



Heart- Led - Feelings - The Power of the Heart

Foundation House / Elementary (Classes 5 - 7)



The powers of the heart (A Pestalozzi Approach)

Instructions to Students:

Draw a large picture of a person and give this person a name.

Draw a big rubbish bin beside the person.

Consider the qualities you like in yourself and in others.

Write all the positive qualities and feelings you can think of on the drawing of the person.

Consider the qualities you do not like in yourself and in others.

Write all the negative qualities and feelings you can think of in the rubbish bin.

All the students go through the different qualities and feelings they have written down.

Materials Needed

- Large sheets of paper and colouring pens for each group of three students
- A dictionary for each group of three students

Pestalozzi believed in the power of the heart. He thought that the heart (our feelings) is the most important of all because only if we have positive feelings will we have the qualities necessary to be able use our hearts, heads and hands to help ourselves and others.

