

The Heart Bottle

A Simple Language for Understanding the Mind

Created by Supawan Green

Originally developed through the BCHBH (Bringing Children's Hearts Back Home) project, the Heart Bottle provides a simple language that children and adults can use together. It is a visual language designed to help people observe the movement of the mind, recognise Jerry, and return to inner stillness. Using simple images, colours, and everyday experiences, it translates complex inner states into a language that children, parents, teachers, and adults can understand and apply in daily life.



Your true self is still here.

Meet JERRY!

Jerry is the noisy part
of our minds.

He talks a lot, worries a lot,
and sometimes makes a big fuss!



WHO IS JERRY?

-  Jerry is loud.
-  Jerry worries.
-  Jerry overreacts.
-  Jerry tells stories that are not always true.
-  But Jerry is not bad... he is just trying to protect us!

WHAT DOES JERRY SAY?



WHAT CAN WE DO?



REMEMBER...



Jerry may be noisy,
but your heart is always calm,
clear and in charge. 



Jerry is just a part of you... not the boss of you.
You are more than your noisy thoughts.



1. Worrying



2. Feeling Unfair



3. Rejection



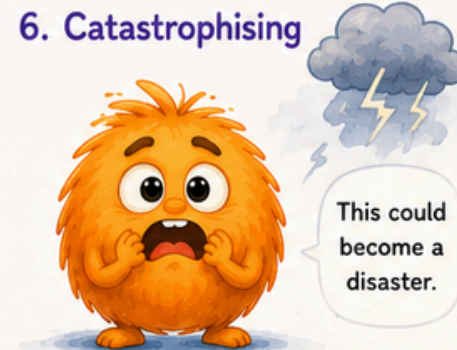
4. Overthinking



5. Replaying the Past



6. Catastrophising



7. Seeking Reassurance



8. Protecting



9. Calming Down



10. Listening



11. Thanking Jerry



12. Choosing



Jerry is just a part of you... not the boss of you.
You are more than your noisy thoughts.



How to Use the “Heart Bottle” (5 Levels)

A gentle tool to help children “see their heart within.”

Level 1

Calm, clear,
and peaceful



Able to stay
in the present.



Level 2

Starting to feel
unsettled



Take a breath
and come
back.



Level 3

Easily distracted /
Unfocused



Shift activity
+ Take a breath
and reset.



Level 4

Restless /
Hard to settle



Move your body
+ Stay close
to a trusted adult.



Level 5

Overwhelmed
(Strong emotions)



Need adult support

- Pause
- Breathe
- Be with a friend




**For
Parents**



This tool is for
everyone and can be
used with all children.



The key is “parents and children
learning together” 



When parents return to their own hearts,
children learn naturally
—no teaching required.



When we understand our own hearts... we can gently stay with our children's hearts. 





THE HEART RESET



A Simple Way to Come Back to You

CAMP

bringing children's
hearts back home

When my Heart Bottle feels cloudy... I can reset my heart.

1

Notice



Jerry is loud
right now.



2

Pause



Stop for
a moment.



3

Breathe



Slow
breathing.



4

Return to
the Heart



Place your hand
on your chest.
Feel the **red heart**.



5

Connect



6

Let the
Water Settle



No forcing.
No fighting.
Just allowing.



My heart is my home.
I can always
come back.



I feel it. I pause. I breathe. I return. I connect. I allow.



This is my Heart Reset.



When we understand
our own hearts...
we can gently stay with
our children's hearts.



The Weight We Carry



Every pebble adds weight to the Heart Bottle.
Some pebbles are small. Some pebbles are heavy. All pebbles deserve understanding.

1

Small Pebbles



- Friend ignored me
- Lost my pencil
- Teacher didn't choose me

"I feel a little heavy today."

2

Medium Pebbles



- Argument with a friend
- Feeling left out
- Parents shouting

"I'm carrying quite a lot."

3

Large Stones



- Being bullied
- Death of a pet
- Family separation
- Major fear or loss

"I need support right now."



The heart is always there.
Sometimes it needs help carrying the weight.



Heavy behaviour often comes from a heavy Heart Bottle.



When we understand, we can help lighten the load and bring the heart back to calm and clarity. ♥

What's in Your Heart Bottle Today?



Different pebbles tell different stories.
The Heart Bottle helps us notice what we are carrying inside.

1

Blue Pebbles

Everyday Worries

- ♥ Homework
- ♥ Lost my pencil
- ♥ Friend ignored me
- ♥ Feeling nervous

Small worries
can slowly build up
inside.



2

Yellow Pebbles

Excitement & Big Positive Feelings

- ♥ Birthday tomorrow
- ♥ School trip
- ♥ Football final
- ♥ Performance day

Excitement can
fill our bottle too.



3

Dark Pebbles

Heavy Feelings

- ♥ Being bullied
- ♥ Family separation
- ♥ Death of a pet
- ♥ Major fear or loss

Some experiences
carry extra weight.



What BCHBH asks



Not:

"What's wrong
with you?"



Instead:

"What are you
carrying today?"



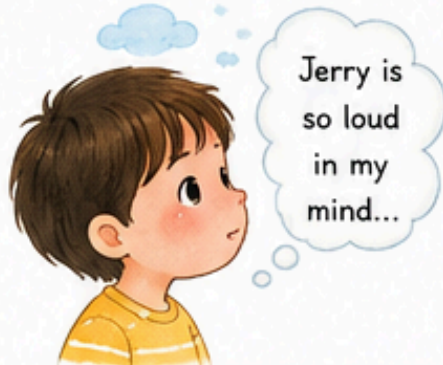
Your heart is always there. ♥

The bottle simply helps us understand
what it is carrying.



In all three bottles: the heart remains visible. The pebbles may increase. The water may become more active.
But the heart never disappears.





A Child's Inner Language

Children speak the language of their inner world all the time.
Parents are the first ones who can listen, understand,
and help them return home to themselves.



The home of
the True Self
is a calm, safe,
and comfortable
place.

True Self = The Sky



Peace, kindness, love
are always here within
us, untouched
and never gone.

Jerry = The Cloud



Thoughts, feelings, worries,
pressure... come and go.
They are not us.

Bring the True Self
Back Home



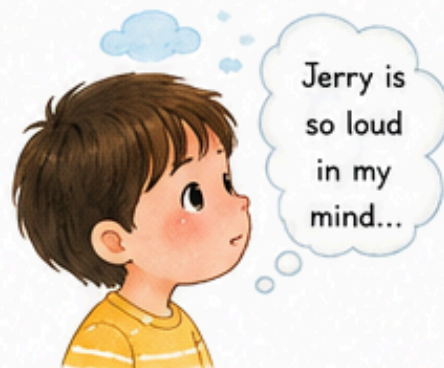
When Jerry shows up,
we gently return to our True Self.
That's how we feel safe again.

How do children communicate
their inner world?

- Through words
- Through play
- Through art
- Through silence
- Through movements
- Through moods



All of these are "inner language"
that tells us how they feel.



A Child's Inner Language

Children speak the language of their inner world all the time.
Parents are the first ones who can listen, understand,
and help them return home to themselves.



The home of
the True Self
is a calm, safe,
and comfortable
place.

How We Listen and Connect in Everyday Life

1. Notice

Pay attention without
judging.



Notice body language, facial
expressions, tone of voice,
or what they are doing.

2. Listen

Listen with your heart.



Reflect what they say
with simple, gentle words
so they feel understood.

3. Meet Jerry

Recognize the cloud
inside.



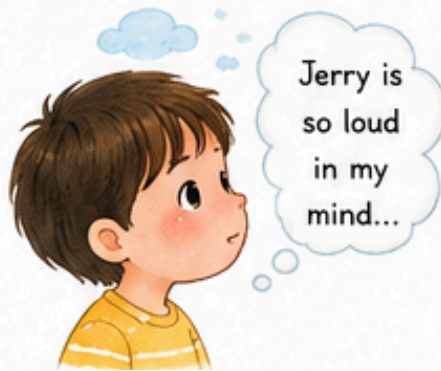
Help them notice their
thoughts and feelings
that are showing up.

4. Bring the True Self Back Home

Return to inner peace together.



Support them with loving ways
to return to their calm
and inner home.



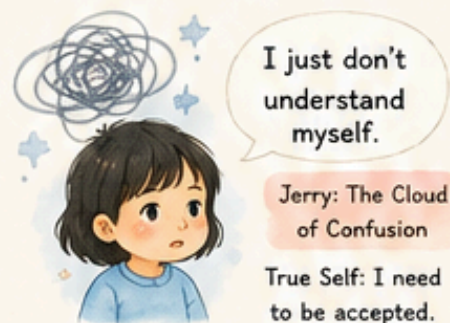
A Child's Inner Language

Children speak the language of their inner world all the time.
Parents are the first ones who can listen, understand,
and help them return home to themselves.



The home of
the True Self
is a calm, safe,
and comfortable
place.

Examples of Children's Inner Language



Every cloud has a meaning... and every meaning can be understood.

Example of Daily Conversations



Parent: How was your sleep last night?
Child: I had some scary dreams.
Parent: I see... would you like to talk about it?



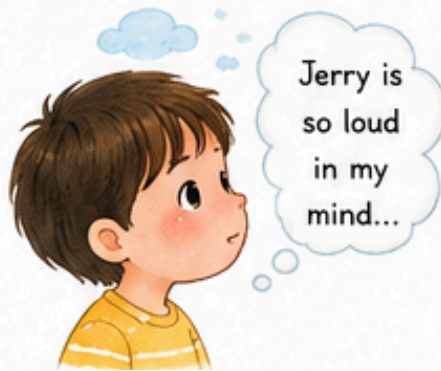
Parent: What was the best part of your day?
Child: I felt left out today.
Parent: I'm here with you.



Parent: Is there anything that's on your mind?
Child: I'm worried about the test.
Parent: You've studied hard. I believe in you.



Parent: What's going on right now?
Child: I feel irritated!
Parent: Let's breathe together... and return to our True Self.



A Child's Inner Language

Children speak the language of their inner world all the time.
Parents are the first ones who can listen, understand,
and help them return home to themselves.



The home of
the True Self
is a calm, safe,
and comfortable
place.

Ways to Bring the True Self Back Home (Practice anytime!)



1. Take a deep breath
Stop for a moment...
Take a few slow breaths
to calm down.



2. Look at the sky
Look up at the sky
and notice the peace
that is always there.



3. Feel your heart
Place your hands on
your heart and say
"I'm here."



4. Draw or let it out
Draw or write what's
inside. Let it flow out
without holding back.



**5. Go back to your
inner home**

Return to your safe place
inside, where peace
always lives.



Remember:
Jerry is not
the boss.
You are the one
who can bring
yourself back
home.



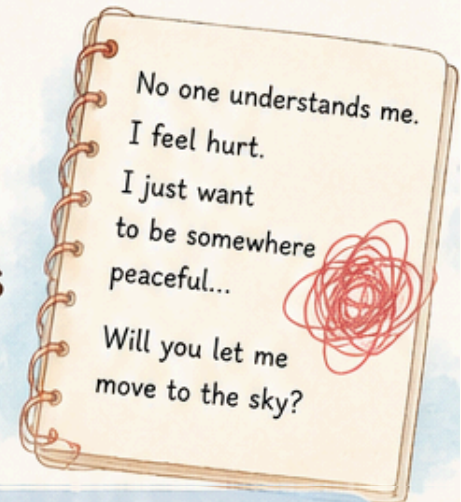
With your True Self... we connect with love... and return "home within."





Listen to Your Child's Inner Language to Help Them Return Home to Themselves

Children don't need us to fix them,
they need us to understand what's happening inside.



Children Are Speaking Their Inner Language

Through their words, actions, play,
silence, or drawings...
everything is their way of saying
what's inside.

No one
understands
me.



I feel
hurt.



Where do
I belong?



Can I move
to the sky?



Don't rush to correct, teach, or judge.
Listen with your heart and stay with them.

3 Key Words to Help Children Connect with Themselves



True Self = The Sky

A calm, peaceful, safe space
that has always been
here within them.



Jerry = The Cloud

Thoughts, fears, worries,
pressure, and emotions
that come and go.



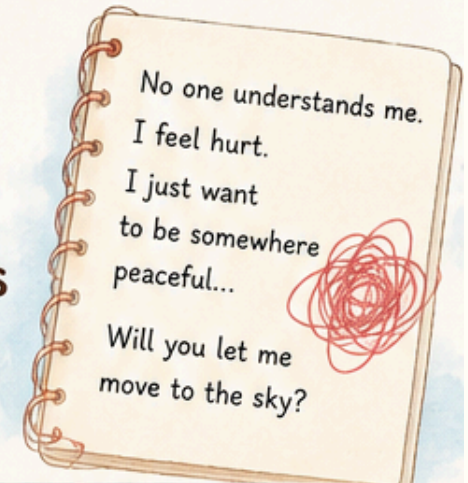
Return Home to Your True Self

Gently notice, understand,
and be with whatever is happening
inside with kindness.



Listen to Your Child's Inner Language to Help Them Return Home to Themselves

Children don't need us to fix them,
they need us to understand what's happening inside.



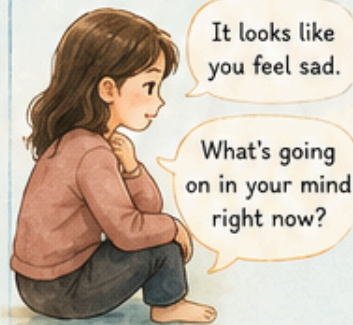
♥ Everyday Communication to Connect with Your Child ♥

Listen
without interrupting
or judging.



Give them the space
to express
what they feel.

Name their feelings
with simple words
they can understand.



It looks like
you feel sad.

What's going
on in your mind
right now?

Help them notice
their thoughts
and emotions.



What is
Jerry trying
to tell you?

This helps them
become aware of
themselves.

Stay with them
in difficult times.



Your presence
helps them feel safe
and not alone.

Invite them
back home to
their true self.

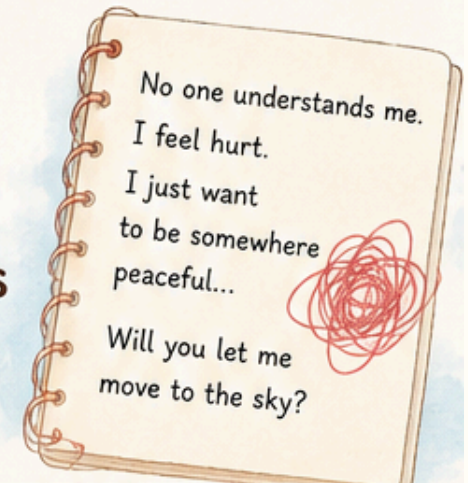


Gently remind them
to return to the calm
within themselves.



Listen to Your Child's Inner Language to Help Them Return Home to Themselves

Children don't need us to fix them,
they need us to understand what's happening inside.



Children's Inner Language by Age



2-5 years

Express through
images, nature,
or imaginative play.

Sometimes
I feel lonely.



6-9 years

Begin to use stories,
characters, and simple
reasons.

Jerry tells me
no one likes me.



10-13 years

Start comparing
themselves and feeling
insecure.

I feel like I'm
falling behind.
everyone else."



14-18 years

Question their identity,
self-worth, and
life's meaning.

I don't even know
who I really am.

What Parents Can Do

- Listen without rushing to fix.
- Show love and understanding.
- Help them name their feelings.
- Accept their feelings (thoughts/emotions).
- Guide them to return home to their true self.
- Create a safe space for them to be themselves.



Things Parents Should Avoid

- ✗ Dismissing with "It's nothing."
- ✗ Comparing with others.
- ✗ Invalidating their feelings.
- ✗ Rushing to solve their problems.
- ✗ Criticizing or blaming.



When children learn the language of their hearts
and have a place where they feel safe,
they will grow up to be kind and gentle with themselves and others.

Children don't need us to be perfect
before we help them.
Let's return home to ourselves
together, hand in hand. 

The Forgotten Child

Children don't need many things.
They just need someone to see them,
hear them, and understand their hearts.



Bringing Children's Hearts Back Home

Helps children and adults
communicate through the
"language of the heart."



A Shared Language That Connects Us



Jerry
Thoughts and
emotions arise.



Clouds
Things that disturb
our heart.



Inner Heart
Always calm,
always kind.



Home of the Heart
A place we can
always return to.



We Understand
We listen, we care,
we stay connected.



Before

Not sure how to talk to
our child when emotions arise.



Silence and distance
instead of understanding.



Strong emotions
create tension at home.



After Bringing Hearts Back Home



We have simple words
to talk about feelings.



We listen, we understand,
and grow closer.



Home becomes a safe place
where everyone wants to return.



Every child deserves to be seen.

Every time an adult returns to their own heart,
they can truly see their child's heart again.



“ The forgotten child
is not asking for
perfection.
They are only asking
to be remembered.
”



Bringing Children's Hearts Back Home
For stronger children, for stronger families, for a kinder world.

Children Don't Need Fixing When They Grow Up: Build Strong Emotional Roots from Childhood ♥

Using the Experiential Learning Process “Bringing the Child’s Heart Back Home”

To promote self-awareness, emotional regulation,
and safe spaces for the heart.

! THE CHALLENGE



Today, children and youth face increasing challenges to their mental and emotional well-being — from academic pressure, family conflicts, digital media, and rapid social changes — resulting in stress, anxiety, depression, bullying, and risky behaviors.



However, the education system still focuses mainly on academic knowledge and skills, while emotional literacy, self-awareness, and mental well-being remain limited.



Many children grow up without the tools to understand and manage their inner world, causing problems to accumulate and become a long-term burden on society.



Building emotional resilience in childhood is a primary prevention strategy and an essential investment in our nation's human potential.

💡 POLICY RECOMMENDATIONS

1 Promote Social and Emotional Learning (SEL) in schools, learning centers, libraries, creative spaces, and community activities for children and youth across Bangkok.



2 Support the development of tools and activities that help children observe their emotions, thoughts, and feelings through experiential learning, art, play, role-play, and age-appropriate creative activities.



3 Encourage the creation of “Safe Spaces for the Heart” in schools and communities, where children, youth, teachers, and parents can learn together, communicate openly, and have practical tools to care for their mental well-being — leading to the development of quality citizens who contribute to a sustainable and compassionate city.



EXPERIENTIAL LEARNING PROCESS: “BRINGING THE CHILD’S HEART BACK HOME”

1. Know Yourself
Observe your feelings and emotions.



2. Understand Your Inner World
Learn how emotions, thoughts, and sensations work.



3. The Heart Check Bottle (5 Levels)



4. Ways to Bring Your Heart Home
Practice breathing, body awareness, and calming techniques.



5. Safe Spaces for the Heart
Create safe spaces to express, share, and feel supported.



WHERE WE WORK



Schools under Bangkok Metropolitan Administration



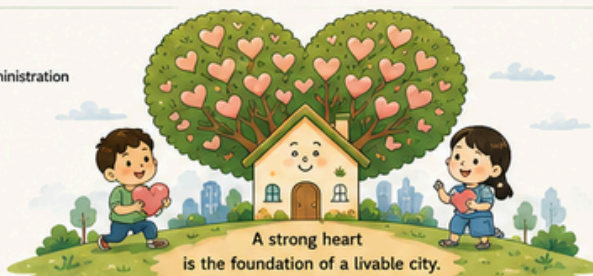
Learning Centers / Libraries (BMA)



Communities and Public Spaces



Family Activities and Parent Engagement



A strong heart
is the foundation of a livable city.

✓ EXPECTED OUTCOMES

- ✓ Children develop self-awareness and emotional regulation.
- ✓ Better focus, less stress.
- ✓ Safe spaces for expression and support.
- ✓ Stronger relationships in families and communities.
- ✓ Reduced risk behaviors and better mental health.
- ✓ Active participation in building a sustainable city.



“

Developing a sustainable city is not just about infrastructure,
but about building people who are strong within and skilled in caring for their own hearts. ♥

Bangkok – A Learning City, A City of Well-being for the Heart



About BCHBH and Touch of Stillness

BCHBH (Bringing Children's Hearts Back Home) is a practical educational project that helps children, parents, teachers, and families understand emotions, inner wellbeing, and the language of the heart. The Heart Bottle, Jerry, the Heart Reset, and other tools in this guide were developed through the wider work of Touch of Stillness. While BCHBH focuses on helping children and families, Touch of Stillness explores the deeper understanding of the mind, inner awareness, and the return to stillness that inspired these educational tools. Together they form two parts of the same journey: BCHBH helps children come home to themselves. Touch of Stillness explores the deeper foundations of that journey. Learn more and access free resources:

www.bchbh.org

www.touchstillness.com

bchbh.org



touchstillness.com

TOUCH OF
STILLNESS