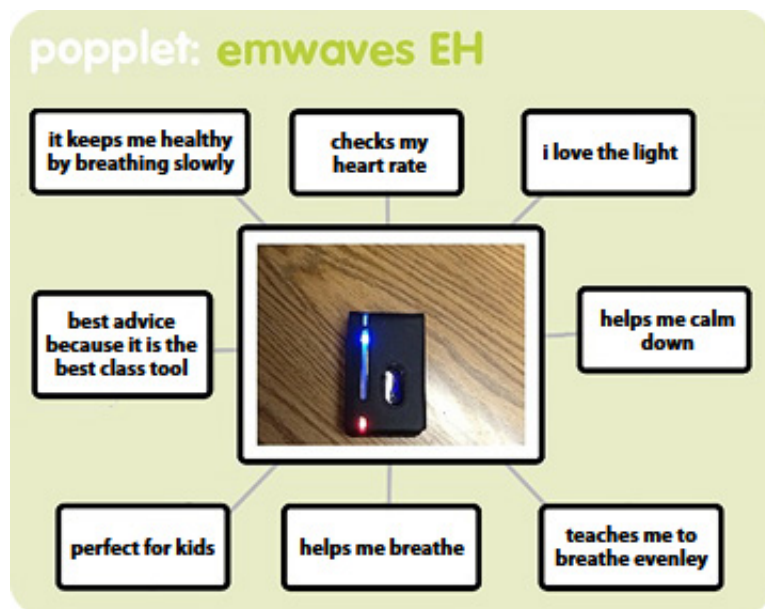


Heart-Based Sponsorship Fund Provides emWaves at School



Debbie Rice thought an emotion-regulation device she was personally using could be beneficial for those with whom she worked, so she brought it with her one day and is very happy she did.

"Thank you for teaching me how to be calm," J.L. said of the device. "It keeps me healthy by breathing slowly," E.H. said. L.C. wrote that he liked everything about it, would like it to be in similar places everywhere in California and pronounced it to be perfect – "for kids."



You see L.C., J.L. and E.H. are all kids. They are in Rice's special education class for children diagnosed with high-functioning autism, and their comments appear on her school website, *Mrs. Rice's Class of Incredible Children*. The device she and the children are talking about is HeartMath's emWave^{®2}, which is small enough to fit in their pockets and their hands. The emWave's effectiveness derives from the Institute of HeartMath's (IHM) two decades of scientific research

into stress and emotions.

"I began bringing my personal handheld emWave into my classroom for the children ... to address their anxiety," Rice explained. "The children kept asking when I was bringing it back in again."

How the emWave[®] Technology Helps

The emWave soon became an integral part of Rice's classroom program.



Debbie Rice is a teacher at Farnham Elementary School in San Jose, Ca.



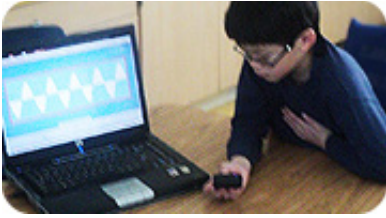
"I applied for grants (from both IHM and the Silicon Valley Education Fund) and received six emWaves and the (emWave) Desktop software," said Rice. "My class consists of 15 children: nine classified as children with autism, four unspecified, two learning disabled. We worked with the emWaves a total of eight weeks, two times a week."

Both the handheld emWave and the emWave Desktop, the computer-based version, actually perform a live and continuous physical, mental and emotional well-being checkup. They do this by monitoring the user's heart-rhythm pattern, which is a highly accurate measure of how an individual "is doing" at any given moment. The emWave gives people the capability of viewing the status of their well-being in real time whenever they want.

While Rice's students were excited about the **emWave's games and exercises** and the challenge of getting into and "staying in the green," it was how they were doing it that was changing and actually improving their lives.



Getting into the emWave's green cycle involves a process in which the children had to learn to use their emotions to influence their heart rhythms. They learned that positive emotions like love, sincerely caring about their classmates, friends and family and being truly happy could help them get into the green. Green is one of several colors triggered by heart-rhythm information relayed through a pulse sensor to the emWave. The children learned that when they were upset, mad, sad or feeling other "negative" emotions, it would be difficult to get to green, which they soon understood was a sign that they were calm.



An important technique the children practiced in conjunction with the emWave was what HeartMath calls Heart-Focused Breathing. Like all of the techniques, exercises, games and other features of the emWave technology, it is a simple technique to learn and practice. For some, Heart-Focused Breathing was easier than for others, but it is designed so anyone can learn it and practice it, and it doesn't matter where or when you do it, as the children learned when they began doing it at home.

Heart-Focused Breathing™



Here's a quick look at this powerful technique's steps, but you can read more about it in IHM's [Articles of the Heart](#) section. It's a key part of various HeartMath tools and techniques available to all at [Tools for Well-Being](#) in the Free Services section for children and adults on the IHM website.

1. **Heart Focus – Focus your attention on your heart area. Breathe a little deeper than normal, in for 5 or 6 seconds and out 5 or 6 seconds. You may find that placing your hand over your heart helps you maintain your focus there.**
2. **Heart Breathing – Now imagine while breathing that you're doing it through your heart. Picture yourself slowly breathing in and slowly breathing out through your heart area.**

(Maintaining your focus and breathing through the heart area leads you naturally into a state of ease. When you're ready to proceed with the rest of your day, you'll do so with more energy and resilience for future challenges.)

Watch HeartMath Webinars on Autism

For parents, teachers, school counselors, psychologists and others involved in the lives of children diagnosed with any form of autism, HeartMath has two special webinars

you may find helpful. Just click on the webinar titles below to download them for free.

- ***The Autism Revolution: Whole Body Strategies for Making Life All It Can Be:*** Harvard Medical School researcher and clinician Martha Herbert treated patients and analyzed scientific data for years before reaching her revolutionary view of autism that it is not a condition, as many are led to believe, that is hardwired into a child's genes and remains forever. IHM education specialist and program developer Jeff Goelitz, co-author of *Using emWave Technology For Children With ADHD* co-hosts the presentation.
- ***Kids Beyond Limits: Breakthrough Results for Children with Autism, Brain Damage, ADHD and Developmental Delays:*** Clinical psychologist and author Anat Baniel's scientifically based, cutting-edge work has helped improved the lives of children and adults with special needs for three decades. Baniel's method relies on movement. That includes any move-ment, or activity in the body such as thoughts and emotions that help organize the brain, which then starts building billions of new neurological connections that can lead to transformative effects. Baniel is joined by Goelitz.