

# Inner Explorer: Building Social-Emotional Competencies From The Inside Out

## CLASSROOMS

Promotes readiness to instruct and readiness to learn. Improves classroom climate with a 60% reduction in behavioral issues. Promotes educator well-being.

## SELF-AWARENESS

Breathing and focusing practices help students, educators, and families attend to their direct experiences, leading to greater self-awareness

## SOCIAL AWARENESS

Through daily practices, students, educators, and families begin to witness their own patterns and behaviors and how those behaviors influence the circumstances and people around them.

## RELATIONSHIP SKILLS

Gratitude, kindness, and forgiveness practices nurture relationships with self and others.

## FAMILIES/CAREGIVERS

IE bridges school to home with a strong focus on the 2Gen approach through Tune In feature and family access to all programs through Community license. Data shows that classroom practice increases when families practice at home too.



CASEL Approved



## COMMUNITIES

The IE@Home App provides a daily mindfulness program so every member in a school's community can benefit from reduced stress and anxiety, and increased social-emotional awareness- key ingredients to improved immune function, resiliency, communication, and collaboration.

## SCHOOLS

Faculty practices along with students to transform school culture and create a mindful learning community with well-being at its core. With no prep or curriculum planning, improved academic outcomes, and calmer classrooms, research demonstrates a 43 percent reduction in teacher stress.

## SELF-MANAGEMENT

Relaxation and sense awareness practices reduce fight-flight response — interrupting auto-pilot reactivity and, strengthening the ability to self-regulate.

## RESPONSIBLE DECISION MAKING

Thought, emotion, and choice awareness practices create space between the stimulus and response to foster responsible decision making.

## BREAKING DOWN BARRIERS OF INEQUITY AND INJUSTICE

Mindfulness creates a safe space for children and youth to cultivate emotional intelligence, compassion for themselves and others, and the ability to cope with difficult emotions fostering a wise response rather than an automatic reaction to tough situations. Mindfulness builds empathy which enables students to understand others' perspectives and can facilitate relational, reflective dialogue about power, privilege and oppression. Mindfulness-Based SEL provides the foundation of awareness necessary to address biases and break down barriers in order to create inclusive communities that actively promote social, economic, and educational equity and racial justice.

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