

Explain to students that we are going to read a quote describing the ways students and teachers have used mindfulness. Have kids read them. There are 45 quotes. You can have each kid read one or pick and choose, or have kids read a few.

Something I got out of mindfulness would be more calm in situations where if the wrong thing comes out it could effect everyone around you and by thinking it over, you prevent a lot of things from happening. High School student

My grandma has me ring the doorbell when she can't breathe because of her diabetes. Then we practice mindfulness. Elementary School Student

According to Coach Steve Kerr, The Golden States Warriors values are: joy, mindfulness, compassion and competition.

I feel like I will be able to relax when people start messin' with me and saying stuff about my family. 4th grader

I stop once in awhile and ask myself how am I feeling today. Asking that question to myself has helped me to be more aware of my mood and what my mood does to my surroundings. High School Student

"After lunch was always the hardest time of the day. Now it's my favorite because we do Inner Explorer. This program is so good for my students and for me." Teacher

If you do mindfulness you won't get in trouble. Elementary School student

When it first began, I didn't even think it would help, never tried it and never wanted to, but now I'm glad I did take that chance and try something new. Middle School student

I used mindfulness when I found out my dad was in the hospital. High School Student

I used it when I had to perform at church. I was shy, but I did mindfulness and then I went on stage. Elementary School Student

"I had to kick a penalty kick. I did mindfulness. I scored a goal." Middle School Student

I love having mindfulness. It has made me feel a lot better, especially through hard times. Middle School Student

“When the adults in my house were fighting, I taught them the sharkfin and then they stopped fighting and they liked it.” Elementary School Student

I like to just be able to identify how I am feeling. I have been able to have some peace time. High School Student

Since starting Inner Explorer, I am much calmer and don’t yell at my students as much. Teacher

“Mindfulness helps me take the power from the little man. (Anger) Inner Explorer taught me the little man tries to carry me. It is so funny imagining the little man carrying me. I think all children should have mindfulness so they can relax.” Elementary School Student

I do enjoy mindfulness because it is the only time when I have no worries or stress and I can just relax. High School Student

I learned how to use mindfulness when I am mad with someone. Middle School Student

When you are worried and you do mindfulness you can make better decisions. Elementary School Student

In some ways it is helping me bring out emotions but only inside of me and not outside, which is a great thing. High School Student

“It helps me concentrate and relax and be calm and learn. It helps me be prepared for anything.” Elementary school student

In sports, mindfulness should be a rule. Elementary School Student

Mindfulness helps kids face their fears. Middle School Student

Once we started using Inner Explorer, 51% of my students improved their grades. Teacher

Mindfulness at first for me seemed really pointless and I was simply doing it out of politeness and because it was required form me to do in class. Now, I actually find myself doing mindfulness, especially to go to sleep at night. High School Student

“When I listened to the bell, my ears rested my whole body.” Kindergartener

I can use it to reduce the stress built on my life and it really helped me to be at peace.High School Student

"Yesterday when I was at the doctor's office, he took my blood pressure. He was not happy with me and wanted to order new medicine. I asked him if I could have ten minutes. I practiced one of the mindful awareness practices I learned from Inner Explorer. My blood pressure dropped 30 points on top and 30 points on bottom....It was normal! No new medicine! Teacher

“Because of Inner Explorer, I’m not a negative person anymore.” Elementary school student

My thoughts have changed over this period of time and I try not to get mad as much. For example, sometimes I get into fights with my parents and instead of blowing up, I try to think about mindfulness and calm down. High School Student

My grandma and I used to get really mad at our neighbors who live upstairs because they make so much noise. We don’t get mad anymore, we just notice the sounds and label them as noise. Elementary School Student

I have noticed that it helped me to lessen my stress. When I do mindfulness, I am enjoying every minute. It has helped me to be a calmer person and I can use mindfulness in my daily life. Middle School Student

I used mindfulness when I was in a lot of pain. Elementary School Student

I stop once in awhile and ask myself how am I feeling today. Asking that question to myself has helped me to be more aware of my mood and what my mood does to my surroundings. High School Student

When I want to fight someone, I can take a breath instead and then tell them what I didn't like.
Elementary School Student

It gives me time to focus on me instead of getting wound up and wound up until I snap. It gives me a time to unwind myself so that I can enjoy greater patience for the things that go on in the week. High School Student

I actually notice how I feel about my thoughts that I am having and how it makes me feel.
Middle School Student

"If all the children had Inner Explorer, there wouldn't be any violence and they could feel safe wherever they are." Elementary school student

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I had to kick a penalty kick. I did mindfulness. I scored a goal.

"We can use mindfulness as we get older to get over obstacles. Middle School Student

"I have benefitted as much as the kids; I have fewer panic attacks." Teacher

"Kids can help themselves when they know how to do mindfulness." Elementary School Student

"Because of mindfulness, I am finally able to fall asleep." Teacher

"Kids were bullying me. I did mindfulness and stayed calm and just walked away." Elementary School Student

"After doing mindfulness, I felt like I opened up a brand new life. Elementary School Student