

# WHAT SORT OF HEART YOU HAVE?

## CHECK YOUR HEART!

### Be your own your Cardiologist

#### NOTE

This exercise, easy as it is, has a great potential for sharing, discussion and personal examination

It helps participants - young and old – to self knowledge, discovery and criticism.

It can be offered in any situation and event: class room, retreat, camp, seminar, etc.

#### Procedure:

##### Preparatory step:

Quiet down. Time for silent prayer and singing of hymns.

##### Personal work :

- The moderator will distribute copies of the frame below.
- He will explain the following
  - ✓ A Moral Instruction Teacher asked her pupils to write down a list of different types of hearts they could discovered in people.
  - ✓ Later on the class together with the teacher compiled a list of the different hearts mentioned by students.
  - ✓ In the sheet given you will find only a few of the hearts suggested by the students,
  - ✓ Kindly, in silence each of you, add to the list below some other hearts you too have discovered;

<u>Types of</u>	<u>Hearts</u>
1. BLEEDING	HEARTS.
2. DUSTBIN .	HEARTS
3. EXPLOSIVE .	HEARTS
4. ENLARGED	HEARTS.
5. .	HEARTS.
6.	HEARTS.
7.	HEARTS
8.	HEARTS
9.	HEARTS.
10.	HEARTS.
11.	HEARTS.
12. .	HEARTS.
13.	HEARTS.

14.	HEARTS
15.	HEARTS
16.	HEARTS.
17.	HEARTS.
18.	HEARTS.
19.	HEARTS
20.	HEARTS

### **Group work**

- ✓ All will have the entries they made in their heart tables.
- ✓ Compile a final list of all the hearts suggested by the group members..
- ✓ Discuss what each heart means.
- ✓ What sort of person will be the one who has that heart?
- ✓ What's the heart you like best? Why?
- ✓ Share what sort of heart you would like to have

### **Personal Examination.**

- What sort of heart do I have?
- Can I improve the sort of person I am?
- What shall I do?

### **Closing prayer**

- ✓ Silent prayer.
- ✓ Shared prayer.
- ✓ Hymn.

## **APPENDIX**

### **Some Types of Hearts Suggested by Former Participants**

Black hole hearts.  
 Bleeding hearts.  
 Dustbin hearts.  
 Explosive hearts.  
 Furnace hearts.  
 Glass hearts.  
 Grave yard hearts.  
 Ice hearts.  
 Large hearts.  
 Magnet hearts  
 Mud hearts.  
 Robot-like hearts.  
 Safe box hearts.  
 Shrunken hearts.

Stone hearts.  
Sun-like hearts.