

Breathe in, breathe out



Helping your Child Build Resiliency

Intentional Breathing Tip: Your inhale and exhale breaths should be heartfelt, deep, slow, and even. Try counting to 4-5 seconds for the inhale and 4-5 for the exhale.

BENEFITS OF BREATHING TECHNIQUES

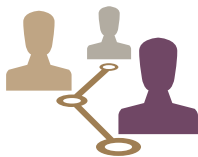
(based on a recent study with 9th grade students)



Intentional breathing can help you and your kids manage stress and bounce back after problems



Practicing your breathing can have a positive impact on you and your child's wellbeing



Breathing helps navigate relationships and interactions with others



Breathing prompts self-reflection and self-compassion



Breathing can help you keep your brain and body in sync

Program Overview

SMART BRAIN WISE HEART is a social and emotional learning program for students ages 9-16 that empowers them to make smarter decisions and improve self-control.

Evidence-Based Results

NORC conducted this study to evaluate the effects of the program on children's wellbeing.

- Fall 2021 & Spring 2022 Fielding Period
- 1,519 Student Surveys

To Learn More

HEART MATH FOR PARENTS

<https://www.heartmath.org/training/heartmath-for-parents/>

SMART BRAIN WISE HEART

<https://sbwh-cdc.heartmathelearning.org/>

SEE RESEARCH RESULTS HERE

https://goalresilience.norc.org/posts/everyone/001_smart-brain-wise-heart/001_smart-brain-wise-heart.html