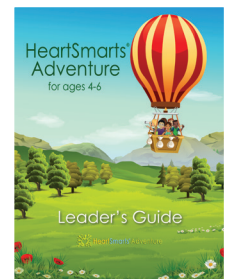




## A New e-Learning Program for Children Ages 4-6

Joyful, engaging, interactive, and colorful, HeartSmarts Adventure is a new online program that guides children through a multi-faceted exploration of the heart. Entertaining videos, coloring art, music, movement, interviews with children, and a variety of enjoyable learning activities make the important ideas and practices on heart health and emotional well-being very captivating.



Many life-affirming habits and skills are woven throughout the program's sixty-three activities to help educate children on healthy choices and smart behaviors. Best lifestyle practices such as regular exercise, a nutritious diet, sound sleep, emotional self-regulation and caring relationships are strongly supported as important every day behaviors.

## Blended Learning

HeartSmarts Adventure is a blended learning program that combines a Leader's Guide for teacher or parent-led instruction with a fully developed online learning program in which children can go at their own pace. The program is structured around six thematic adventures or units of instruction.



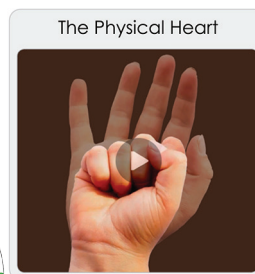
1. The Physical Heart
2. Healthy Heart Habits
3. Investigating Emotions
4. Emotions and the Heart
5. Getting Unstuck
6. Sending Love and Care

Within each adventure is an easy-to-use menu of 5 types of activity to deepen the learning experience: Videos, Activities, Art & Music, Kids Talk and What Do You Know? (an assessment).



## A Wide Range of Engaging Learning Activities

- Simulate the muscle strength of the heart by following the video of a hand opening and closing.
- Sing along to six catchy original songs.
- Move to the changing pace of music to activate both a heart speeding up and slowing down.
- Click the Exercise Spinner to activate one of three routines.
- Identify the unique beating heart sound of the following: Human, whale, hummingbird, owl or rabbit.
- Sort between fruits and vegetables.
- Press the Emotion Detective Spinner to learn about 8 different emotions and how they might play out in daily life.
- Roll the Emotion Dice which asks students to identify or show a face of a particular emotion.
- Practice a series of simple self-regulation techniques guided by one of 8 child avatars.
- Select and then carry out a specific act of love and care for a particular person.
- Earn an Emotion Detective Identification Card when the entire program is completed.



## My Adventure Map – Tracking Progress

My Adventure Map presents a colorful chart of all 63 activities, which ones have been completed (lit up) and which ones remain to be done (faded). Clicking on My Adventures on the right side of the screen takes the user to the main adventures (units of instruction) and the core content. My Art Room in the bottom right leads to a digital library of finished drawings.



## Based Upon an Earlier Evidence-Based Program

In HeartSmarts Adventure, many of the core ideas and techniques came from an earlier evidence-based program called Early HeartSmarts®. The effectiveness of this boxed-kit curriculum was documented in a 2012 peer-reviewed study named “Efficacy of an Emotion Self-regulation Program for Promoting Development in Preschool Children,” Bradley RT, et al, *Global Advances in Health and Medicine*, 2012. In 2013, this study and consequently Early HeartSmarts, were independently validated as evidence-based by a team from SAMHSA’s National Registry of Evidence-Based Programs and Practices (NREPP). Copies of these reports can be found in the Resource Center as well as other informative documents, articles and instructional materials to help guide the experience.

\* For multi-class and site-based enrollments email: [HeartSmartsAdventure@gmail.com](mailto:HeartSmartsAdventure@gmail.com)

Type of License	Item Number	Number of Users	Purchase Price
Family	EHSAF	5	<b>FREE</b> \$49
Classroom	EHSAC	30	<b>FREE</b> \$79
Multi-Class*	EHSAM	90	<b>FREE</b> \$209
Site*	EHSAS	240	<b>FREE</b> \$499