

HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



Lake Park Elementary School, Addison, Illinois

Submitted by A-J Steed, Social Worker

First, I want to say that the HeartMath® programs that we were able to use this year were amazing.

I have had a lot of students this year who had a difficult time truly connecting to their breath. With the use of the **emWave®Pro** program and ear sensor connecting to the heart rate monitor, students were able to actually see a change on the screen and finally connect to their bodies.

I was able to use the program consistently with 10 students ages 6 through 10. Some of their favorite parts were simply watching their heart rate move and trying to beat their scores for being in the right heart rate zone! In one case, the emWave Pro was able to change a kindergartener's perspective about deep breathing! He would tantrum and cry and say he didn't want to belly breathe! But he did want to do his ear breathing!

All of my students enjoyed learning about the **Inner Weather**, and many were able to play the **Wild Ride to the Heart™** game! For my third graders, it was their favorite game of the year!

Thank you so much for everything! It really added a new dimension to my teaching of emotional regulation!