
IE Bridging School And Home - Beyond The Program

16 messages

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

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Dear Teachers,

We are delighted, as always, to partner with you in your important work in the classroom. We are thrilled to inform you that this year, Inner Explorer has created an important new bridge between school and home.

Over the years, we have discovered that a high percentage of our students teach their families what they learn through Inner Explorer. One reason for this is that many students witness stress in their family lives, and decide they want to help the people they love. They understand the power of mindfulness and enjoy sharing it with their families. Now, families and guardians will have the opportunity to experience the same Inner Explorer lessons their students do at no extra cost to you, your school or the families.

The feature is called **Inner Explorer Tune In**. You will find it under the "Parents" tab in your Teacher dashboard. You can send our pre-drafted email (See parent/guardian email on our platform) to your families so they can opt in to receive a text when your class begins to listen to the program. Every day, your students' parents or guardians may access the program while your class is listening or they may listen later at any time that is convenient for them within 24 hours afterwards.

Parent and family members will need an email to access **Tune In** alerts. To sign up, you will need an email address to send an invite with a link for parents to click and register. If you do not have a family's email address or if they do not have an email account, you can download a letter for parents in English or Spanish from the "Letter To Parents" section under the "Parents" tab and send it home with the student. This letter explains the Inner Explorer program and encourages the reader to submit an email address to the teacher. For families that do not have computers at home, they can listen to the program on a Smartphone but will still need to acquire an email address. Standard contract rates and/or additional fees for data usage may apply if parents are not accessing the platform via a Wi-Fi network.

Later this fall our preschool and elementary school programs will be available online in Spanish, as will the opt-in information.

We look forward to continuing our journey together. Please do not hesitate to reach out to us with questions by sending an email to admin@innerexplorer.org

Wishing you a fabulous new school year!

The Inner Explorer Team

ACTIVITIES

1. Have a classroom discussion about how Inner Explorer has affected your students. Ask students if anyone has shared what they have learned through Inner Explorer at home. Ask them how adults could benefit from practicing Inner Explorer. Inform students about the **Tune In** feature.
2. As homework, ask students to speak with their families about Inner Explorer and have them write about what happens when they do.
3. Have students write about or draw what the world might look like if everyone knew how to practice daily mindfulness.
4. Assign homework for your students to listen to one session of Inner Explorer with their families. Without signing up for '**Tune In**', families can listen to trial lessons at InnerExplorer.org either on a computer or a Smartphone. Ask them to write about the experience.
5. Create a bulletin board using drawings or words describing "A Mindful World."

BRAIN SCIENCE

Practicing daily changes the brain by increasing neurons in the prefrontal cortex (where your executive function lies) and reducing neurons in the amygdala (the fight-and-flight part of your brain). The result? More calm, focus, kindness, joy, equanimity. And now, because of our new **Tune In** feature, parents can access the same benefits as their children!

For login to your account, Please [Click Here](#)