

A Coherent Moment

We are better when we work together. A **Coherent Moment** is about taking a few minutes to work together to add care, compassion, and peace to the world. People all over the world are doing this, and you can too!

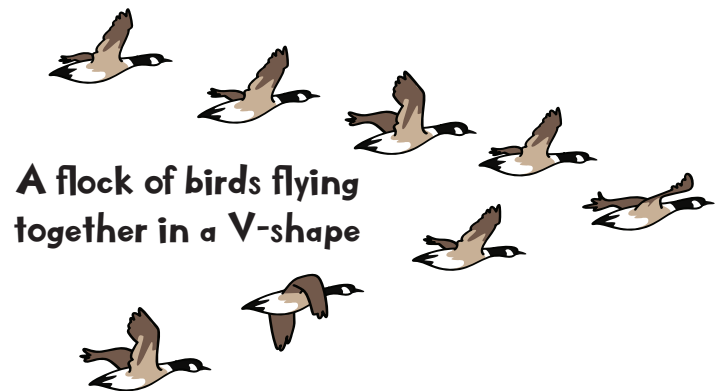
Sending heart to someone or something that needs care is a fun way for you to get involved. You can practice this in your school with your classmates or at home with your family members.

Coherent is a big word, but it can be easy to create. Being coherent happens when people or things are working together in harmony or being in sync.

Have You Seen This?

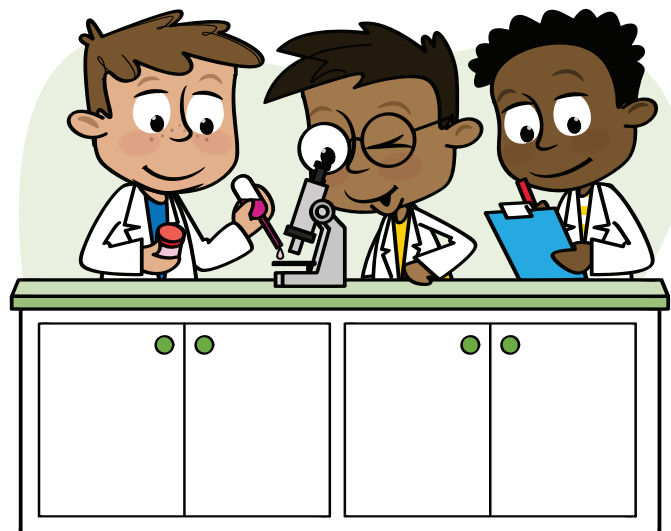


A soccer team working together to make a goal



A flock of birds flying together in a V-shape

A group of students who are cooperating and working together on a project



What Do Students Send Heart to?

- A family member who is having health problems
- Homeless people who don't have a place to live
- Kids who feel bullied
- A math or spelling test that is coming up
- To the earth and stopping pollution
- To endangered animals
- To a student who is feeling frustrated or upset

How to Do It?

- 1** With your family members or classmates, share some ideas of things you want to send heart to. You may have different ideas, but that is ok. You can take turns picking one thing to send heart to.
- 2** Practice **Heart-Focused Breathing™**.
- 3** Send out heart like the sun sends out sunshine to the thing or person you choose. Practice for 2-3 minutes.

Did you know?

Some classrooms or homes join the **Global Coherence app** to connect in the heart with people around the world. Each pink dot shows a person, classroom or group of people who are part of a **Coherent Moment**.



Fun Challenge

- **Coherence in action.** For those things or people you care about, create a list of actions you can do to show your care or compassion. Try doing one action each day for three days.