

# HEART:

healing and education through the arts



why **HEART?**

the need:

**urgent**

Children trapped in the cycle of extreme poverty or facing an emergency need our help. Now.

the value:

**proven**

HEART, through the power of artistic expression, helps children heal and learn, so they can reach their potential.

the difference you can make:

**extraordinary**

This is your chance to make a powerful and enduring impact on the lives of children in need. A life-changing legacy.

[www.savethechildren.org/HEART](http://www.savethechildren.org/HEART)

Jodie Fonseca for Save the Children, Mozambique

On the cover:  
**a work of HEART**

The entire community – children, parents and teachers, as well as local artists – participated in creating this colorful mural, using all local materials. A celebration of learning, love and life.

**the power of art**

HEART gives children in need the creative means for telling their personal, often painful, stories – so they're ready to learn and, ultimately, succeed.

Susan Warner for Save the Children, Nepal

**dear**

**friend of children  
arts lover  
visionary,**


I invite you to consider something extraordinary.

Save the Children's new and innovative education program called **HEART: Healing and Education through the Arts** brings the proven power of artistic expression – drawing, painting, music, drama, dance and more – to some of the world's most vulnerable children.

Many have never known art. Never even held a paint brush. HEART changes these children's lives.

Your visionary support is vital to ensure HEART is a sustainable success, changing the lives of more children, in more communities, for many more years to come. Please consider investing in HEART today — creating your own life-changing legacy.

**with HEARTfelt thanks,**



**Carolyn Miles**  
President & CEO

## HEART: healing and education through the arts

HEART, Save the Children's visionary education program, brings the proven power of artistic expression to children in need around the world, helping them cope with traumatic events and learn the critical skills they need to reach their true potential. HEART changes children's lives.

### HEART: the background

Save the Children has earned a global reputation for implementing state-of-the-art programs promoting the healthy development of some of the world's most marginalized children. HEART is one of those programs. Based on extensive child development research proving that artistic expression has powerful therapeutic and educational value, especially for children in need, we aim to fully integrate HEART into all of our early childhood, education and emergency response programming.

We are creating something visionary — and through the power of the arts, achieving real and lasting change in children's lives.

### HEART: the children in need

HEART is designed especially for young children in need, ages 3-14. Children struggling to grow up, trapped in the cycle of extreme poverty and limited opportunity, often compounded by trauma, like an emergency, conflict, violence, or the loss of a parent or other loved ones to HIV/AIDS. Children — some so young they can't articulate their pain — at risk of losing hope, without ever experiencing joy.



#### a teddy bear “baby”

Four-year-old Roster, whose mother had died, did not speak. Her HEART-trained teacher encouraged Roster in dramatic play, like pretending to carry her baby (a teddy bear) on her back, the way African mothers do. One day, to her teacher's amazement, Roster said her very first word: “baby!”

## HEART: the program in action

Save the Children develops a culturally relevant, sustainable HEART curriculum to meet children's unique needs within each community we serve. Then we train local teachers and other caregivers in the proven HEART approach, including:

- **guiding children in expressive arts activities**
- **engaging the arts as a means for self-expression and critical skill development**
- **recognizing and supporting children who need special help**
- **involving children's parents and communities in the process.**

HEART embraces a variety of expressive arts forms. Our children draw, paint, sing, sculpt, act, dance, tell stories, write poetry, play music and more. We incorporate local arts traditions and use local arts resources.

We also work with local partners and advocate with local governments for improved arts education.



### **a rose on a grave**

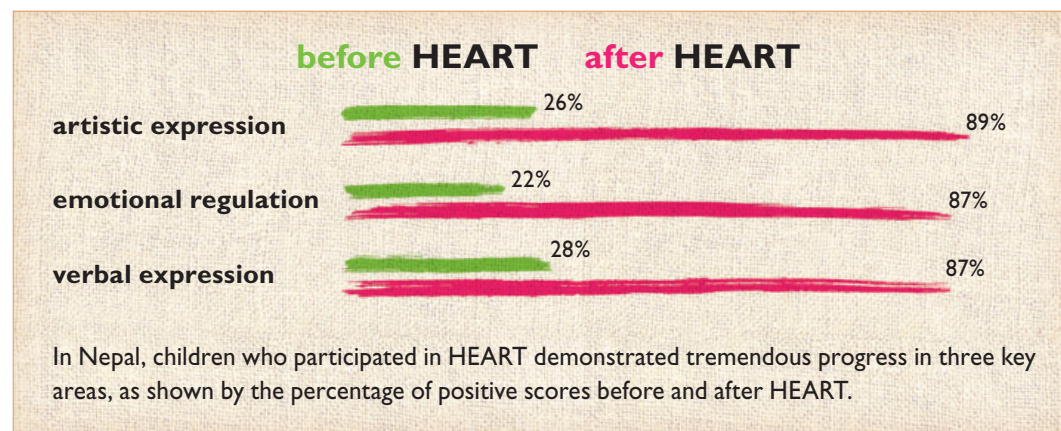
No one knew. And little Jameson was too young to articulate his grief. So he painted a picture of his mother's grave. His teacher, trained in the HEART approach, knew how to support him — and one of his classmates picked a flower for the grave. Children, like Jameson, learn to express the inexpressible through art.

## HEART: the remarkable results

HEART has been piloted in six places – El Salvador, Haiti, Malawi, Mozambique, Nepal and the West Bank – changing the lives of more than 10,000 children, with remarkable results:

- **healing** – Children develop the ability to express and regulate their emotions, improve self-control and self-esteem, recover and build resilience – so they're ready to learn.
- **learning** – Children develop the cognitive skills they need to learn – perception, attention, memory, logic and reasoning – in addition to language, social and physical skills.

Children who participate in HEART are consistently more expressive and engaged in learning. They like going to school and transition more successfully to higher levels of education. Some children experience hope, and even joy, for the first time in their lives.



Setogurans National Development Services, 2011.  
 "HEART in Early Childhood Development Centers: A Pilot Project Report."  
 Save the Children, Kathmandu, Nepal.



### the shoemaker's daughter

Neha, in yellow, has a smile on her face and a spring in her step, despite her family's struggle to live on just \$6 a day in a country recovering from conflict. Through HEART, she draws, she sings, she dances – and she's learned to love going to school. Recently, Neha made the successful transition to first grade.

## **HEART: your vital role**

Save the Children seeks to strengthen and expand HEART – changing the lives of 50,000 children by 2015, and many more in the years to come.

With your vital support, we will.

Every dollar you invest in HEART helps us fund the HEART endowment – giving you the opportunity to make a powerful and enduring impact on children’s lives through the arts. A life-changing legacy of HEART.

**create your HEART legacy today**

call: 203-221-4273

visit: [www.savethechildren.org/HEART](http://www.savethechildren.org/HEART)

Save the Children is the leading independent organization for children, with programs in more than 120 countries. Our mission is to inspire breakthroughs in the way the world treats children and to achieve immediate and lasting change in their lives.



### **Kingston’s ABCs**

Kingston painted a B. Why? “Because I like blankets,” he says, “but I don’t have one.” HEART helps Kingston cope and learn the critical skills he’ll need to make his hopes and dreams come true. Today, B is for blanket. Tomorrow, thanks to HEART, B is for a better life.

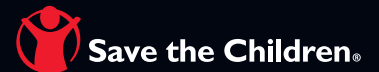
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