Calm Heart Heroes

Ten missions to ride life's waves with a calm heart



Auntie Leintje & Ralph (11)

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Text: Auntie Leintje (pen name of Elena Notte) & Ralph (11)

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This book is not therapy and does not replace professional help. Is a child struggling with something heavy? Talk to a doctor or a psychologist.

INTRODUCTION

Welcome to the Heart of the Future

Warning: this is not a normal book.

It feels with you. It dares you. And maybe it will change you. Even if you don't expect it.
But before we start...
A secret. One most people don't know.

Your Heart is not just a pump! (Yes, it pumps blood. That's its side job.)

Your Heart talks too. All day, it sends little messages to your brain.
And when you get calm, the people around you notice.
Really.
Cool, right?

> 🔮 **Heart Secret**
>
> *And now the really magic part...*
>
> *Imagine this: everything is connected. Waves. People. You.*
>
> *Is that science? Not quite. It's a Heart Secret: a spot in this book where you can dream.*
>
> *You'll know these spots by their purple frame.*

Meet your guides

- 🌊 The Wave Rider: your Heart.
- ⚡ Captain Coherence: the blue scientist. He only tells you what has really been tested.
- 🌿 Auntie Leintje: whispers to you now and then from her vegetable garden.
- 💛 Ella: a girl of thirteen. Her story is your story.
- ✏️ Ralph (11): does the drawings and keeps the dictionary.



INTRODUCTION

How to Use This Book

Simple. Honest. And a little bit magic.

Read the stories.
Do the exercises.
Draw, write, colour. Make this book yours.

Don't rush.
Each chapter has its own Calm Heart Heroes Mission: an adventure you take into real life.

Three golden rules

🌊 Go at your own speed.
No clock is ticking. There is no right or wrong order.
Only you and your Heart know when it feels right.

✏️ Make this book messy.
Write in it. Draw in it. Put stickers in it.
Colour outside the lines if you want.
A clean book is a book that was never lived in.

🤫 There are no wrong answers.
What you feel is true.
Even if you can't explain it yet.
That's the best part.

🌿 Auntie Leintje

"This book started on a normal morning. Two cups of herbal tea. And one big question in my head:

How do I show kids the real power of our Heart? And how can they use it like a superpower?

This book is my answer. Made with love, a little magic and lots of patience.

For you."



INTRODUCTION

How This Book Began

This book is here because of Ralph.

Ralph is eleven. He learns at home, with an online school called Coherence Education. That's called homeschooling.

There, Ralph learned something special: how to ride the waves of your Heart. When there's a storm inside. And when everything feels calm and happy.

Ralph thought: I don't want to keep this to myself. All kids should learn this!

So he made this book with his mum. And his mum? That's Auntie Leintje.

With lots of love. For you.

About Ralph

Ralph dreams of being an architect. And a famous footballer! He loves how houses are built and how to make them nice inside. He knows almost everything about animals. And he's a great cook. His chocolate cake? The best there is.

🤫 Psst... a little secret!

Ella from this book is real. She is Ralph's big sister, and Auntie Leintje's daughter. Ralph thought his sister should be the star. So this became a real family book.

✏️ Ralph (11)

"I want all kids to learn this, because you don't learn much about it at school."

