

How can we better understand our brains and emotions to live a healthy life?

Vocabulary: emotion, intentions, perspective



For more information visit the DPMP website



Visitor guide designed by students at Dayton Regional STEM School



Prayer Chapel



Visitor Guide

Activity

Setting Intentions

Step 1: Visitors approach the Prayer Chapel and stop about 10 yards away from it. Take a moment to look at the structure from the outside as well as the setting in the field.



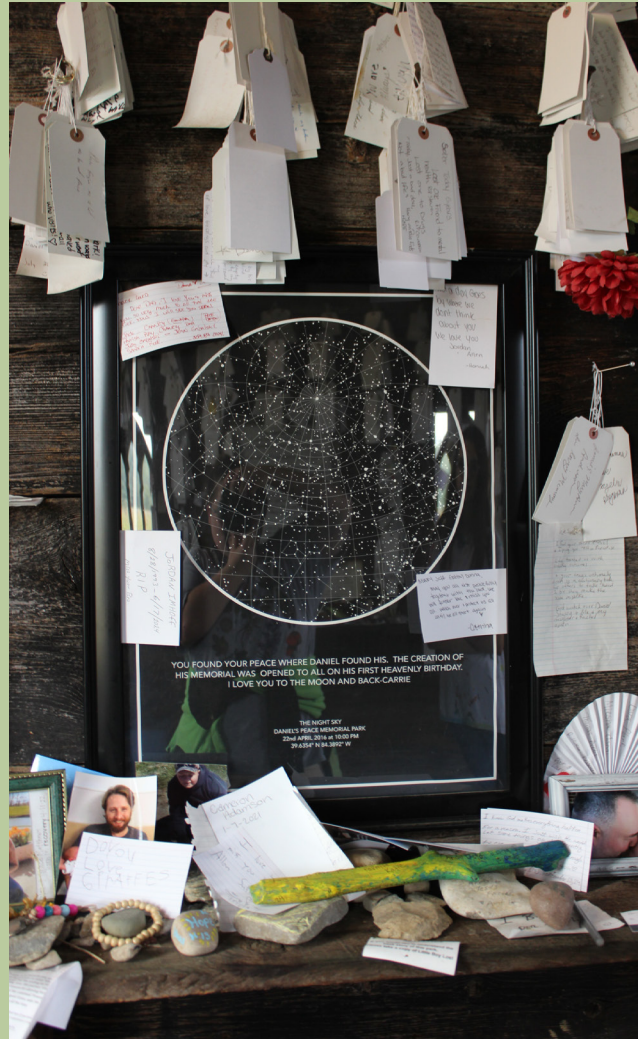
This is called the Prayer Chapel. Look at the building and the setting in the open field where two paths meet.



Questions:

Why do you think these materials were used to build the chapel?

Do you find meaning in its position at the intersection of two paths?



Step 2:

Visitors approach the Prayer Chapel and look inside while the facilitator explains that people leave messages, prayers, or intentions for others inside the Prayer Chapel.

Point out example messages to your visitors. Suggest that they read a few.

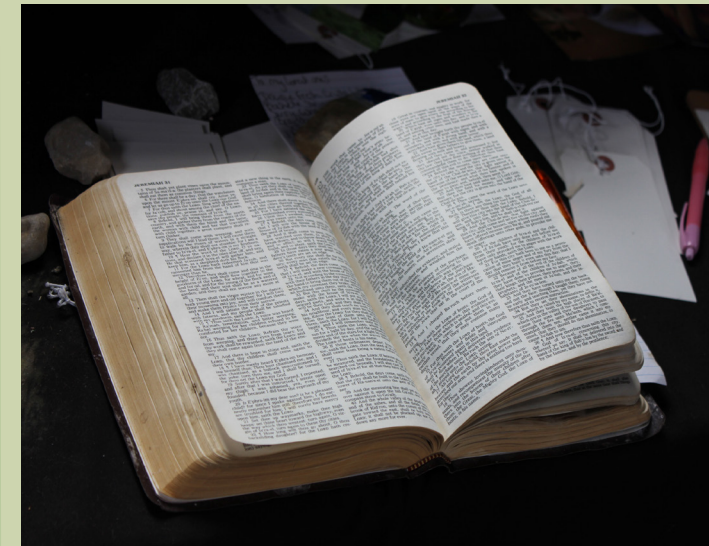
Step 3: Visitors take time to set an intention or share a hope. If they want to, they can leave a message for others in the Prayer Chapel.

Explain that setting intentions is a scientifically proven method to program your brain to change behaviors or to create new behaviors.

Ask visitors to think about a serious intention that they want to set for their lives.

Examples: Be more kind to my sister; try to understand my mom's perspective more; try to eat healthy; be less judgemental about others, etc.

Visitors write 1-3 intentions and imagine/visualize these happening in their lives. The more specific the better. Ask them to think about what they can do to achieve their goals.



If you choose to leave a message, please remember that people will see it and this should be something that helps others. Be serious about it.