



Voice from the heart

Real stories from children, parents, grandparents, teachers and schools using BCHBH tools in everyday life.

MY HEART BOTTLE IS AT LEVEL 2. JERRY SAYS I JUST WANT TO STAY STILL."

TEACHER AM: "CLOSE YOUR EYES, TAKE A GENTLE BREATH, AND SLOWLY MASSAGE YOUR PALMS... NOW, OPEN YOUR EYES. WHAT LEVEL ARE YOU AT NOW?"

SING: "LEVEL 3. JERRY SAYS I CAN HANDLE IT NOW."

TEACHER AM: "AND HOW IS YOUR HEART NOW?"

SING: "CALM."



SING (AGE 7)



A simple tool that helps
us understand a child's
inner world.

"THE HEART BOTTLE DOES NOT
TELL US WHETHER A CHILD IS
GOOD OR BAD. IT HELPS
CHILDREN LEARN HOW TO
OBSERVE, UNDERSTAND, AND
CARE FOR THEMSELVES."



MATEO (AGE 7)

"PINK JERRY HAS A SUPERPOWER."

Mateo explained that the "superpower" was his mother's hug. When difficult feelings arise, a simple hug from his mother helps him feel safe, calm, and connected again.

Later, during a conversation with his mother, Mateo reflected "Does that mean there is a little Buddha inside all of us?"

MANGKON (AGE 7)

"I WANT TO TAKE CARE OF MY TRUE SELF."

After joining the program, Mangkon shared that he could see Jerry running in and out all the time.

He began to understand that thoughts, feelings, and emotions are constantly changing, while the Inner Heart remains quietly present.





 KHAOFANG (AGE 6)

"I LIKE LOOKING AT THE SKY."

One of Khaofang's favorite activities was observing the sky. Through this simple practice, she began to connect with the idea that the Inner Heart is like the open sky always there, even when clouds appear.

 ARDIN(AGE 7)

Mom: "You must have had Dark Jerry when your friend punched you in the face today?"

Adin: "No Mom, I didn't have Dark Jerry."

Mom: "Really? What Jerry did you have then?"

Adin: "I had Pink Jerry because I kept thinking about the Children's Day gift my teacher gave me."





 NENE (AGE 14)

"I WATCHED JERRY INSTEAD OF REACTING."

One day in class, Nene noticed that her classmates were talking loudly and forming groups. Rather than becoming upset, she chose to pause, observe her feelings, and take a deep breath. She shared that she could see the activity of Jerry and return her attention to her Inner Heart.

 ERK (AGE 15)

"I CAME BECAUSE MY AUNT INVITED ME."

At first, Erk felt confused and wasn't sure why he was attending the program. However, by the end of the session, he noticed a sense of calm and felt more connected to himself. During one activity, he measured his emotional state at Level 2. After being guided to take slow, deep breaths, he found that his emotional level returned to Level 1.

"I could see how Jerry works, and I felt calmer after coming back to myself."





DA (MATEO'S MOTHER)

"THE EMOTIONAL BOTTLE HELPED ME SEE THE TRUE SELF MORE CLEARLY."

Before, I understood the concepts of the Inner Heart, the Body, and Jerry as three separate parts.

However, the Emotional Bottle activity helped me recognize the different intensity levels of Jerry. Seeing each level made it easier to notice Jerry much earlier and understand what was happening inside.

I plan to use this tool at home, starting with myself first.

 BANGKOK, THAILAND

JUB (INTER'S MOTHER)

"I APPRECIATED HOW THE CHILDREN WERE GIVEN FREEDOM TO BE THEMSELVES."

One thing I loved was how the facilitators allowed the children to move and express themselves naturally. The music became a gentle way of inviting the children back to stillness and calm. The Emotional Bottle activity was especially powerful because it helped children visualize emotional states. They could clearly see which level Jerry was at, and understand that when they returned to calmness, they were back at Level 1.

 BANGKOK, THAILAND





BAT (PARENT PARTICIPANT)

"RETURNING TO OURSELVES HAS BECOME MORE DIFFICULT IN TODAY'S WORLD."

I am grateful for the opportunity to observe the activities today. What I realized is that modern life makes it increasingly difficult for us to stay connected with ourselves. There are so many distractions, pressures, and emotional triggers what we call Jerry. Being reminded to return to awareness, reconnect with our inner experience, and come back to our breathing is incredibly valuable. I am thankful that I brought myself here today.

 BANGKOK, THAILAND

GRANDMOTHER OF ERK

"THE PROGRAM HELPED ME UNDERSTAND MY GRANDSON'S INNER WORLD."

My grandson is usually very quiet, and I often do not know what he is thinking or feeling. Seeing him participate in these activities gave me a glimpse into his inner world. It helped me understand that there is much happening inside that he may not always express with words.

 RAMA5, BANGKOK





GRANDMOTHER OF TERN

"I LEARNED ABOUT THE INNER HEART, THE BODY, AND JERRY."

I found the concepts very meaningful.

I learned that our feelings and reactions can be understood through Jerry, and that different emotions show up in different ways. I would like to use this language when talking with my grandchild, helping us explore together what kind of Jerry might be present and how we can respond to it wisely.

 SALAYA, NAKHONPHAPHOM

PRINCIPAL, MOTHER OF JUSTICE KINDERGATEN SCHOOL

**"A VALUABLE PROGRAM FOR CHILDREN DURING AN
IMPORTANT STAGE OF GROWTH."**

This program provides meaningful support for children as they grow and develop. It helps them become familiar with their true inner selves and offers simple, practical ways to return to calmness and inner balance. The methods are easy to understand and can be applied in everyday life.

 SATHUPRADIT, BANGKOK THAILAND



PARENT, GRANDPARENT & EDUCATOR REFLECTIONS



TEACHER JAN BAAN LOMKOM SCHOOL

"THANK YOU FOR CREATING A SAFE SPACE FOR CHILDREN'S HEARTS—AND FOR TEACHERS' HEARTS AS WELL."

There are no coincidences in the people we meet. I would like to thank all the facilitators for bringing such valuable experiences to the children today. Beyond the activities themselves, what touched me most was that you also created a safe space for teachers. It was a reminder that educators, too, need opportunities to reconnect with their own hearts.

 KHONKEAN, THAILAND

A Final Reflection

These voices come from children, parents, grandparents, and teachers. Different ages. Different backgrounds. Different stories. Yet they all point in the same direction. Beneath every worry, every frustration, every difficult day, there remains something steady and whole. Some children called it their Inner Heart. Some spoke about the Heart Bottle. Some learned to notice Jerry. Others simply described feeling calmer, safer, or more connected. Different words. The same discovery. That we are more than our thoughts. More than our emotions. More than our difficult moments. And perhaps that is why these voices matter. Because they remind us that every child already carries home within them. Sometimes they only need someone to help them find the way back. Bringing Children's Hearts Back Home.

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TOUCH OF
STILLNESS