



# What is the iheart Programme and how will it support your children? A Letter to Parents ...

Dear Parent or Carer;

Your child is about to embark on a very special journey.

Through participating in the **iheart** Programme, they will learn to uncover their innate wellbeing and resilience, no matter what the circumstances or challenges facing them.

## ***Why is this programme important for our children?***

We tend to think that some people are born with wellbeing – meaning feelings such as security, resilience, gratitude, kindness, peace of mind, and wisdom – and others are not. We often believe that these qualities come from achievements, circumstances, acquisitions or other factors. These innate qualities are always there, whether we feel them or not. But when we don't know, or we forget, that our wellbeing is innate and unconditional, we believe that there are things that can give us our wellbeing and things that can take it away. We attach our wellbeing to something or someone else, which inevitably creates a lot of misguided, insecure thinking. We can begin to doubt ourselves and we may believe there is something wrong with us.

But when young people realise that all these qualities are built-in – that we are born with them – and that they can never be damaged, lost or broken, they relax. Knowing that they already have everything they need inside of them, that nothing is wrong with them and nothing is lacking, is a profoundly hopeful and liberating discovery for our children. Each time a child remembers that wellbeing is innate – that no-one and no-thing can give it to us or take it away – a lot of unnecessary, misguided thinking will fall off their minds. Students that have participated in the **iheart** programme report that they feel lighter, hopeful and naturally motivated. Further feedback confirms that participants have more clarity and perspective, leading to greater feelings of security and resilience. The **iheart** Programme has been designed to help our children learn how to experience more of that clarity, perspective, security and resilience – more often.

## ***What is iheart and what does it stand for?***

**iheart**, which stands for Innate Health Education and Resilience Training, is a registered charity headquartered in London, England. Our vision is a paradigm shift in mental health education and youth work, so that young people can access their innate wellbeing and potential to become resilient, contributing members of society. The **iheart** Schools Programme is a preventative mental health project that has been specifically designed to help pupils uncover their innate resilience and overcome their personal challenges.

Core to **iheart's** vision is working closely with schools and educational leaders, as well as parents and carers, to build a sustainable culture of resilience and wellbeing across the whole school environment and family units.

## **What will my child be learning?**

The **iheart** Curriculum is a preventative mental health education programme for young people aged 10-18, delivered over the course of 11 group sessions for the entire class. Built on a scaffolded approach to learning, each session has its own clear learning objective and a mix of interactive discussions, activities, self-reflections, summary slides, animations, videos and group exercises.

The Curriculum is underpinned by an overarching question of enquiry:

### **Do you think someone, or something, is putting a feeling in you?**

The answer to this question, either 'yes' or 'no', acts as a compass, informing us if we are on or off track and reconnects us with our innate wellbeing and resilience.

### **Based on this enquiry, our programme teaches:**

- What is innate/built-into our psychological system
- Why we think, feel and behave the way we do
- Why and how our wellbeing gets covered up and uncovered again
- How our built-in compass helps us return to our wellbeing

## **What difference does iheart make?**

At the programme's conclusion, participants will have learned how they can navigate their challenges with greater ease and success, found the confidence to make positive changes, and understood what prevents them from accessing their natural resilience and wellbeing. Based on the **iheart** Impact & Outcomes Framework, we expect to see the following improvements in the lives of the young people we work with:

- Resilience & Wellbeing, e.g. self-esteem, dealing with setbacks, coping skills
- Mental Health, e.g. anxiety, stress, depression, self-harm, addictive behaviours
- Motivation, e.g. progress, attendance, perseverance, problem-solving & attainment
- Behaviour, e.g. self-regulation, exclusions, disruption, anger, aggression
- Relationships, e.g. tolerance, respect for difference, teamwork, positive relationships with teachers, peers and family members

## **What drives us?**

Helping young people feel empowered to uncover the innate resilience and wellbeing that each and every one of them has been born with is our deep passion. We are very much looking forward to working with your children and sharing the insights of the **iheart** approach with them – not because there is something “wrong” with them, but because there is so much *right* with them.

**We hope this will be an exciting, empowering journey of discovery and look forward to you, as parents and carers, seeing the benefits and changes in your children as a result of this very special programme.**

## **The iheart Team**

[iheartprinciples.com](http://iheartprinciples.com)

