

# HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



**Euclid Middle School, Euclid, Ohio**

Submitted by John Elliott, Math Teacher

At Euclid Middle School in Euclid, Ohio we had four teachers using the **emWave® Pro** devices and two counselors using the **Inner Balance™** technology devices. One of the teachers ran the **Smart Brain Wise Heart™** online social and emotional learning program with approximately 50 students and used the emWave Pro® technology with 35 of those students on a regular basis. The other three teachers used the emWave Pro devices with their students on a more limited basis. They did not include the Smart Brain Wise Heart materials.

**The most encouraging signs came from students who recognized the benefits of the techniques beyond the use of the technology devices.** In other words, they used the techniques in regular life within and outside the classroom. These students were observed using the techniques during times when they were not using the devices. That is a good sign. That means they are consciously choosing to be more resilient and recognize the need.

The counselors who had the Inner Balance devices used them with approximately 25 students throughout the year. Some of the students that were introduced to the devices became more regular users and, like the students mentioned above, were observed using the techniques without the devices. Of the others, most used the devices on an as-needed basis, and a few just had the one experience with the devices. The teachers and the counselors reported using the devices themselves as well.

Overall, I am pleased with the way things turned out, and I believe that we will be able to grow the use of both the devices and curriculum with both the middle school and high school in Euclid.