

# HEART 'N MIND HOMESCHOOL

## FLOW KIT

Simple Tools For Soul-Led Learning



Written by Lyn Lomasi

Published by Brand Shamans Content & Creators Community LLC

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## How To Use This Flow Kit

### Heart 'N Mind Homeschool Lesson Plan Instructions

This isn't a strict curriculum. It's a rhythm support tool for soul-led learning. Use what resonates, skip what doesn't, and let your intuition guide how often and how deeply you engage.

#### Daily Flow (Recommended):

Print and use the **Rhythm Template** and **Learning Tracker** each day—or as often as works for your family's flow. These pages help you stay connected to your child's natural learning path and your home's emotional energy without falling into pressure or burnout.

#### Rhythm Template:

Use this page to map your day's energy—not just the activities. It's about how your home *feels* while you move through meals, learning, play, and connection. Light a candle. Breathe. Then fill it out together or intuitively.

#### Real-Life Learning Tracker:

This is your space to record those magical, teachable moments that don't come from a book. Use it to track curiosity, breakthroughs, creative sparks, and emotional wins. These are the lessons that truly matter—and this tracker helps you see and celebrate them.

#### Crystal & Energy Guide:

Keep this page nearby as a calming reference. Let your child choose a crystal to hold, wear, or place near their learning space. These tools help regulate focus, confidence, and emotional safety.

#### Flexibility Reminder:

You are not “behind.” You are not doing it wrong. The goal is connection, not perfection. Use this kit in a way that supports your unique family rhythm, neurotype, spiritual path, and energy levels.



## Sacred Homeschool Rhythm Template

Use this space to create your own homeschool rhythm. Adjust the flow to your family's energy, not the system's rules.

Morning Grounding:

Learning Window:

Creative/Free Play:

Nature Time:

Family Connection:

Daily Affirmation:

Today's Energy Check-In:



## Crystal & Energy Tool Quick Guide

Here are a few crystal suggestions to support your homeschool space. Keep them on the table, wear them, or let your child choose their own. Track crystals your family identifies with as well and take note.

Amethyst – Calm + Focus

Fluorite – Mental Clarity

Blue Lace Agate – Emotional Balance

Tiger's Eye – Confidence + Strength

Clear Quartz – Energy Amplifier

Black Tourmaline – Grounding + Protection

## Crystals We Love And Why:



## Real-Life Learning Tracker

Use this tracker to capture the beautiful learning moments that don't come from books but from life itself.

Today We Explored:

We Discovered:

A-Ha Moment Of The Day:

Creative Spark That Happened:

Gratitude Note:

How We Felt Today:



## Disclosure Statement

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