

A LOT OF GOOD COMES FROM PRACTICING MINDFULNESS EVERY DAY

MINDFULNESS REDUCES STRESS AND PROMOTES WELLBEING FOR TEACHERS AND STUDENTS ALIKE.

- Teachers and students practice together
- Proven reductions in teacher stress
- Creates more teaching time
- Benefits extend beyond the classroom
- 50% of students teach their family mindfulness because they recognize stress and want to help

SUPPORTS ACADEMIC AND S.E.L. GOALS

- 'Readiness to Learn' predicts academic success (more effectively than IQ)
- Although kids are in their seats, mindfulness prepares them to be "present" and engaged in learning
- Repeatedly inviting students to return their attention to the breath (sound or movement) trains attention in a new and different way
- Elementary school teachers gained 15-20 teaching minutes per day

ENHANCES IMPULSE CONTROL

- Awareness creates space between emotions or events and responses
- Attentiveness encourages choice and thoughtful response, before negative reaction

NEUROSCIENCE EXPLAINS WHY ALL THIS IS POSSIBLE

- Stress impedes learning by severing the connections between the prefrontal cortex (decision making) and the hippocampus (memory center)
- Mindfulness increases grey matter in the learning parts of the brain and reduces grey matter in the fight and flight center of the brain

PROVEN TO WORK

- More than 40 studies proving the benefits of mindfulness are published every month
- Studies support the most positive impact on academic achievement comes with daily practice

INNER EXPLORER MAKES THE DAILY PRACTICE OF MINDFULNESS EASY

With the easy-to-use, audio-guided platform Inner Explorer has made bringing mindfulness to children, educators and their families easier than ever before. The program is a series of daily 5-10-minute mindfulness practices, focusing on key areas to help teachers and students reduce stress and learn to lead healthier lives.

THE PROGRAM FOCUS

Teaches students to pay attention with techniques to appropriately process stress, anxiety, negative feelings and anger.

- Breathing/relaxation exercises
- Awareness of senses, thoughts and emotions
- Compassion and connection to all

PROVEN EFFECTIVENESS

- 15% increase in average G.P.A.
- 28% increase in reading, math and science
- 60% reduction in disciplinary activity
- 43% reduction in teacher stress

EASY TO IMPLEMENT

- Simply press play on any web enabled device
- Integrated without schedule or curriculum changes
- Easily scalable throughout a district
- Orientation and "get started" materials available to all

BRIDGES SCHOOL, HOME AND COMMUNITY

- Tune-In feature allows parent and guardians to practice with their student
- Community edition connects the school with the community as a whole

SUSTAINABLE

- Students can participate throughout their K-12 school years creating common experiences and language
- Teachers, even substitutes, run the program
- Inner Explorer delivers continuity of programming across classrooms and schools

LET INNER EXPLORER GUIDE YOUR DAILY MINDFULNESS PRACTICE