

# 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**