

CARE & COUNTS  
**TEACHERS**  
**GUIDE**



# Care Counts Teacher's Guide

## Contact

Fyera!

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## Table of Contents

Overview.....	p 3
To Prepare for Your Care Counts Event.....	p 4
To Fund Your Care Counts Event.....	p 5
Materials Needed During Your Care Counts Event.....	p 5
After Your Care Counts Event.....	p 6
Additional Classroom Activities.....	p 6
Handouts.....	p 7
Vocabulary Words.....	p 11
HeartFacts.....	p 12
Appendix A: Invitation for Volunteers.....	p 14
Appendix B: Registration Forms.....	p 15
Appendix C: Sample Media Release Form.....	p 16
Appendix D: Sample Donation in Kind Solicitation.....	p 18
Appendix E: HeartSmarts and Early HeartSmarts.....	p 19



**INSTITUTE OF HEARTMATH®**  
Empowering Heart-Based Living



## Overview:

The destination of Care Counts is your own heart. The purpose of the journey is to experience what *literally* happens inside the heart when you care for others. It is best described as:

***“Your power to make a difference in your own life and in the world – In a heartbeat!”***

This cutting-edge hands-on curriculum was produced by **Fyera!** a Los Angeles-based stress-reduction company headed by CEO, Sheva Carr. It is based on 20 years of research by the **Institute of HeartMath®** ([www.heartmath.org](http://www.heartmath.org)) and works to guide children and their educators to a specific state of “heart centered” well-being, scientifically proven to reduce stress, promote overall health, and generate positive psychological effects that also measurably improve academic performance.

The program teaches special stress-reduction exercises, including how to “**Shift and Shine®!**” a *HeartMath* technique to internally shift attitudes about situations, then send or shine feelings of appreciation or care to others and the world. ***The results can be felt and measured immediately!***

Through the optional added use of a patented software biofeedback technology called the “emWave®,” participants can see their heart rhythms in real time, play games that teach self-monitoring techniques, and experience the physical changes that occur in the heart when the emotions of *appreciation* and *caring* are invoked using the curriculum’s tools.

Participants in the program will take home a very real reminder that “**Care Counts!**” Students will plant unmarked seeds in individual pots, then take them home and see what blossoms from their daily care.

The Care Counts tools were derived from HeartMath’s HeartSmarts program for elementary school students. Care Counts is a one hour video in four chapter lessons, a complete curriculum which can also be sustained and expanded upon with further



classroom activities, and additional materials from the HeartSmarts program\* (see Appendix E for more information on HeartSmarts and Early HeartSmarts).

It is available for both Spanish and English speaking students, parents and educators, for use in any or all of the following areas:

- Home Schooling
- Emotional Intelligence Skill Building
- Improved Test Taking
- Vocabulary Building Grades 3-5
- Community Service Requirements
- Spanish or English as a Second Language Learning
- Community Development, Parent/Student/Teacher Interactivity

Care Counts is designed to be used as either classroom exercises done in 15-20 minute intervals, or as a half day community activity done all at once. We encourage educators and parents to adapt the curriculum and video to best suit their unique classroom and community needs. Within the video are moments where the educator is invited to pause the video and either have a discussion with participants or invite them to draw pictures based on what they are learning. At the end of the video, participants are invited to plant unmarked seeds in flower pots to take home, and (optional) to view their heart rhythms in real time using HeartMath's emWave technology.

Care Counts introduces students and educators to the power of caring in action, and the power of their hearts. Embedded in the curriculum is also fun information on the physiology of the heart. This insert will give teachers and students vocabulary words, fun facts about the heart, and ideas for further classroom activities.

#### **To Prepare for Your Care Counts Event:**

- Tap into your local volunteer agencies for volunteers
- Invite local high school students to participate and mentor the younger children at the event, to help fulfill their community service requirement
- Contact colleges with education programs for college level volunteers
- Create a volunteer evening for volunteers to experience the technology before the event (optional) and prepare hand out packages





- Prepare an invitation to the event to send home with children for their parents, with a registration form and release form for photographs (see appendix A and B for example invitations and registration forms)
- Announce the event to local TV, newspapers, radio, and other media (see appendix C for sample press release forms)
- Appoint the following for the day of the event:
  - Registration Person
  - Refreshments Captain
  - Tech Support Point Person
  - Volunteer Coordinator

### **To Fund Your Care Counts Event:**

Our educators have had success funding their Care Counts events using:

- Title I credits
- Bilingual funds
- Parent involvement funds
- PTA
- Studentbody funds
- Local businesses for donations (e.g., Home Depot to donate flower seeds, pots, and potting soil, or local grocery stores to donate refreshments) – see appendix D for a sample solicitation letter

### **Materials Needed During Your Care Counts Event:**

- A folder for each participant containing:
  - Printed PDF included here marked “Handouts”
  - Three blank papers cut into the shape of hearts, one yellow, one green, and one red
- AV Room where you can project the video with sound
- Tables for drawing, with crayons, colored markers, pens and pencils
- One flower pot for each participant
- Potting soil
- Unmarked flower seeds for planting with instructions on their care (participants must not know which type of flower they are planting until they care for it to see what it blossoms into!)
- Most important of all, your caring heart!



- Optional “Care Counts” T-shirts available for each participant; may be printed with your school or organization’s logo and date of the event if desired (available through [www.fyera.com](http://www.fyera.com) or (626) 844-7171).
- Optional for half day community activity: Snacks and beverages for all participants
- Optional but strongly recommended:  
The emWave Personal Stress Reliever or the emWave PC for participants to learn to get coherent by seeing their own heart rhythms in real time (may be purchased at [www.fyera.com](http://www.fyera.com) or by calling 626 844-7171).

### **After Your Care Counts Event:**

- Send “Thank You” letters to your volunteers
- Create a bulletin board of photos from the event, to remind children, parents and educators that their “Care Counts!”
- Follow up with additional classroom activities to practice Shift and Shine and HeartShift on a regular basis
- Be sure to send us your photos and stories to post on our Care Counts web bulletin board to share with other children, families and educators: [carecounts@fyera.org](mailto:carecounts@fyera.org)

### **Additional Classroom Activities:**

#### **Science experiment:**

Have students plant several pots of flower seeds, and practice “Shift and Shine” with some and not others. See which plants grow the fastest! Have students chart the growth cycles of the plants.

#### **Care Counts Bulletin Board:**

Have students create collage images of the things they care about and post the collages on a classroom bulletin board. Use the board to practice “Shift and Shine” at the beginning of each school day or classroom activity.

#### **Social Studies/ History:**

Have students research people who have done heroic caring acts throughout history (like Miep de Vries who sequestered young Anne Frank and her family from the Nazis, or Harriet Tubman’s Freedom Train, etc). Discuss with students the power of one person



to make a difference when they combine courage with care. Discuss that the word “courage” comes from the French word “Couer” for “heart.”

**Additional Recommended Video:**

National Film Board of Canada Animation, “The Man Who Planted Trees,” narrated by Christopher Plummer

**Biology/Health:**

Have students research the physiology of the heart and create their own page of “heart facts”.

**Community Service:**

Have classrooms create a Care Counts community service project (prior projects include collecting and recycling bottles and sending the proceeds to homeless children in developing countries to send them to school), or “Pennies for Peace” to buy paper and pencils for schools in developing nations. If you are an educator that would like assistance in creating a community service project in collaboration with Sunflower SunPower Kids, call us at (626)844-7171.

**United Nations Millennium Goals and The Dream Project:**

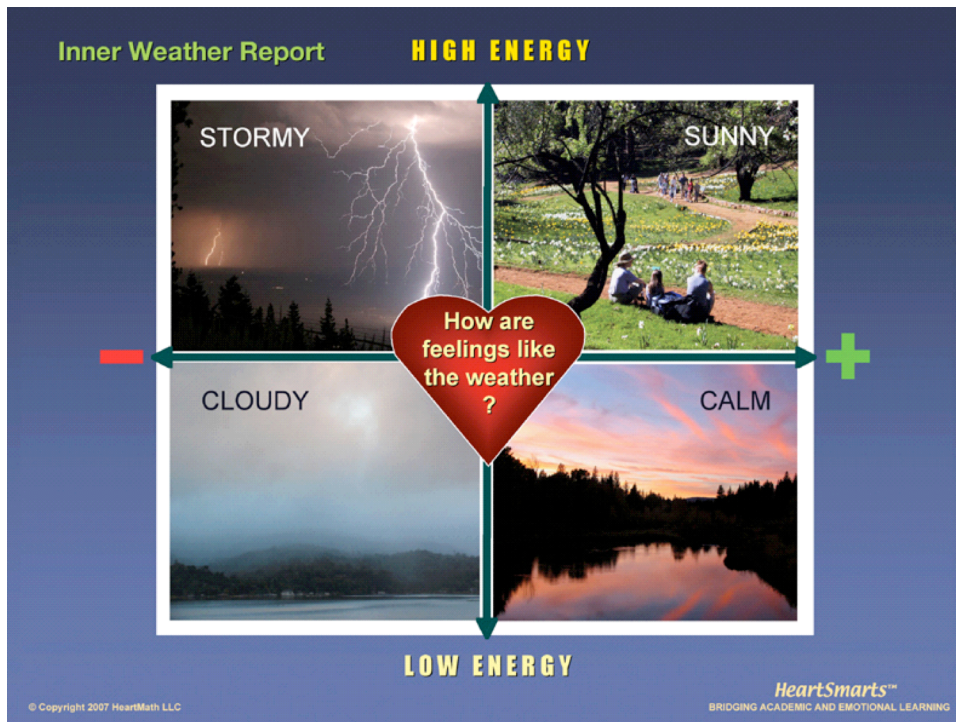
Gain support to help your group or classroom create a project in alignment with the United Nations Millennium Goals at [www.dreamprojectun.org](http://www.dreamprojectun.org). You can download their curriculum at [www.fyera.com/articles/Dream-Project-Curriculum.pdf](http://www.fyera.com/articles/Dream-Project-Curriculum.pdf).

***Additional HeartSmarts or Early HeartSmarts Curricula and Tools  
(see appendix E)***

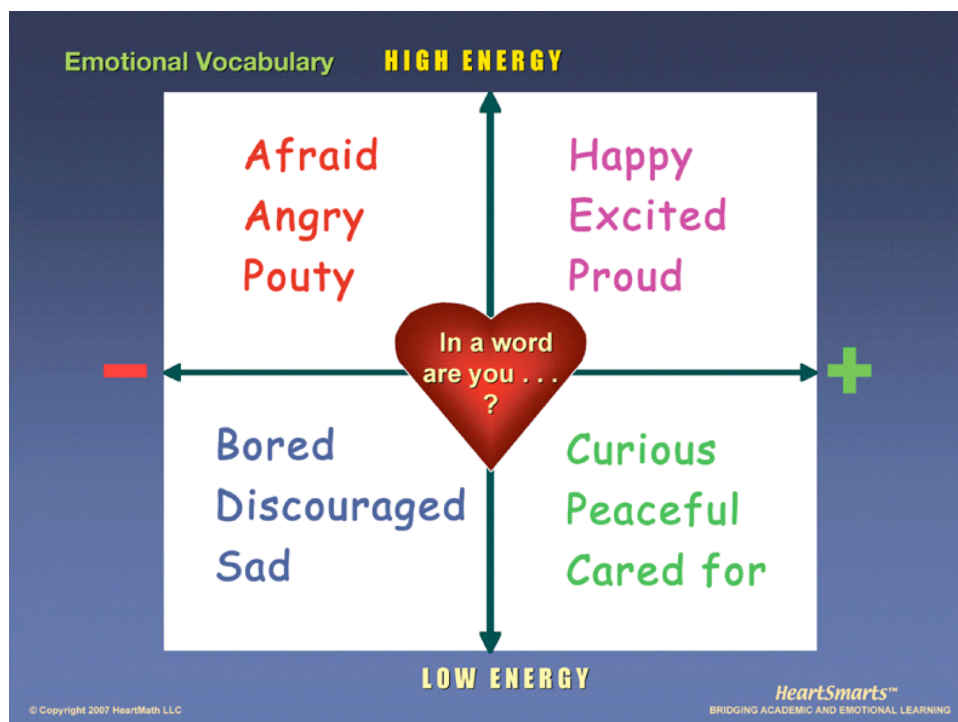
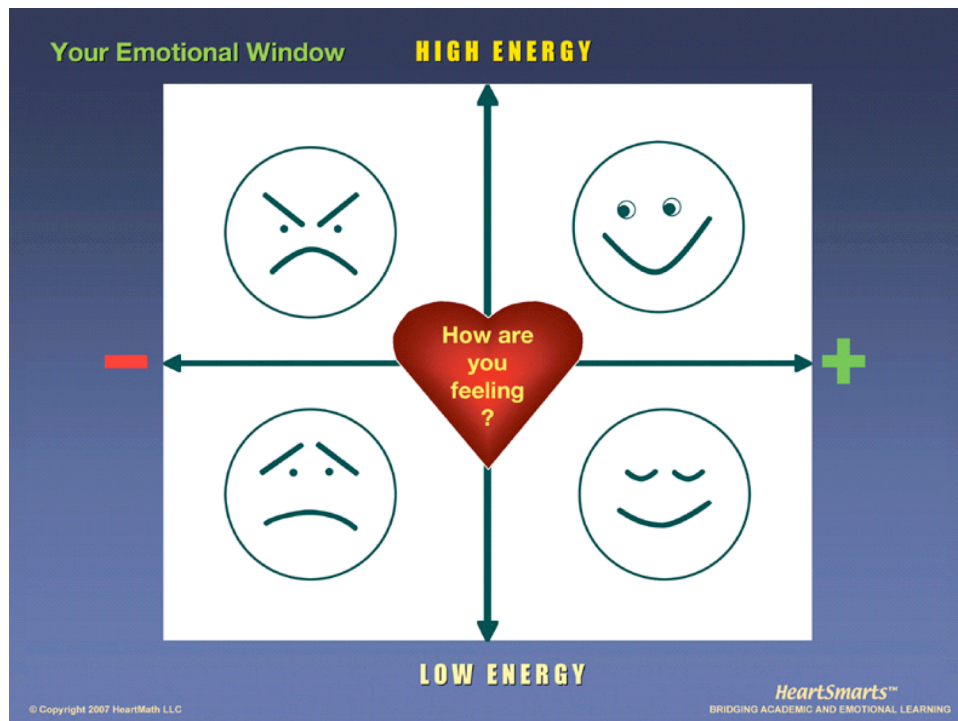


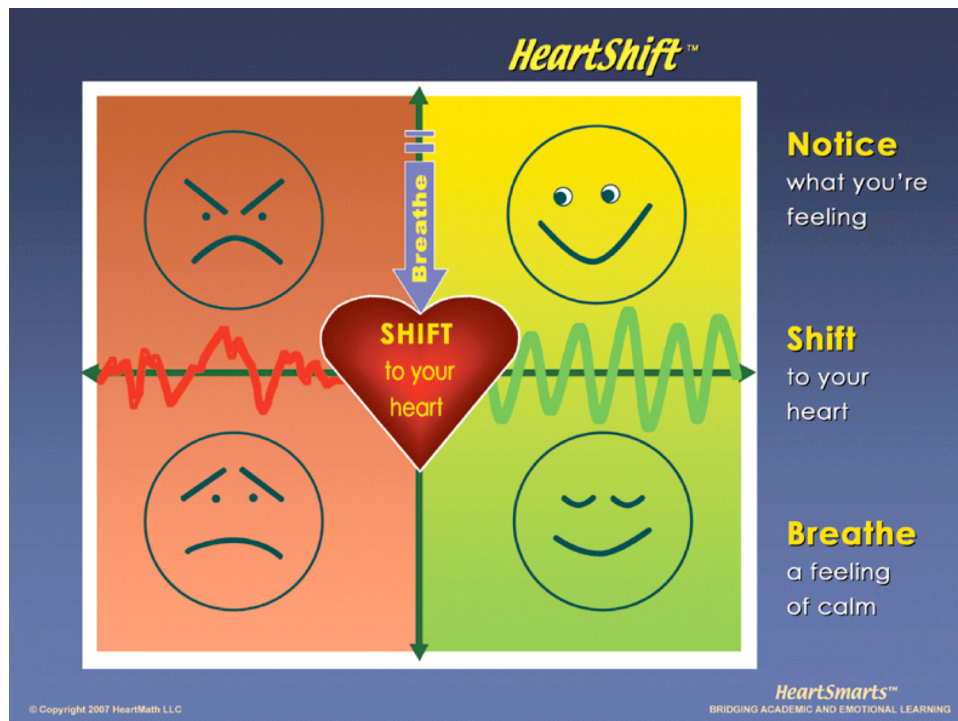
## Handouts

(to go with three heart shaped papers, green, yellow and red)









**Shift & Shine™**

1. **Shift**  
to your heart
2. **Activate**  
appreciation or care
3. **Breathe**  
the warm feeling
4. **Radiate sunshine**  
from your heart to someone or something who needs your care

A photograph of two young girls hugging. The girl on the left is wearing a pink shirt and the girl on the right is wearing an orange shirt. Yellow radiating lines emanate from the center of their hug, symbolizing the 'Radiate sunshine' step.

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**HeartSmarts™**  
BRIDGING ACADEMIC AND EMOTIONAL LEARNING







HeartMath

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## Vocabulary Words



Chapter 1	Chapter 2	Chapter 3	Chapter 4
Secret, Twins Care Hugging Fish Heart Feelings Weather Stormy Stress Happy Sad Excited Disappointed Bored Peaceful Content Calm Angry Afraid Anxious	Chaotic Rhythm Electricity Wiggle Toes Foot Hand Fingers Eyes Hips Nose Attention Breathe Shift Interpretation Mind	Squishing Upset Answers Trying Brain Thinking Bear Survive Software Computer Power Strong Shy Smooth	Premature Incubator Developed Together Months Newborn Activate Earth Teeth Yourself Nicaragua Central America War Seeds Package Connected Hurricane Dreams Reunited Love

**Heartfacts**





- ♥ The first cells to form when you were a fetus were in your heart.
- ♥ The average heart beats 110,000 times a day, 40 million times a year, 3.5 billion times in a lifetime.
- ♥ Your heart produces enough power in 1 hour to lift 2,000 pounds 3 feet off the ground! In one hour and 15 minutes the heart could lift a Toyota Prius!
- ♥ The source of the heartbeat is in the heart, not the brain.
- ♥ The electrical impulse of each heart beat can be measured up to 6 feet from the body.
- ♥ The electrical impulse is 40 – 60 times stronger than that of the brain and many times stronger than any other electrical impulse in the body.
- ♥ The heart sends more information to the brain than the brain sends to the heart.
- ♥ The Heart's vascular system is 60,000 miles more than twice the circumference of the earth.
- ♥ Cells from different people's or even from animal's hearts will all beat in unison in a petrie dish. Brain cells from different people placed in a petrie dish will not respond to one another.
- ♥ The heart has its own intrinsic nervous system with over 40,000 neurons, referred to by neuroscientists as the "brain in the heart."
- ♥ The electricity generated by the heart can be detected and measured in the brainwaves of a nearby person.
- ♥ In most people, the heart works continuously for 70-80 years or longer, without care or cleaning, without repair or replacement.



# Volunteer

## Care Counts!

A Project for the Mayor's Day of Service for Central Los Angeles with Fyera!®, Gratts Elementary School, The Institute of HeartMath® and **YOU!**



**Join us** for a day to make a difference in a child's life, and have fun while fueling a better future for our human family at the same time.

Volunteers needed in 33 Elementary school classrooms to help kids plant flowers in pots to take home, watch their heartbeats on biofeedback-like computer monitors, and participate in a half day curriculum on the power of care and the heart to make a difference in our own lives and in the world.

### Required to be a volunteer:

1. Child volunteers welcome with their parents, high school volunteers also welcome.
2. Volunteers must attend a training and orientation on July 9th from 5:00-7:30pm at Gratt's Elementary School in Los Angeles (a light dinner will be provided).
3. Volunteers must be at the Care Counts event from 8:00am-12:00 at Gratts Elementary School on July 19.

**Optional:** volunteers can be bussed from Gratts to the culminating ceremonies with the Mayor from 12:00-2:00pm (lunch will be served).

To register as a volunteer, fill out the attached volunteer registration form and send to [sheva@fyera.com](mailto:sheva@fyera.com) or [laura.travnitz@lausd.net](mailto:laura.travnitz@lausd.net)



[www.fyera.com](http://www.fyera.com)



[www.fyera.org](http://www.fyera.org)



INSTITUTE OF HEARTMATH®  
Empowering Heart-Based Living

[www.heartmath.org](http://www.heartmath.org)

## Appendix B: Sample Registration Form



# CARE COUNTS!

## REGISTRATION FORM

Name:	
Home Address:	
Cell Phone:	
Home Phone:	
Email:	
Age:	
Parent/s Name (if applicable):	
T-Shirt Sizes	

### To Register:

Fill out application completely

Email to: [xxx@xxx.com](mailto:xxx@xxx.com) or fax to (xxx) xxx-xxxx or hand deliver to xx.

For more info contact: xxxx

Your School or Organization Logo  
Here

### Appendix C: Sample Media Release





Use this media advisory to alert people on your media list about your Care Counts event. For maximum effectiveness, send it out on multiple occasions and follow up with phone calls to your local newspaper, radio stations, and television stations.

**Contact:** (Your Name and Phone Number)

**email:**

**Website:** [www.fyera.com](http://www.fyera.com) and [www.fyera.org](http://www.fyera.org) and (your web sites)

## **Elementary Students at xxxx Will Use Scientifically-Proven Technology To Access The Healing Power Within Their Own Hearts**

**Event location:**

**Event date:**

Young students of xxxx Elementary are going on a very important and life-changing journey.

The destination is inside their own hearts. On this journey they will experience what *literally* happens inside the heart when we care for others. The program, called “CARE COUNTS!,” is a creation of **Fyera!** a Los Angeles-based stress-reduction company headed by Sheva Carr. It is best described by its subtitle, ***“Your power to make a difference in your own life and in the world – In a heartbeat!”***

This hands-on program is based on 20 years of research by the acclaimed **Institute of HeartMath®** ([www.heartmath.org](http://www.heartmath.org)) and works to guide children to a specific state of “heart centered” well-being scientifically proven to reduce stress, promote overall health, and generate positive psychological effects that also measurably improve test taking performance.

Today’s children deal with a host of stressors in addition to their normal school work and behavior pressures. Many must also deal with parents absent due to military service, immigration issues, homelessness, hunger, gang violence, crime, and shootings in the neighborhoods where they live. This high level of stress puts the children and their families at risk for medical and emotional disorders.



The Adverse Childhood Experiences (ACE) Study outlines the increased lifelong physical and emotional effects for children living under stressful conditions. These effects include higher rates of diabetes, heart disease, stroke, alcoholism, suicide and other major killers. A recent U.C.L.A. study asserts: “The vast majority (78%) of homeless children suffer from either depression, a behavioral problem, or severe academic delay. Among children having a problem, only one-third of the parents were aware of any problem, and few of those children (15%) had ever received mental health care or special education.” And The American Institute of Stress estimates that 97% of all doctor's visits are related to stress.

Through the use of a patented software biofeedback technology called the “em Wave<sup>®</sup>,” children can see their heart rhythms in real time, play games that teach self-monitoring techniques, and experience the physical changes that occur in the heart when the emotions of *appreciation* and *caring* are invoked using the curriculum’s tools.

The children will also learn special stress-reduction exercises, including how to “**Shift and Shine<sup>®</sup>!**” a *HeartMath* technique that teaches children to internally shift their attitudes about situations, then send or shine feelings of appreciation or care out to others and the world. The results can be felt and measured immediately!

The children will take home a very real reminder that “**Care Counts!**” Thanks to a generous donation of seeds, soil, and flower pots by xxxx, students will plant unmarked seeds in individual pots, then take them home and see what blossoms from their daily care.

xx volunteers from the community will be helping with the **Care Counts** project on (date). Information on further learning will be available that day for interested parents, teachers, and community members, and can also be found at **www.Fyera.com**.

For more information, contact:



## Appendix D: Sample Donation in Kind Request Letter

(YOUR ORGANIZATION LOGO HERE)

*Your Name, Address, E-mail, Website*

Date

To Whom it May Concern,

We are writing to request “xxx” in the form of a donation in kind for our organization’s Care Counts community service project, which will serve x # of children, x # of parents, and x # of educators. We are an official 501c3; all donations to our organization are tax deductible, and our tax ID number for deduction purposes is: xx-xxxxxxx.

The message to the children and to all those who participate in the program (we would be delighted to have a rep from your organization join us the day of the event), is that your care counts, and science has even been able to measure the impact! The purpose of the program is best described as “Your power to make a difference in your own life and in the world – In a heartbeat!”

This cutting-edge hands-on curriculum was produced by Fyera! a Los Angeles-based stress-reduction company headed by CEO, Sheva Carr ([www.fyera.com](http://www.fyera.com)) . It is based on 20 years of research by the acclaimed Institute of HeartMath<sup>R</sup> ([www.heartmath.org](http://www.heartmath.org)) and works to guide children and their educators to a specific state of “heart centered” well-being, medically-proven to reduce stress, promote overall health, and generate positive psychological effects that also measurably improve test taking performance. We would be delighted to provide you with photos from the event for your publicity, and to include your company logo on our T-shirts, posters, and thank you letters.

Thank you for your consideration. You may reach me at the above number with any questions or response.

With gratitude for your care for our children, and the difference that can be made in a heartbeat!

Your name

Your title



## Appendix E: HeartSmarts and Early HeartSmarts Programs

### HeartSmarts® Grades 3-5

*For classroom use*

#### **New social and emotional intelligence curriculum bridges academic and emotional learning**

There's enormous pressure to do well in school and fit in, and numerous relationship challenges with family, friends and teachers. HeartSmarts teaches students to manage stress, improve learning and strengthen relationships. The program is based on the Institute of HeartMath's innovative research into the physiology of learning, teaching students a core set of tools and strategies that become part of the meaningful rituals and routines in their classrooms, intervention groups or after-school programs.

HeartSmarts is organized into five modules. Short lessons within each module use experiential learning for problem-solving and collaborative discussion on topics related to school performance. Through minimal practice and reflection, students develop "habits of the heart" that improve learner readiness, motivation, behavior management and classroom climate.

Students identify their emotions, recognize situations that trigger stressful emotions, learn skills to improve communication and are taught a series of tools on how to shift to the heart. Students love this program because it enables them to talk about what is most important to them and offers concrete ways to help them feel and perform better.

#### **Program Components Include:**

- ***The Leader's Guide • offering a bird's-eye view of the program:***

This booklet includes a summary of the modules, rubric for skill development and the relevant research. Each module contains essential understandings, student objectives, core learning experiences, "apply it" activities and assessment strategies for checking student progress.

- ***Slides • presenting the "big ideas" in visual form:***

A series of 20 slides that allow the educator to present key ideas either through a PowerPoint slide show or using a presentation flip book for table-top display with smaller groups of students.

- ***Module Booklets • developing knowledge and skills:***

Each module has a series of 4 or 5 core learning experiences with follow-up activities for further practice. Handouts and task cards for follow-up practice are found in the back of each booklet, along with recommended reading and links to Web sites of programs that complement this one in principle and practice.





- ***Classroom posters • keeping core concepts visible:***

Three 8" x 24" posters are included: The Inner Weather Report, Get in Sync and Shifting Negative Self Talk.

- ***emWave® PC technology (optional) - providing instant feedback on the physiology of learning:***

The emWave PC technology helps students and adults better deal with stress and improve performance. Students are fascinated when they see on a computer screen how emotions instantly change their heart rhythms. Fun, interactive software games are included in the program to help them strengthen skills through regular practice. This is an optional component not included in the base price of the kit but highly recommended as a medium that fully engages students and accelerates program mastery.

- ***Assessment tools - for reflecting along the way:***

Each module has assessment activities to help students show what they know.

- ***CD Rom:***

The program includes an introductory video for teachers, a PowerPoint slide show that presents key ideas to students for each module and a short movie for lesson 2.

## **Program Content:**

### **1. Exploring Emotions**

- What emotions do you experience in a day?
- Where are you on the Emotional Window?
- How are feelings like the weather?
- Calming yourself when upset: The HeartShift™ tool
- How do clear roles help us work well together?

### **2. Getting in Sync for Learning**

- How do emotions affect your body?
- How do emotions get in the way of learning?
- Shifting negative self-talk
- HeartSmarts Tool: Get in Sync
- Using HeartSmarts in math

### **3. Listening with Your Heart**

- What does listening look like, sound like and feel like?
- Role play
- HeartSmarts tool: Heart Listening
- Changing a stressful situation
- emWave® PC technology demonstration (optional)

### **4. Becoming Your Best Self**



- What does it mean to be your best self? Discovering my strengths and exploring my future.
- Improving my personal best: Creating an action plan
- Who and what do you appreciate?
- Building more care: HeartSmarts tool – Shift & Shine
- What makes a good friend? How can I be a good friend?

#### 5. Sharing what you know

- How can you make better choices?
- Discussing everyday dilemmas
- How will you share what you know?
- Choosing a performance task
- How have you grown your HeartSmarts?
- Student presentations

### **Why Heart-Based Education?**

HeartMath research has identified a measurable physiological state that underlies optimal learning and performance. In this state, our emotions are calm, and our brain, nervous system and other bodily systems function with increased synchronization and harmony. In simple terms, we're highly in sync – physically, mentally and emotionally. This in turn, facilitates the higher cognitive processes critical for focusing attention, reasoning and creativity – all essential for effective learning, academic achievement and social success.

### **Research Says Students who experience Social and Emotional Learning (SEL) for School Performance:**

- Improve math, literacy and social studies skills
- Have higher achievement test scores and grades and no decreases in standardized test scores
- Improve learning-to-learn skills
- Develop better problem-solving and planning ability
- Use higher-level reasoning strategies
- Show improvement in reading comprehension

### **Research Says Students who experience Social and Emotional Learning (SEL) for School Behaviors:**

- Participate more in class
- Demonstrate more pro-social behavior
- Have fewer absences and improved attendance
- Show reductions in aggression and disruptions
- Are on track to graduate and less likely to drop out



- Are more likely to work out their own way of learning

### **Research Says Students who experience Social and Emotional Learning (SEL) for School Attitudes:**

- Have a stronger sense of community
- Exhibit higher academic motivation and educational aspirations
- Show better understanding of consequences of behavior
- Have greater ability to cope with school stressors
- Show more positive attitudes toward school and learning

### **What teachers, students and others are saying about HeartSmarts Program:**

- ***Evelyn, a fifth-grade teacher:*** “As I began to make it part of our daily routine to get in sync for learning, it made both teaching and learning easier. The children are quite excited about their ability to feel better quickly when they get upset and calm themselves in stressful situations, instead of just reacting. I also noticed that my students are kinder to each other.”
- ***Eddie, a fifth-grade student:*** “I learned that I don’t have to get mad all the time and have my family upset with me.”
- ***Sandeep, a fifth-grade student:*** “When you listen with your heart, you can tell what the other person is feeling and what is important to them.”
- ***Rami Meuth, district director of curriculum:*** “What impressed me as I watched the students was the quality of questions they were asking as they worked together on a math puzzle. They looked at the problem from different perspectives and came up with an answer but it was wrong. They revised their thinking and found a better solution. These are the skills they’ll need for work in the 21st century.”

### **School quantity discounts for Teacher’s Kit**

Call (626) 844-7171 or email [HeartSmarts@fyera.com](mailto:HeartSmarts@fyera.com)

### **Also try the emWave® PC Stress Relief System for your classroom**

Our students are not immune to the increased stress levels today. They have names for their stress as well: test anxiety or test stress, math anxiety and peer pressure. There is enormous pressure to do well in school and fit in, not to mention numerous relationship issues with family, friends and teachers. The emWave PC Stress Relief System, a research-based educational technology, is an effective solution; it is based on learning to change one’s heart-rhythm pattern and create physiological coherence in the body. By seeing the changes in real time, students can see how anxiety affects their brains and bodies and practice reversing these effects.

As students use the emWavePC and HeartMath tools, they learn to recognize and discriminate external versus internal locus of control. Rather than blaming others for



their actions, they problem-solve and come to understand that focusing on their internal state allows the most efficient coping strategy and superior response option. They improve their relationships, performance and overall well-being by becoming aware of the trigger when a stress response starts and stopping it in the moment. It's easy to use and noninvasive. They'll enjoy playing the interactive games and reviewing the sessions. For children ages 6 and up.

## Early HeartSmarts® Ages 3-6

### *For Classroom Or Home Use*

Give young children a strong foundation for future learning  
What young children learn before their formal education profoundly affects their performance in school and the rest of their lives. Research shows acquiring social and emotional skills early are essential for success in today's classrooms. Early HeartSmarts is fun and engaging and was scientifically developed for ages 3-6 so they could learn fun, simple, but powerful skills that build a strong foundation for their future years of learning. Children learn about working together in small groups, problem-solving, creativity, emotion self-regulation and the importance of the heart as Early HeartSmarts eases the transition from the home to the classroom environment. Cutting-edge science and research at the Institute of HeartMath and by other entities over the past 20 years are incorporated in this program, which precedes the HeartSmarts program released last year for grades 3-5. IHM is an international leader in stress reduction and emotion management techniques and technology and has established that the heart plays a central role in optimizing the body's cognitive, sensory, hormonal and information processing systems.

### **Early HeartSmarts Program Materials:**

#### Early HeartSmarts Ages 3-6 Teacher's Guide:

The instructor manual provides all the essential information to successfully implement the program. Each of the eleven lessons is organized with overview, objectives, materials, teaching tips, activities and suggested dialogue. Support pieces at the end of each lesson include the parent connection, additional ideas and activities and recommended books. Song Lyrics, Parent Letters, and Follow Up practices are featured in the last section of this guide for easy access and additional support.

#### **Introductory DVD:**

The short, narrated PowerPoint presentation introduces core concepts, skills, and materials.

#### **Music CD:**





Besides a heartbeat sound, there are six engaging songs and an instrumental version of “A Little Wheel Turning in My Heart.”

### **Anatomical Model Heart:**

The squishy, anatomically correct heart serves as a physical model for conversation about the functions of the heart.

### **Bear Heart Puppet:**

The puppet plays a crucial role as facilitator and teacher in the program. Use a normal, pleasant voice when speaking through the puppet in lessons. This puppet is surface-washable only. Use lukewarm water and sponge with Woolite® or other mild laundry detergent to wet and lather fur. Rinse surface with sponge. Dry by gently squeezing between towels. After it's dry, brush with wire dog brush to fluff the fur.

### **Stethoscope:**

This instructional device is to be used only under adult supervision and guidance. Children should not be left alone to play with this device. Instructions and cautions are printed on the box.

### **Heart Ball:**

Heart Ball uses the fun of play (a gentle game of catch) to help children express positive emotions. Surface washable.

### **Heart Pillow:**

This fluffy red pillow with the blue hand invites children to use it when feeling upset or out of sorts. They can either hold it to their chest or sit on it while practicing one of the self-regulation techniques. Surface washable.

### **The Kissing Hand (Children's Book):**

This classic story that wonderfully illustrates the power of positive emotions in relationships.

### **Photo Emotion Cards:**

10 cards that help children better identify five different emotional states. The cards are spaced out over three lessons.

### **Emotion Spinner:**

Children's knowledge and understanding of different emotions through several fun activities is expanded.

### **Problem-Solving Cards:**

Six cards showing typical age-related situations are presented to children over three lessons to help activate problem-solving choices and skills.



### **Problem-Solving Poster:**

This graphic illustrates three steps that can help guide students in the problem-solving processes.

### **Heart Stickers:**

Two sheets of heart stickers for Kissing Hand activities.

### **Why Heart-Based Education?**

HeartMath research has identified a measurable physiological state that underlies optimal learning and performance. In this state, our emotions are calm, and our brain, nervous system and other bodily systems function with increased synchronization and harmony. In simple terms, we're highly in sync – physically, mentally and emotionally. This in turn, facilitates the higher cognitive processes critical for focusing attention, reasoning and creativity – all essential for effective learning, academic achievement and social success.

### **Research Says Students who experience Social and Emotional Learning (SEL) for School Performance:**

- \* Improve math, literacy and social studies skills
- \* Have higher achievement test scores and grades and no decreases in standardized test scores
- \* Improve learning-to-learn skills
- \* Develop better problem-solving and planning ability
- \* Use higher-level reasoning strategies
- \* Show improvement in reading comprehension

### **Research Says Students who experience Social and Emotional Learning (SEL) for School Behaviors:**

- \* Participate more in class
- \* Demonstrate more pro-social behavior
- \* Have fewer absences and improved attendance
- \* Show reductions in aggression and disruptions
- \* Are on track to graduate and less likely to drop out
- \* Are more likely to work out their own way of learning

### **Research Says Students who experience Social and Emotional Learning (SEL) for School Attitudes:**



- \* Have a stronger sense of community
- \* Exhibit higher academic motivation and educational aspirations
- \* Show better understanding of consequences of behavior
- \* Have greater ability to cope with school stressors
- \* Show more positive attitudes toward school and learning

School quantity discounts for Teacher's Kit

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