

## An Invitation to Participate in a New Student Mental Health and Well-Being Initiative

Recently, the HeartMath Institute received a grant to support up to 30 schools or youth organizations who wish to further enrich their students' mental health and well-being. The grant allows schools to receive HeartMath technology and online classroom programs for free. You are invited to participate in this new initiative.

### Here is How This Mini-grant Works

1. Review the criteria for participation below.
2. Review the application on the next page. In the application, choose from a menu of technologies and online classroom programs. You can choose up to \$500+ worth of technology and online programs. Please feel free to reach out to us to help choose the best fit for your organization.
3. Fill in and submit the application to [jgoelitz@heartmath.org](mailto:jgoelitz@heartmath.org)
4. After we review the application, you will be notified via email whether you received this mini-grant.

### Menu of Technology and Online Classroom Programs

- emWave® Pro \$299
- Inner Balance™ Bluetooth \$249.
- Inner Balance™ Lightning (for Apple-related technology only) \$179
- WiseHeart® classroom license for 30 students (a new SEL program for students ages 7-10) \$149
- Smart Brain Wise Heart® classroom license and kit for 30 students (an SEL program for students 10+) \$99

Check Mark ✓	Criteria for Participation
	School or organization in the United States.
	An identifiable educator who will implement the programs with up to 10-50 students.
	A short phone interview with a HeartMath Institute staff member.
	Final report after a minimal one-month classroom implementation either in the form of a ½ page written summary or short video interview including any data collected either in a quantitative or qualitative form. The funders require a final report that highlights results.

We will provide all the back end support and mentoring to help you integrate these programs into your busy school days.

For more information, reach out to Jeff Goelitz • email: [jgoelitz@heartmath.org](mailto:jgoelitz@heartmath.org) • Phone: 831.338.8713

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## Application

### Student Mental Health and Well-Being Initiative

Please fill out this application and send it back via email to [jgoelitz@heartmath.org](mailto:jgoelitz@heartmath.org)

Name of School or Youth Organization \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Name of Educator Implementing in the Classroom \_\_\_\_\_

Educator approving the application (*if different than above*) \_\_\_\_\_

Anticipated Number of Students Participating \_\_\_\_\_

Would You Like Free Consultation?  Yes  No

**Which programs do you want? You have \$500+ to spend for free.**

Check Mark <input checked="" type="checkbox"/>	Program
<input type="checkbox"/>	<i>emWave® Pro \$299</i>
<input type="checkbox"/>	<i>Inner Balance™ Bluetooth \$249</i>
<input type="checkbox"/>	<i>Inner Balance™ Lightning \$179 (for Apple technology only)</i>
<input type="checkbox"/>	<i>Smart Brain Wise Heart® (ages 10+) \$99</i>
<input type="checkbox"/>	<i>WiseHeart® (ages 7-10) \$149</i>

#### Submitting a Post-Implementation Report

Which Do You Prefer?  Written Report  Video Interview