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## BTP - Starting A New School Year

1 message

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**Inner Explorer Admin** <admin@innerexplorer.org>  
To: totoole@innerexplorer.org

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Dear Teachers,

Welcome to Inner Explorer and - most excitingly - welcome to the new school year! Whether you are new to our program or a veteran, we would like to thank you for the very important job you do in the classroom. We are hopeful that our collaboration will support you and will make your job easier, more fun and more rewarding.

As you may know, Inner Explorer brings mindfulness into your classroom with no prep, no planning and no assessment. Here are three keys to maximize the benefits of the program:

1. Listen to the program every day
2. If possible, press play first thing in the morning before jumping into the day's curriculum
3. Practice with your students

Listening to the program daily will help you and your students focus. It will enhance everyone's impulse control and reduce everyone's stress. That's right, teachers... this program is as good for you as for your students!

Practicing first thing in the morning will set the tone for the day. A 4<sup>th</sup> grade teacher who initially used the program after recess began using it first thing in the morning and was astonished by the increased impact in students' 'readiness to learn' all day. Finally, if you practice with your students, they will know you think it is important. By learning something together, you create a paradigm shift in your relationship with your students.

This fall you will find a few new training videos and resources on our platform to help address questions you may have. Some topics we'll explore:

1. How to introduce the program to your students and their families
2. How to address any push back you might receive from students
3. More information about the brain science that shows how and why mindfulness is so effective

While our program is a simple 'push and play', in this monthly *Beyond the Program* newsletter, we will provide you with a variety of classroom activities and resources we hope will be useful to you! If there is anything you'd like to see or learn more about in one of these emails, please don't hesitate to contact us!

Wishing you a fabulous new school year!

The IE Team

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