HeartMath® Institute Student Mental Health Initiative
Educator Reports: Implementing HeartMath® Programs and Technology

Bayfield Primary School, Bayfield, Colorado
Submitted by Mary "Tori" Telep, School Counselor

Bayfield Primary School serves approximately 300 K-2 students in a rural area of southwest Colorado.

The school counselor used HeartMath® software in all 15 classrooms during Social and Emotional whole-group instruction.

The students enjoyed the 3-minute Garden game from the emWave® Pro and also the 5-minute Rainbow game (also from the emWave Pro technology). One student would wear the sensor while the rest of the class did the same breathing together, with the screen projected on a Promethean board for all to see. They eagerly participated collectively and often asked to do the games at the start of our weekly lessons. This has become a very popular practice in our school.

We also received two Inner Balance™ Bluetooth devices.

These were used with six Tier-3 students who benefited from individual practice. *(There are three tiers of student profiles that help direct needed instruction and help to some of the most at-risk students, particularly in Tier-3.)* This group of students has a high level of difficulty with emotional regulation. They would use this during morning check-ins and during individual counseling sessions. They all were able to focus completely on the Inner Balance™ breathing as they regulated their brain states.

Thank you so much for the grant. We were very pleased with these results. We look forward to strengthening our implementation next school year.