

HEAD, HEART AND HANDS MODEL

INTRODUCTION

The "head, heart, and hands" model is a framework used in education, activism and leadership development to emphasise a holistic approach to learning and growth. It suggests that true understanding and development involves engaging not just the intellect (head), but also the emotions and values (heart), and the practical application of knowledge (hands). It's about integrating thinking, feeling, and doing.

This is a way of supporting engaging in a transformative experience that supports critical reflection, relational knowing and the will to take action.

WHEN AND HOW TO USE THE HEAD/HEART/HANDS TOOL

As a tool, the HHH can be used for both planning and reflecting in a holistic way. The head learning is probably the one that we are most familiar with as this includes the information sharing and research components of our projects. The heart component is usually assumed and we do not always plan or evaluate whether the people we are engaging with are for example more empathetic - an emotion key to solidarity building. The hands component is the taking action or the will to take action. As activists we sometimes come to this component prematurely without fully taking into account how much people are shifting at head and heart levels i.e. ensuring that they understand and feel committed to the actions being proposed.

TOOL

