Hip Hop HEALTHY HEART PROGRAM FOR CHILDREN™

WE ARE SHAPING THE FUTURE OF LEARNING THROUGH SOCIAL EMOTIONAL LEARNING

Education Shapes Our World and Every Child Is Entitled To A Great Start!

The Hip Hop Healthy Heart Program for Children™ a "Whole Child K-6th grade comprehensive healthy literacy education curriculum that has been created to "Build A Culture of Health" through our homeschools and educational system. It provides our children with the tools to flourish and be resilient while guiding them to blossom into their full potential (mentally, physically and emotionally).

This program uses an innovative approach that helps solve many of the greatest problems that face today's youth, all of which affect academic performance and social emotional learning.

We are teaching through Personalized Learning by grouping the program for K-3 and 4 - 6, allowing each child to learn at their own pace and in their own "Best" way It flows from teacher, to student, to family, to community. It provides an on-line curriculum and resources that "Transforms Our Children" through a Train-The-Trainer model that will "Positively" affect ALL who engage in our Healthy Literacy Curriculum.

It is the Solution To Lifestyle and Behavioral Changes

Whole Child Focus - This program not only focuses on nutrition and exercise but it also utilizes a full spectrum of self-discovery and self-esteem building techniques. These techniques include: stress reduction, creativity building, positive group dynamics, critical thinking.

Character Development and Community Involvement

The Hip Hop Healthy Heart Program for Children™

The eight web-based modules, which are delivered on demand to educators, are:

Each Module has 4-7 Units - Each Unit has 2-3 Lessons

Each Lesson has 2 to 3 Activities - 1 Core Lesson and 2 Enrichment Lessons

- Module 1: Meet Doctor Beat... Your Fascinating Heart
- Module 2:Take Down the Pressure ... Mind/Body/Emotion Techniques
  - ► The Power of Sleep
  - ► Journaling
  - ► Homeopathy
- Module 3: SUPERFOODS! ... Nutrition for Great Health
  - ► PLANT POWER! – Plant-Based Nutrition for Healthy Kids
  - ► Bonus Unit: Water Power!
  - ► Bonus Unit: Mineral Power!... The Many Benefits of Exercise
- Module 4: Improve Your Groove
  - ► Clap4Heath!SM
  - ► Kids Yoga
  - ► Exercise
  - ► Pickleball
- Module 5: Grin It, Win It... Dental Health Means Heart Health
- Module 6: Think Hip 'n Happy ... Positive Thinking for a Healthy Heart and
  - ► Bonus Unit: "The Power of Your Word"
  - ► Bullying
  - ► Pet Power
- Module 7: Money Matters... First Steps to Financial Freedom
- Module 8: Join the Green Team ... Teamwork for a Healthy Planet

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