



HEART-MIND WELL-BEING



FOR PEACE + EDUCATION

Heart-Mind well-being refers to the balance between educating the mind and educating the heart. While there is a great emphasis in our society on academic achievement, research has demonstrated the positive impacts of focusing on developing our hearts – the way we “feel” and “relate to one another”. In fact, heart and mind development are interconnected.

We all want our children to have Heart-Mind well-being. And the way we can achieve that goal is by creating environments and relationships that promote the development of five positive human qualities: **Gets Along with Others, Compassionate and Kind, Solves Problems Peacefully, Secure and Calm, Alert and Engaged**



GETS ALONG
WITH OTHERS



COMPASSIONATE
AND KIND



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PROBLEMS
PEACEFULLY



SECURE
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ALERT
AND ENGAGED



What is Heart-Mind well-being?

Our intuition and experience tell us that children are healthy and happy when we pay attention to all aspects of their well-being: social, emotional, cognitive and physical. A growing body of research reinforces this understanding and particularly emphasizes the importance of promoting social and emotional well-being. Numerous studies have shown that, if we want our children to succeed in life – to flourish at home, in school and in community – we need to pay attention not only to their academic achievements but also to nurturing their hearts.

Why is Heart-Mind well-being important?

Children who have healthy social and emotional development have better attitudes about themselves and others and better social interactions. In addition, aggressive behaviour and emotional distress are reduced. And, a landmark review found that students who receive Social and Emotional Learning (SEL) instruction achievement scores an average of 11 percentile points higher than students who did not receive SEL instruction. In addition, they are usually able to regulate their own emotions and behaviour, demonstrate self-control, work independently, and listen attentively. And when we pay attention to the relationships and inner life of children they are more likely to find personal happiness. And they, in turn, contribute to more peaceful communities.

How can we support the Heart-Mind well-being of children?

We know from practice and research that we can successfully create conditions in schools, communities and families that allow children to feel safe and secure. We can interact with children in ways that build their capacity to recognize their emotions, to understand and empathize with others, and to make safe and responsible choices. We can foster compassion, altruism and confidence, and help children manage emotions such as fear, hatred, anger, and anxiety. Research has shown that when we focus on promoting Heart-Mind well-being in children it can last a lifetime.



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