Corey's Peaceful Heart



SAMPLE

Written by Judy Henry

Illustrated by Robin Baird Lewis

Illustrator of *Red is Best*

Dedication

To the beautiful children who have enriched my life and have been my best teachers, especially Christy, Amy, Bryant, Allison, Ellie, and all the little Henrys.
—JH

I dedicate this effort to Andy and Paula Reid, grandparents extraordinaire, whose patience and compassionate enabling keep us all sane when we're All Strung Out.
—RBL

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Judy Henry is a certified Connection Practice trainer who is authorized to offer the Connection Practice in her books. For more information, see: www.connectionpractice.org. This book is based on the Connection Practice™, which was developed by Rita Marie Johnson with the support of the HeartMath Institute and the Center for Nonviolent Communication.

To learn more, please visit www.coreyspeacefulheart.com.

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Corey opens his eyes. Oh, no! Something is missing.



Is it hiding under his bed?



Or in the closet?

SAMPLE



Is it in the bathtub?



Or inside the fridge?

No peaceful heart.

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"Mommy," cries Corey. "I've lost my peaceful heart! I need it for school today."

"What does your peaceful heart look like?" asks Mommy.

"It's not what my peaceful heart *looks* like. It's what my peaceful heart *feels* like."

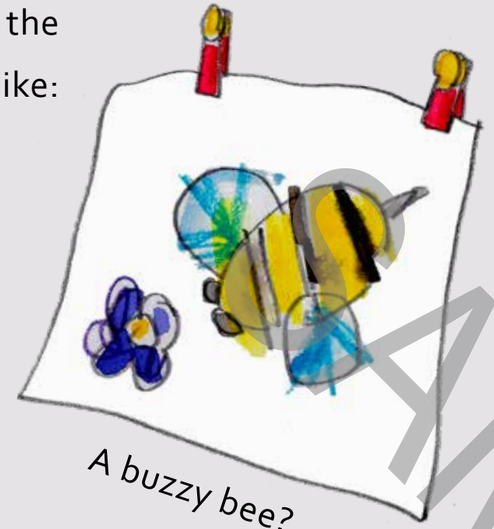


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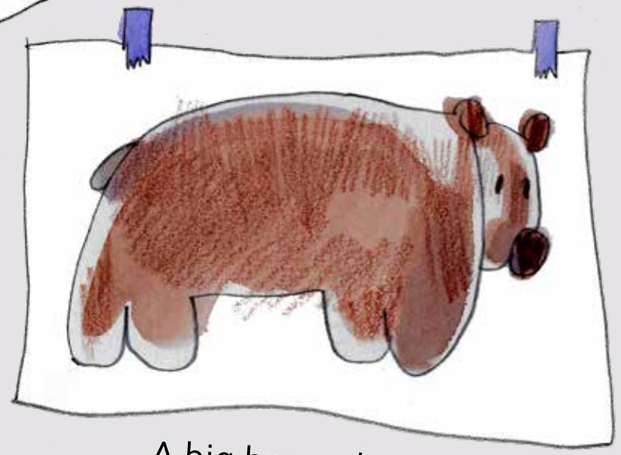
Mommy points to the pictures on the fridge. "Does your peaceful heart feel like:



A pretty flower?



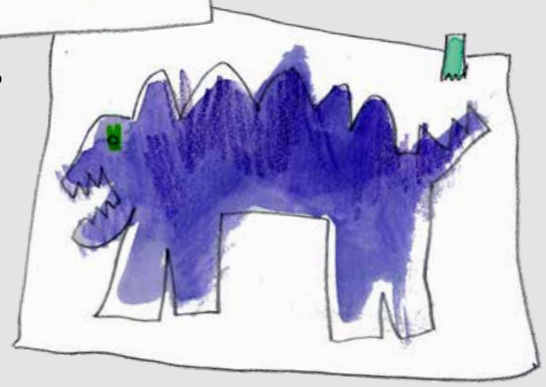
A buzzy bee?



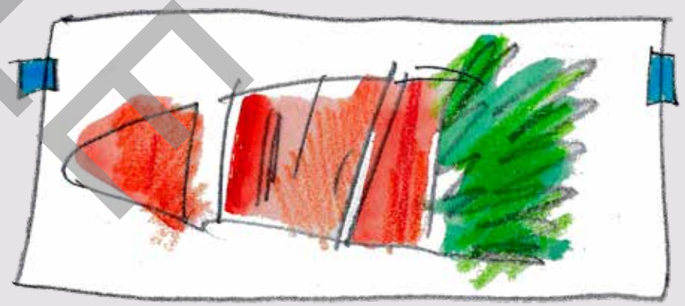
A big brown bear?



A visit to Grandma's house?



A dandy dinosaur?



A great big carrot?"

SAMPLE

At school, Teacher asks each child to draw a special peaceful heart picture – a picture of something that makes their hearts smile.

Eli draws a dolphin at the beach. Maria draws a picture of her favorite tree. Teacher draws a picture of her baby boy. As Corey draws a picture of his puppy, his heart smiles again.



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At Circle Time, Teacher asks, "Who remembers how we find our peaceful hearts?"

"We Shift and Shine®," call the children. "Heart Focus, Heart Breathing, Heart Feeling."

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"Yes," says Teacher. "Let's Shift and Shine® together."



HEART FOCUS

Touch your heart and close your eyes.



HEART BREATHING

Breathe in. Breathe out. Breathe in. Breathe out.
Breathe in. Breathe out. Feel yourself relax.



HEART FEELING

Fill your heart with that special feeling that makes your heart smile – like sitting in the warm sunshine or playing with your puppy.



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Soon every heart is smiling, and every face is smiling, too. The children let their hearts shine until the warm, happy, peaceful feeling fills the whole room.

"Remember," says Teacher, "we can take our peaceful hearts with us wherever we go. If they seem to get lost, we know just how to find them."



It is a very peaceful day at school.



It is a very peaceful evening at Corey's home.

Dear Reader,

Thank you for being here and for caring for the little people in your life. Their hearts, and yours, are precious. Before Corey was a book, I told his story to fifty wiggly Kindergarteners. We experienced peace blanketing the room, then shared our heart feelings. The children decided that Corey definitely needed pictures, and so "Corey's Peaceful Heart" was born.

Shift and Shine® is HeartMath Institute's heart-brain coherence process for young children, but it works for all ages. As we connect to our amazing hearts, our heart rhythms change from incoherence to coherence. We are "in sync" with our best selves: calm, healthy, creative, able to manage emotions, think clearly, and make better decisions.

Did you know?

- Each hand contains a heart meridian. Touching a hand to the heart completes a circuit that supports heart-centered awareness and emotional balance. Holding hands feels so good because it connects us, heart to heart.
- Heart-focused breathing calms the nervous system, reduces stress, and promotes relaxation and clarity. We feel connected and at ease.
- Pulling in a positive heart feeling puts us into coherence. We are looking for a feeling that makes our hearts smile, such as deep appreciation, the pleasure of walking on the beach or playing with a baby. Our faces smile, and our hearts smile even more.
- One coherent heart can change the energy in a room. This contagious energy extends beyond the body, influencing everyone around us. Stressed children can co-regulate with coherent adults. We can choose to shine our peace to others.
- Big emotions may need release before shifting to our peaceful hearts. A little time, a hug, physical activity, or an empathetic listener can help. Children return to coherence when drawing pictures of something that makes their hearts smile.

YOU are the KEY to supporting children as they learn to self-regulate, shifting from stress to calm. From our own coherent state, we can create safe, empathetic environments. We can acknowledge children's feelings and prompt stressed children by asking, "Can you find your peaceful heart?" As Corey's Teacher often says, "If our peaceful hearts seem to get lost, we know just how to find them."

To your peaceful heart,
~Judy



SAMPLE

Parent-Teacher Resources

Benefits
HeartMath's coherence tool for children, called the Shift and Shine Technique®, "has proven effective in giving children an early start on how to manage their emotions and engage in socially accepted behavior," as well as giving them a tool for reducing stress. HeartMath reports that "practicing these steps daily…has the power to …

- Improve outlook, self-image, sense of security
- Strengthen expression of positive feelings
- Improve impulse control
- Improve relationships with family and friends
- Increase learner readiness for school."

Research with older children shows that coherent hearts reduce test anxiety and improve test scores.

Links
www.heartmath.org/resources/heartmath-tools/shift-and-shine-technique-for-ages-3-6/
www.coreyspeacefulheart.com

Free Downloads
Download free Peaceful Heart Picture handouts and Shift and Shine® posters at
www.coreyspeacefulheart.com/resources

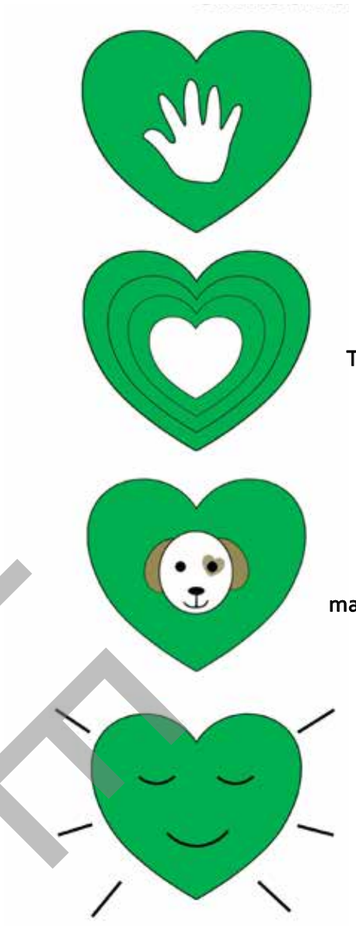
Activity
Simply drawing what makes their hearts smile allows children to access their peaceful hearts.
Ask each child to draw a picture of a special person, pet, place, or event that makes their heart smile. Encourage children to talk about their drawings.

Follow-up

- Read *Corey's Peaceful Heart* until children are comfortable with the Shift and Shine® process.
- *Incorporate* Shift and Shine® as a regular part of the day, such as before nap or after play
- *Remind* children in stress to find their peaceful hearts.
- *Suggest* that stressed children draw peaceful heart pictures.
- *Acknowledge* children finding ways to shine their peaceful hearts to others.
- *Display* the Shift and Shine® poster.

SAMPLE

SHIFT AND SHINE TECHNIQUE®



Heart Focus
Put your hand on your heart. Take your attention down to the area of your heart.

+

Heart Breathing
Imagine breathing in and out of your heart. Take three slow, deep breaths. Feel yourself relax.

+

Heart Feeling
Fill your heart with that special feeling that makes your heart smile — like sitting in the warm sunshine or playing with your puppy.

=

Peaceful Heart
Feel that happy feeling in your heart. Shine your happy feeling to someone or something special.

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About the Author



Photo credit: Karrie Bos

Known as "the book lady" for her practice of showing up with picture books to share, Judy Henry has taught child development, directed a campus pre-school, and written a parenting curriculum. Her positive experience teaching HeartMath's Quick Coherence Technique® to both children and adults inspired her to create a story featuring HeartMath's Shift and Shine Technique®, the coherence process for young children. She hopes that *Corey's Peaceful Heart* will contribute to happier, more peaceful lives for young children, both at home and in their early childhood programs.

About the Illustrator



Photo credit: Dereck Addie

Robin Baird Lewis, a children's book illustrator of over 20 books and publications, has built a rich genetic talent into a steadily successful life-long Renaissance-like career in the arts. Versatile in a wide command of media, she and her studio associates have worked in applied graphic design, illustration, commercial and residential murals, theatrical scenery, and restaurant design, as well as the domestic arts.

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