

FROM HARD WORK TO HEART WORK

IMPACT REPORT

Summer 2025 Pilot | Boys & Girls Club Alexandria/Dunbar

PROGRAM SNAPSHOT

From **Hard Work to Heart Work** is 5-week social-emotional wellness program designed to support students to transform their emotional awareness, communication skills, and self-regulation, empowering them to lead with confidence, resilience, and compassion.

11 million instructional days lost to students nationwide due to out-of-school suspensions

WHO OUR STUDENTS ARE



Total Students
18



Grade Levels
4th - 6th



Location
DMV Area

"I learned how you can be a good leader. This program helped me become more focused."

~Rising 5th Grader Testimonial

WHAT OUR STUDENTS SAID

Learned how to name their feelings **89%**

Gained tools to manage stress **89%**

Learned self-regulation strategies **100%**

Improved communication with others **100%**

Felt more focused & ready to learn **78%**

Would recommend to a friend **100%**

Would join program again **89%**

WHY THIS WORK MATTERS



Emotional Mastery = Academic Success

Calm Minds = Stronger Communities

Tools Today = Thriving Leaders Tomorrow

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