



EXECUTIVE SUMMARY

Inner Explorer™ teaches present-moment awareness without judgment. It creates school-readiness, which is a greater predictor of academic success than IQ!

Benefits of Inner Explorer™:

- **Evidence-based** - Mindful awareness practices are used to help students develop skills of attention, focus & self-control, resulting in higher grades and better behavior.
- **Simple implementation** - Teachers press 'play' on networked device to operate each daily audio-guided recording from a series of 90 tracks and in so doing, help students and teachers develop a daily mindfulness practice.
- **Curriculum neutral** - The program is used every day during transition times, (i.e. first thing in morning, after recess, or lunch) throughout the school year. The school curriculum is unchanged.
- **Universal and Scalable** - All students can participate in one of four age-appropriate programs (Pre-k-K, Elementary, Middle, or High School) without scheduling conflicts, room layout changes, or extensive teacher training.
- **Collaborative Format** - Students and teachers participate together by focusing inward for self-discovery, self-development & connection.

Results from 3 controlled research trials with 953 elementary students:

- Students experienced a 60% reduction in behavior incidences
- Students achieved higher grades in Reading, Math and Science
- Students experienced a cumulative improvement in GPA performance
- Teachers experienced a 43% decrease in perceived stress