

For Immediate Release

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## HeartMath Introduces HeartSmarts Adventure™

### *New Program Teaches Children Healthy Heart Habits Through Art, Music, Activities*

**Boulder Creek, Calif., Oct. 29, 2019** – Parents want their children to learn more than just words and numbers in school, and educators know today’s best research shows emotional learning is a critical element for young learners’ future success. HeartMath has combined these and other critical educational elements into the engaging lessons of the new HeartSmarts Adventure, a blended, interactive and fully online learning program for children ages 4-6.

More than simply a preparation for traditional structured classroom learning, HeartSmarts Adventure takes children on a joyful journey in which they explore the physical heart, heart health and the *feeling heart*.

“We want to help children gain a deeper appreciation of the heart in all of its layers,” explained HeartMath Institute Education Specialist Jeff Goelitz, chief developer of the program. “We are entering into a much faster, more chaotic period in human history. The speed of change is extraordinary. Children need resilience-building knowledge and skills to do well, to adapt to change, be healthy and respond proactively to complexity but also to opportunity.”

### *HeartSmarts Adventure includes 3 HeartMath trusted techniques*

Dr. Mimi Guarneri also contributed to the development of HeartSmarts Adventure. She is a fellow of the American College of Cardiology (FACC) and knows how important it is to educate children about the heart.

“I contributed my expertise to the HeartSmarts Adventure program because I think it is so important that we educate young children on the importance of healthy heart habits, Guarneri said. “These habits will last a lifetime and establish a baseline of wellness. Health creation begins when we teach children to care for their body, mind and spirit.”

HeartSmarts Adventure instructs children in how the heart works and habits for keeping it healthy and strong. Equally important, it teaches them about their emotions and ways they can manage them, such as how to get “unstuck” when they are sad or angry.

Children journey at their own pace through six adventures: **1. The Physical Heart** **2. Healthy Heart Habits** **3. Investigating Emotions** **4. Emotions and the Heart** **5. Getting Unstuck** **6. Sending Love and Care**. Each of these instructional units includes the following elements: *Video, Activities, Art & Music, Kids Talk and What Do You Know?*

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Completing all six adventures naturally entails work activities – 60 in all – but it’s work kids love. Filled with stimulating exercises, interesting facts, joyful songs to sing along with, movements to move with and special techniques to learn and practice as they explore and begin to manage their emotions. All activities are science-based, parent-approved and kid-tested.

Thousands of children have learned and practiced the Heart-Focused Breathing®, Heart Warmer® and Heart Shine® techniques that are in HeartSmarts Adventure. These tools are based on the latest neuroscience and HeartMath Institute’s nearly three decades of researching heart intelligence and emotions.

Here’s what other professionals are saying about HeartSmarts Adventure:

*“My little girl helped an upset classmate (4-year-old ) do Heart-Focused Breathing last week, and it settled her friend’s crying and she was able to join the group afterward.” –Barbara Styer, Retired professor of early childhood education*

*“HeartSmarts Adventures is AWESOME! The kids love it. We love how interactive and fun it is! Another huge bonus is the retention the kids maintained. Later in the day after the morning lesson, they continued to share facts about the heart without being prompted. ... Kindergartners could identify relaxed heart, happy heart, excited heart. It was amazing to be part of.”*

**–Julie Jowett-Lee, School Social Worker, Yale Public Schools, Michigan**

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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 nearly three 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.