



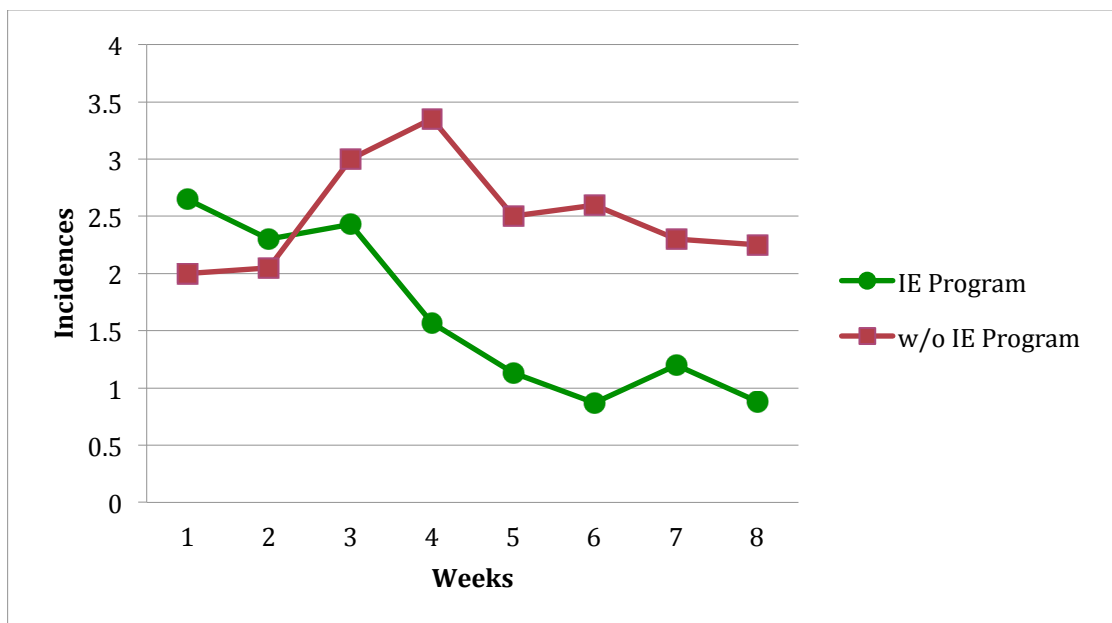
## Executive Summary

### The Inner Explorer Program:

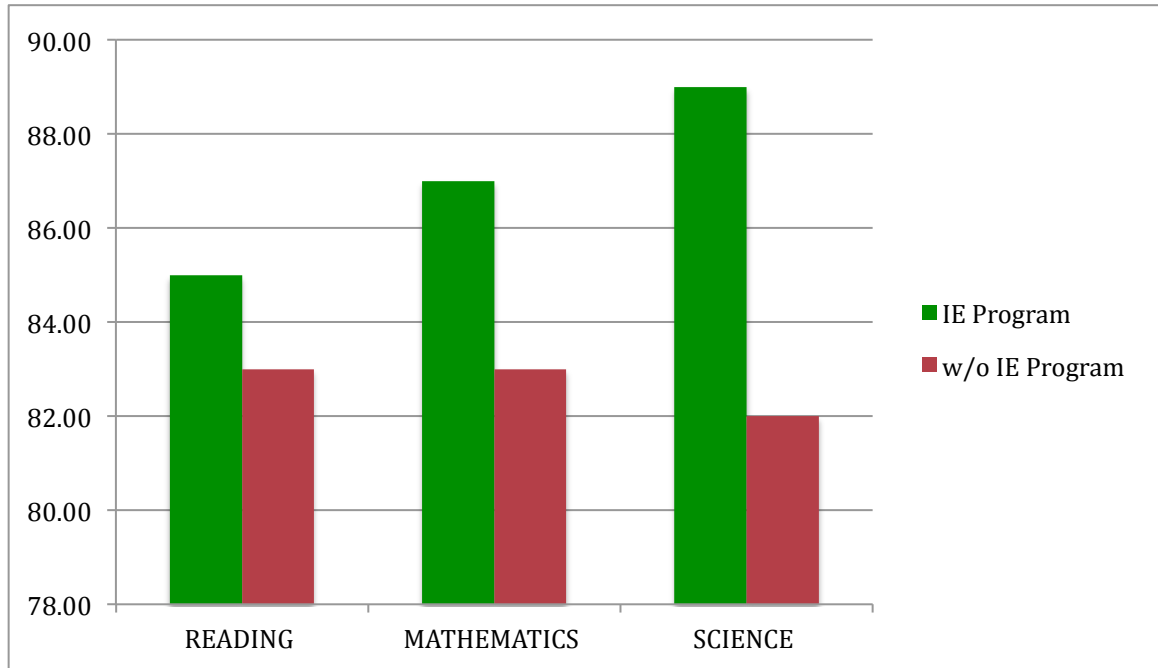
- **Evidence based**— awareness practices are used to help students develop skills of attention, focus, & self-control resulting in higher grades and better behavior.
- **Easy to implement**—teachers play the 10-minute MP3 audio-guided mindful awareness recording each day from a series of 90 tracks.
- **Curriculum neutral**—the program is used each day during normal transition times, (after recess or lunch) throughout the school year.
- **Universal and Scalable Approach**—all students in every elementary classroom can participate without scheduling conflicts, room layout changes, excess teacher training, or coordinating facilitators.
- **Collaborative Format**— students and teachers participate together by focusing inward for self-discovery, self-development & connection

### Results from a controlled research trial with 243 elementary students:

- Students experienced a 50% reduction in behavior incidents compared to controls



- Students achieved higher Reading, Math and Science grades compared to controls



### What our customers are saying:

- *"I recommend your program to other schools who are working to build self-awareness and self-control skills. I feel that it supports teachers efforts in helping students gain skills that will help them be successful in school and later in life."*
- *"The students benefited from the daily periods of reflection and quiet awareness, which supported the calming strategies that the students had been taught."*
- *"The ease of implementation was a HUGE advantage for our school!"*
- *"Another highlight is that it did not impact our district curriculum...the teacher were able to incorporate Inner Explorer into their daily routines...."*
- *"The children became more aware of their emotions, the causes of these emotions, and how to deal with them in a more productive way."*
- *"Our third grade referrals decreased by almost 50%...and this was only after nine weeks!"*
- *"I plan to implement the Inner Explorer program in every classroom next year!"*