

## WHAT IS HEART TO HAND?

Heart to Hand is a music-centered mindfulness and classroom management program. There is no sheet music or special lessons, just an easy-to-play instrument that all ages can play and benefit from.

The practice of this simple two- to five-minute morning program transforms the atmosphere of the classroom to creative, cooperative and ready to learn. It's simple to implement, and once in place, it runs itself.



*“Kids want to do things cooperatively, which is really in our nature. The drum-playing routine encourages community. That’s the whole basis of everything: to connect with each other.”*

Tim Danyliw, Founder of BIG

## HEART TO HAND BENEFITS

Two musical drums tuned to a pentatonic scale are the center of the program. When children play them they feel empowered because the drums always sound good. It's best to start with the class sitting in a circle. Two children are selected each day to play the drums while the others listen. Using the program every morning and after recess, the following results get better over time:

- Calming & re-centering students at key parts of the day
- Improving learning (better grades!), listening and focus
- Promoting cooperation
- Building healthy relationships
- Stimulating creativity and the desire to learn

### SEE IT IN ACTION!

**Visit us at:**  
**[balancedintelligencegroup.net](http://balancedintelligencegroup.net)**

Watch the video of Bonnie Clark's 5th Grade Class!

### HOW TO BRING HEART TO HAND TO YOUR SCHOOL?

With a contribution from every family that is less than the cost of a music lesson, you are helping bring two instruments to every classroom.

## HEART TO HAND

It's easy!  
A contribution of just \$30 will bring 2 drums to every classroom.

**YES! I'd like to bring this program to my child's class.**

Student's name

Teacher's name

School name

### Method of payment:

Check payable to: [school name]

Please charge my credit card:

\$30     \$50 (donate \$20 to a family in need)

Visa     Mastercard

Card Number

Expiration date                      security code

Signature

Thank you!



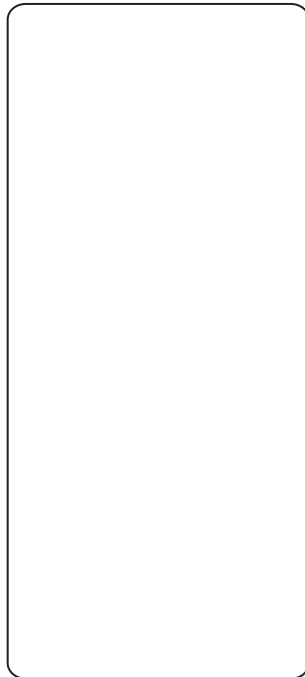
**[balancedintelligencegroup.net](http://balancedintelligencegroup.net)**

Please cut on dotted line & fill out form. If paying by check, enclose check in envelope. Then fold flap over & tape closed.



*“We have kids who are peer models, as well as kids with speech and language issues, special needs, and intense autism — the drum is a common language. We have kids who have a really hard time participating, but the second I start playing it, they sit and focus. You can do this and speak any language.”*

Elizabeth Weaver,  
Early Childhood Special Educator  
Burlington School District



### WHY MUSIC?

In the last 20 years researchers in the neuroscience and psychology fields have been fascinated by music and brain development. This is because they found that music, listening to it, making it and moving to it have profound effects on how the brain learns and grows.

Music and music education have been found to have greater impact on language development and executive brain function than any other activity.

The drums used in the Heart to Hand program, are tuned to a pentatonic scale which allows all the notes to complement one another in music that requires no experience.



### WHAT IS BALANCED INTELLIGENCE GROUP?

In a busy world of increasing speed and stimulation, there is a need for activities to counter balance. Balanced Intelligence Group (BIG) brings programs to children to cultivate calm and stillness, creativity and peaceful centering, as well as executive brain functioning

Our first BIG idea is Heart to Hand, a musical mindfulness classroom management program. Heart to Hand helps teachers and students re-direct energy and attention to be positive and creative.

Joyful children, are peaceful children. Creative children are inspired by their world, and there is a deep joy in learning.

### LEARN MORE!

Visit us at:  
[balancedintelligencegroup.net](http://balancedintelligencegroup.net)

Watch the video by Anita Collins:  
“How playing an instrument benefits your brain”



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*Mindfulness with music —  
a classroom management  
program that fosters learning*

**A musical field trip  
that never ends!**



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