

HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



Whiddon Rogers Educational Center, Broward County Public Schools, Florida
Submitted by Regina Turner, a District Social & Emotional Learning (SEL) Specialist

Students at Whiddon Rogers Educational Center build coherence and good mental health in a number of ways. Within their Gardening projects class with the **school's family counselor, Ms. Zuwanja Smith**, students find fun and satisfaction in watching plants grow and completing a project. With the district's **Social & Emotional Learning (SEL) Specialist, Regina Turner**, they incorporate **SmartBrain WiseHeart™** in their class lessons and also measure heart rate variability to support their regular coherence-building practices.



The students, many of whom had experienced adversarial relationships with one another in the past, are now reporting better connections with the same peer they used to argue with. In some cases, the students **now “look out for one another” outside of their class together.**

The teacher, with the support of district Social Emotional Learning Specialist, Regina Turner, will continue to build coherence and connection among students (particularly female students) in the weeks to come. She will also continue to strengthen the connection between her work and her students with that of Atlantic Technical College, where the students may transition post-graduation to programs that prepare them for high-skill, high-wage careers in the fields of their choice.

