

# HeartMath® Institute

expanding heart connections

For Immediate Release

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## HeartMath® Institute Releases Smart Brain Wise Heart e-Learning Program Teaches Simple Self-Regulation Tools for a Complex World

*Social-Emotional Learning Built on a Strong Foundation of Research*

**Boulder Creek, Calif., September 21, 2017** – Based on over 20 years of research, HeartMath® Institute announced the release today of the Smart Brain Wise Heart e-Learning Program. The program combines the latest heart-brain-body neuroscience with practices for building self-regulation and resilience skills, which are so vital for student’s growth.

“It seems like children today have to deal with a lot more complexity in life than past generations,” said HeartMath Institute (HMI) Education Specialist Jeff Geolitz, one of the primary developers of the program, which is aimed at 9- to 16-year-olds. “We wanted to give kids and instructors tools to supplement regular classroom learning that could lead to more success in every area of daily life.”

Smart Brain Wise Heart, designed for use in public- and private-school classrooms, home schools and other learning environments, draws on what its developers say is the best of young peoples’ hearts and brains. It is aimed at empowering children to make smarter decisions and improve self-control, academic success and social skills.

The program is structured around eight instructional units, each with a short video central to the program’s learning process. After the introductory Unit 1, all of the remaining units have an animated video and a variety of fun and intelligent enrichment activities to engage and challenge students. With learning support tools throughout, including HeartMath self-regulation techniques tailored for children in this age group, the program can accommodate the diverse needs of all participants.

“We have incorporated the ideas and energy of a great many people and decades of research on children’s emotions and how they learn,” HMI President Sara Childre said. “The release of Smart Brain Wise Heart was preceded by a lot of testing and feedback. We’re confident children will benefit from it in a variety of important ways, and we think parents and teachers will appreciate this new emphasis in children’s learning.”

Geolitz cited what he said are three key program strengths: **blended learning**, which combines online learning with traditional classroom methods; **self-regulation skills**, which are the underpinnings of mental and emotional health and building supportive, healthy and enduring social relationships and success in school; and **resilience-building skills**, which allow students to meet the often intense pressures of today’s educational environment. Ultimately, he said, these and other program features, including regular practice of the techniques supplemented by HeartMath’s emWave® technology, can help students lower stress at school,

home and in their social lives, take control over their emotions and improve decision-making and mental focus.

Program leaders will have the option of teaching Smart Brain Wise Heart using a smart board for an entire classroom of students or facilitating the online lessons for students using computers or tablets at school or at home.

Leaders may be traditional public- and private-classroom teachers, home-school providers, and child mental health professionals. They will receive a wide range of support and materials, including a printed and online Leader's Guide, Instructor's Flipbook for quick reference, laminated cards, posters and more.

Pre- and post-assessments help teachers validate students' mastery. Either the online or the print version of the 24-question Student Opinion Survey can be used to gauge student progress in three key areas: Positive Affect, Negative Affect and Stress Management. Educators who implement the full course can statistically evaluate students' growth and the program's effectiveness over several months.

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### **About HeartMath® Institute**

HeartMath® Institute (HMI), [www.heartmath.org](http://www.heartmath.org), is a 501(c) (3) nonprofit research and education organization headquartered in Central California. For more than two decades HMI has researched and developed reliable, scientifically based tools and programs through its research and education divisions that bridge the connection between heart and mind and deepen people's heart connection with themselves and others. The HeartMath methodologies offer hope of new and effective solutions for the many daunting problems that face society by restoring mental, emotional and physical balance and maximizing every individual's potential.