

HEART MATTERS

RAISING EMOTIONALLY INTELLIGENT KIDS

Educating the heart is just as important as educating the mind.

Heart Matters is a heart-centred social and emotional learning programme focusing on promoting positive behaviour by assisting our children with tools and techniques.

Research indicates that social and emotional competence is the most important predictor of academic achievement. A child's ability to concentrate, store memory and decode language are all moderated by social, emotional and mental health factors. We therefore need to focus on developing the heart as well as the brain. Developing EQ takes time, repetition and positive role modelling. Heart Matters guides parents through the programme with visual resources and guidance letters. Teaching children pro-social values contributes to their sense of meaning and purpose, which has a strong impact on their wellbeing and overall mental health.

SELF-AWARENESS

This is your ability to recognize your emotions, know your personal strengths and challenges.



This is the ability to manage your emotions, your behaviour and to self-regulate.



This is the ability to show empathy for others, be able to respect others for their ideas, values and choices. To be able to understand the impact that you have on others and the world around you.

Truly understanding the meaning that we are one of many.



This is the ability to form positive relationships, resolve conflict, handle changes, be resilient and be able to collaborate.

