



Parent Facilitation Guide: HEART IN ACTION

Dear Parents,

I'm thrilled to introduce you to this week's theme, "Heart in Action." Inspired by Barbara Fredrickson's Love 2.0, our aim is to explore love in its various facets, emphasizing its importance at the personal, familial, and community levels. As we navigate through this journey, you'll find guidance to engage your child in meaningful activities that celebrate love in its most authentic forms.

Unveiling Heart in Action: At the core of this week's program, we focus on three distinct dimensions of love:

1. **Love 0.0:** The celebration of oneself through self-care.
2. **Love 1.0:** The bonds that connect and fortify our families.
3. **Love 2.0:** Extending the boundaries of our hearts to embrace our wider community.

Facilitation Blueprint:

1. **Initiation:** Kickstart the week by discussing the "Heart in Action" concept. Share stories or examples that showcase self-love, familial bonds, and community connection.
2. **Activity Selection:** Offer guidance as your child chooses at least two activities from each love category. Ensure they venture into uncharted territories to truly embrace the experience.
3. **Commitment and Implementation:** Together, record the chosen activities on the "Heart in Action: Self-Care and Heart Chart." Place this chart in a spot that's both accessible and frequently visited in your home.
4. **Reflective Moments:** Dedicate some time post-activity to sit down and discuss the day's insights. Share stories, feelings, and observations to deepen the learning experience.
5. **Weekend Wrap-up:** As the week concludes, gather around the chart. Reflect on the activities undertaken, emotions felt, and connections made.

Guidance Points:

- **Engagement is Key:** While Love 0.0 centers on individual activities, the Love 1.0 category needs collective participation. Showcase your involvement and commitment as a means to underline its importance.
- **Maintain the Momentum:** If certain activities don't go as planned or are missed, it's essential to move forward. Consistency in action and spirit remains paramount.
- **Cherish Memories:** Taking photographs or making short notes about each activity can be a wonderful way to remember and revisit these precious moments.

- **Leading by Example:** Children are keen observers. By showcasing your commitment to self-love, family bonds, and community outreach, you're setting a tangible example for them to emulate.

For the "7 Day Love Your Family Challenge" and "7 Day Love Your Community Challenge":

- *Parent Guide: Use leading questions to initiate discussions post-activities. Questions like, "How did today's activity make you feel?", "How do you think our actions impacted others, the community?", or "Did you notice any changes in our family dynamics after today's activity?" can offer insights.*

Embarking on this heart-centered journey aims not just at understanding love but deeply feeling it in our everyday actions and interactions. Together, let's inspire our children to become ambassadors of love, forging connections that matter and resonate.

With heartfelt wishes,

Coach Robert.