rodríguez, a Spanish teacher keen on working with Human Values and cooperative games! Everyone should have a heartphone!