

HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



Lake Hood Elementary & Tudor Elementary, Anchorage, Alaska

Submitted by Brittany Bauman, English Language Learner (ELL) Teacher

I am an English Language Learner Resource teacher in Anchorage, Alaska. I work with K-6 English Language Learner (ELL) students within small groups, collaborate with teachers, and co-teach to support ELL students within the classroom. I have used HeartMath techniques with students in the past when I was a Reading Specialist. This grant has allowed me to use HeartMath with a new group of students.

Currently, I am focusing on using the Smart Brain Wise Heart™ program with a group of English Language Learners. They are 5th grade students with varying language backgrounds and levels of trauma, generational and personal. My intention was to empower them to learn, notice, and understand how they can become aware of their emotions. In addition, create the opportunity for these students to make connections between their attitude, behavior, and emotions.

The group is focusing on reading comprehension, academic vocabulary, and writing.

I start each week with a Smart Brain Wise Heart lesson. Throughout the week, I engage students in reflection by asking the following questions: How is your inner weather today (your emotional state)? Are you in sync right now? We are starting to learn tools for creating coherence, including Heart-Focused Breathing™ and the Quick Coherence® Technique. My goal is to build in the emWave® Pro as a tool for regulating their emotions.

I'm noticing a shift in their ability to work calmly and quietly.

When we started our literacy group, they would often shout out or get up in the middle of a lesson. Currently, they can sustain quiet reading and responding to text in their journals. They have made great growth throughout this year in their literacy skills! HeartMath tools have become an asset for these students. It also creates a shared language for us to use to talk about being on-task and being part of the group. Thank you!

Future ideas! I want to use the Sunshine Secret with Kindergarten students and continue up through the grades with the corresponding programs. I can see how powerful these tools would be if I started with the students in Kindergarten and then moved through the programs throughout the elementary school years. I think this would really support ELL students, because they need coherence to develop their social and academic language.

I also shared HeartMath techniques with my university students in Literacy Methods for the Early Childhood Program at the University of Alaska, Anchorage. Each week, I start our class with a gathering. This is a time when I share a technique they can use with their students. This semester I shared Heart-Focused Breathing and the Quick Coherence Technique.

I'm grateful for this opportunity. I appreciate all the support, tools, and guidance HeartMath has provided. Thank you for all you do!