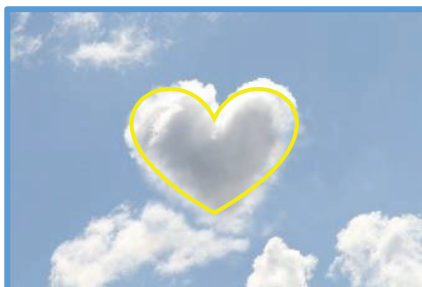


**Youth Program**  
(1 hour)  
**The Temple within Your Heart**



<b>Event Date:</b>  <b>Time:</b>  <b>Where:</b>  <b>Ages: 5-11</b>  <b>Large Group Facilitator:</b>  <b>Small Group Facilitators:</b>	<p style="text-align: center;"><b>Supplies Needed</b></p> <p><b>For Welcome Activity:</b></p> <ul style="list-style-type: none"> <li>• Name tags</li> <li>• Markers</li> <li>• A few ECK activity sheets</li> </ul> <p><b>For Temple within Your Heart Craft:</b></p> <ul style="list-style-type: none"> <li>• Markers</li> <li>• Heart and Temple cards (see template provided)</li> <li>• Dowel sticks or straw</li> <li>• Tape</li> <li>• Glue</li> </ul> <p><b>For Going to the Temple within Activity:</b></p> <ul style="list-style-type: none"> <li>• Posters with pictures of experiences in the Temple of your heart</li> <li>• Numbered cards (in a bag)</li> </ul>
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**Spiritual Purpose and Benefits:**

Youth have fun sharing and trying new ways to go to the Temple within the heart, including working with gratitude, singing *HUU*, and practicing the presence of the MAHANTA.

**Set Up Notes:**

- Make a sample “Temple within Your Heart” craft. (Instructions are with the activity materials).
- For the “Going to the Temple Within” activity:
  - Print the 8 ½ X 11 inch posters of images, and cover each of them with a numbered paper using staples at the top of the poster.
  - Place the numbered posters around the room in random order before the program.
  - Print and cut the number cards. Put the number cards in a bag.
- Place name tags and ECK activity sheets on a table with markers. Place other materials to the side.



	<ol style="list-style-type: none"> <li>Volunteers can build on youth's answers. Other possible answers are to imagine the MAHANTA near you, sing <i>HU</i>, think of someone you love, try a favorite spiritual exercise, or do something loving for another person.</li> <li><i>One way to go into your heart is gratitude.</i> Share a simple way you feel gratitude.</li> <li><i>Think of three things or people that fill up your heart with lots of love and gratitude.</i> Invite youth to share their ideas with a neighbor.</li> <li><i>We just did a spiritual exercise!</i></li> </ol>	
15 minutes	<p><b>Craft – Temple within Your Heart</b></p> <ol style="list-style-type: none"> <li>Youth and volunteers move to the work table. Youth each choose a heart card and a Temple picture card to color and decorate.</li> <li><b>Small group leaders</b> help youth get materials and assemble their crafts by taping the two pictures together, back to back, with the stick between them. Chat with youth about what opens their heart and their favorite spiritual exercises.</li> <li>Everyone spins their Temple crafts.</li> </ol>	The craft has 4 pictures for youth to choose from: Temple, roof, MAHANTA star, HU, or Wah Z
25 minutes	<p><b>Activity – Going to the Temple Within</b></p> <ol style="list-style-type: none"> <li><b>Large group leader:</b> <i>We're going to discover more about the Temple within our hearts by playing a game.</i></li> <li><i>The quote today says the Temple within is where we meet God. God communicates to us with Light and Sound. What kinds of light have you seen with your inner eyes? What kinds of inner sounds have you heard?</i></li> <li><i>We'll show you how to play the game and have adventures in the Temple in your heart.</i></li> <li><i>All these posters with numbers around the room have hidden pictures of things you may experience in the Temple in your heart. In the game, you'll discover what is under the numbers.</i></li> <li><i>Have you ever played the hot and cold game to find something? This game is similar.</i></li> <li>The large group leader and a small group leader demonstrate how to play: <ol style="list-style-type: none"> <li>The large group leader (person 1) closes their eyes or looks away.</li> <li>A small group leader (person 2) selects a numbered card from a bag. Person 2 finds the poster with the matching number, which has been placed somewhere in the room,</li> </ol> </li> </ol>	See the set up notes to prepare for this activity before the program starts.

	<p>without revealing the number or poster location to person 1.</p> <ul style="list-style-type: none"> <li>c. Person 1: <i>I am imagining that Wah Z is walking with me and showing me how to go to the Temple in my heart.</i></li> <li>d. Person 2: <i>I am a special co-worker with Wah Z today.</i></li> <li>e. Person 1 opens their eyes, makes a guess about which poster they are looking for, and begins to walk towards it.</li> <li>f. Person 2 gives hints to person 1 to help them find it, similar to the hot and cold game children often play. Say “warmer” when person 1 gets closer and “colder” when the person is going away from the poster. When person 1 is very close, say “You’re getting hot!”</li> <li>g. Person 2 tells person 1 when they arrive at the correct picture. They flip up the number on the poster to see the picture underneath.</li> <li>h. Both people take a moment to close their eyes and imagine going within to see and hear what is in the picture. What do you see? Hear? What happens?</li> <li>i. Tell your partner about your experience.</li> <li>j. Partners trade roles and play again.</li> </ul> <p>7. Pair children up. If there is an odd number of youth, one group can have three children. Two of the children help give directions. Or, a volunteer can play the game.</p> <p>8. Small group leaders help as needed. They clarify the directions children give each other, give hints, and chat with youth about their inner experiences.</p> <p>9. Pairs switch roles and play again.</p>	
5 minutes	<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>1. Youth and volunteers sit in the large group area.</li> <li>2. <b>Large Group Facilitator:</b> <i>Do you have any questions or things you wonder about the Temple in your heart? Is there anything else you would like to share from today’s program?</i></li> <li>3. Lead a closing HU song.</li> <li>4. Have youth help clean up the room.</li> </ul>	