

HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



Drake Planetarium, Cincinnati, Ohio

Submitted by Founder/CEO, ED Tri-State Education & Technology Foundation and the Drake Planetarium

Using funds from a Rudin Foundation grant, we were able to acquire a site license of emWave® Pro technology for use in a planned six-week Summer School. However, due to a lack of institutional computers to exclusively record the data and a shortage of skilled Summer School educators, it has been delayed until Fall of 2023.

The implementation goal was to help elementary school students better self-regulate while learning important math and science knowledge and skills (STEM). In our annual work with over 50,000 students in Hamilton County, many of them disadvantaged and underperforming, we've observed a lot of angst and emotional dysregulation among students. It is harder for students to focus and manage their behavior these days. By beginning each day with 5 minutes on the HeartMath emWave Pro technology, Drake Planetarium expects students to increase their resilience and engagement in STEM education.

In addition, we will partner in the fall of 2023 with two University of Cincinnati at Clermont professors to collect physiological data from the emWave® Pro to measure the impact. If we are successful in this pilot program, our hope is to expand to other school sites.