

Share your CSO's Success Story

Namaskaram.

The **C20** intends to showcase selected examples of successful projects and best practices that are replicable and led by **Civil Society Organisations** (CSOs include NGOs and foundations). This portfolio will be part of the official documents produced by the C20 for the G20 taking place in India in 2023.

We invite you to share your CSO's success story with the **Education and Digital Transformation** Working Group. This is a unique opportunity for international recognition of projects with high positive impacts in the C20 theme area of Education and Digital Transformation.

By highlighting the selected projects as best practices, the C20 will honour them and create opportunities to multiply their effects, inspiring others and showing the way to replicate similar projects on a worldwide scale.

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Please email for any query: **edt.c2oindia@gmail.com**

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* Indicates required question

Project Details

Name of the Project *

Care Counts

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Please select the theme that best describe the work that your organization is engaged in. *

- Inclusive Education for Diverse Learners
- Technology Enabled Learning & Future of Education
- Skill Development
- Education for Life & Global Citizenship
- Digital Transformation and Accessibility
- Education in Emergencies
- Other:

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Short Description (200 words) *

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This cutting-edge hands-on curriculum was produced in collaboration with Gratts Elementary School for the Los Angeles Mayor's Day of Service, to reach at-risk youth grades 3-5 (ages 8-11) being recruited into gangs. The program works to guide children of all backgrounds, and their educators, to a specific state of heart centered well-being through heart rate variability self-regulation and coherence skill building. These skills are scientifically proven to reduce stress, promote overall health, and generate positive psychological effects that also measurably improve academic performance. The tools also enhance capacity for empathy, love, care, conflict resolution, nonviolent solution seeking, compassion, and collaboration.

Included in the program are:

- 1) Scientifically validated emotional self regulation skills
- 2) Art projects to positively express and channel emotions and gain intuitive insight and effective problem solving
- 3) Optional biofeedback
- 4) An activity of planting unmarked flower seeds to take home and care for, to learn to care for things to help them grow, and to respect and love the earth and Mother Nature. By caring for the plants the children get the surprise of the flowers they blossom into, just like they one day too will blossom into beautiful contributions to the world around them when they care.

The program has been implemented in:

Los Angeles California Unified School District

Through the Nicaraguan Ministry of Education

In select schools in Ontario, Canada

In various Pediatric Hospitals

And is now offered free of charge on our website so may have much further use we don't know about!

To observe the program in English or Spanish click this link:

<http://www.fyera.com/care-counts.html>

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Updated.pdf?dl=0

State of the Project *

Pilot

At Scale

How many years has the project been running? *

14 Years

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Main outcomes (100 words) *

Outcomes:

This intervention provides C20 Outcomes:

- Spiritual values
- Service-based activities
- Make counseling/meditation available at schools
- Moral responsibilities
- Inclusiveness/ acceptance
- Treat animals and nature with respect
- Respect and care for all people
- Global citizenship

Through:

Emotional self-regulation (heart rate variability coherence building), cultivating resilience, love, compassion, impulse control, empathy, care, awareness of interconnectivity, innovative problem solving, intuitive decision making

Emotional intelligence skill building, enhanced cognitive function, learning readiness

Character building

Community building and enhancing relationships between children, children and parents, and children and teachers, peer-to-peer support

Selfless heart-based service

Overcoming challenges, losses and crisis with heart intelligence

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Number of beneficiaries since start (if relevant)

Several Thousand

Number of beneficiaries this year (if relevant)

Your answer

Project Stakeholders

Lead CSO *

The Fyera Foundation

Principal Investigator *

Sheva Carr

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What are the main funding partners? *

- Public Institutions
- International Donors
- Academic
- CSO/Businessess
- No other partners

Awards, distinctions, signs of recognition for the project. If not applicable please mention NA. *

We were awarded a special acknowledgement plaque by Mayor Antonio Villaragosa, the Mayor of the City of Los Angeles (LA), for how the program contributed to reducing gang recruitment and gang violence in inner city LA

Website for more information *

www.fyera.org and <http://www.fyera.com/care>

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Press review of the project (media reports). You may add link available if any.

Your answer

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Any other details you would like to share with our team?

Based on this work we propose the inclusion of the following policies in the C20 Policy Pack to the G20:

Include coherence and Heart Rate Variability (HRV) emotional self-regulation training, and interconnectivity education as a mandatory part of the curriculum in all public schools and government-funded education programs, including but not limited to primary, secondary, and tertiary education.

Make coherence and Heart Rate Variability (HRV) emotional self-regulation training, and interconnectivity education, a requirement for all national and regional government licensed positions, national and regional government employees, including all branches of the military, armed forces, law enforcement, and civil servants,

Integrate coherence and Heart Rate Variability (HRV) emotional self-regulation training into treatment guidelines and standards of care for patients who present with conditions for which the published evidence currently or in the future supports efficacy.

Incorporate Heart Rate Variability (HRV) emotional self-regulation tools for first responders and emergency personnel and in universally accessible formats for all phases of emergency and crisis response notifications and communications for more effective response and reductions in PTSD and secondary trauma.

Include coherence and Heart Rate Variability (HRV) emotional self-regulation training as a recommended intervention to address human factors in non compliant findings during surveys and assessments of organizations by national and international regulatory agencies.

Allocate human and financial capital to further the existing research on coherence and HRV emotional self-regulation training and interconnectivity and their impact on human

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Name of the main contact within the CSO for promoting this project *

Sheva Carr and Kansas Carradine

Designation *

NGO / 501c3 with ECOSOC Consultative Statu:

Email ID *

support@heartambassadors.com and kansas:

Contact Number *

001 (310) 428-2814 and 001 (514) 884-2812

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State *

California

Country *

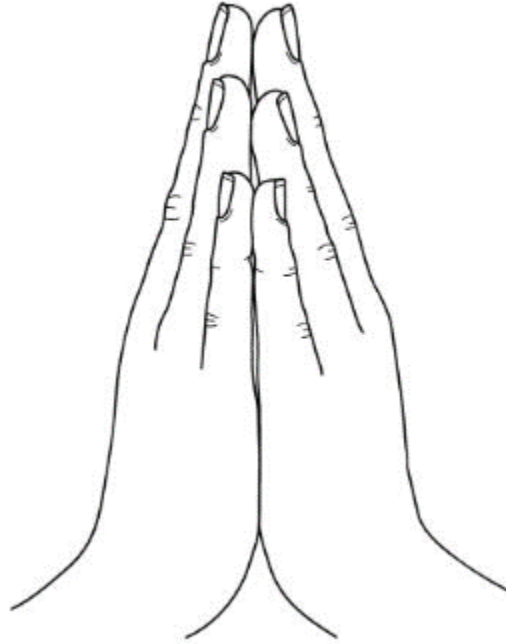
USA

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Thank You!



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