



Welcome to the Inner Explorer program. This program is a daily mindful awareness program.

Thank You For What You do Every Day!

Educators are vital to the current well-being and to the future of our society. Society doesn't always appreciate what you do for our kids, please know how much all of us at Inner Explorer value you and your hard work.



We are so thankful for all that you do for our students and we are pleased to be partnering up with you.

How is Inner Explorer different from other Initiatives?



A building block that works with other initiatives

Inner Explorer was designed with teachers in mind it is a daily program that any teacher (including substitutes) can play since it's only 10 minutes long.

The Inner Explorer program is a wonderful stand alone program and yet it also works as a building block with other initiatives being used in the classroom. Many existing SEL programs are intellectually based and are organized in a top-down fashion where the teacher has the knowledge of the topics to be covered and the tools to demonstrate the concepts. The curriculum includes participatory exercises, including role-playing, to support the intellectual exchange. The challenge in teaching emotional concepts is that the lessons need to be integrated into students' emotional and "felt" experience in order to facilitate a genuine learning process capable of shifting emotional responsiveness.

Inner Explorer's Mission

**To provide programs and tools,
for children and their families worldwide,
that inspire a daily mindful awareness practice.**

**This practice will help lead them towards
their highest potential
by bolstering academic performance, creativity,
social & emotional aptitude and wellbeing.**



Our mission focuses on students and their families.

The Inner Explorer Program

"Learning from the Inside Out"

- **Innovative Design**

- 90 unique audio-guided (MP3) tracks → Engages students
- Each track is 8-min. long w/an optional 2-min. journal exercise → Integrates learning
- Follows the well established protocol → Aligns with extensive research in education
- Promotes a DAILY practice → Facilitates a life-long habit of being mindful

- **Simple Implementation**

- Plug & Play operation – sign into the Inner Explorer program and just press “play”
- Curriculum Neutral – operate during normal transition times, curriculum unchanged
- Teacher Independent – any teacher (or substitute) can participate with the students

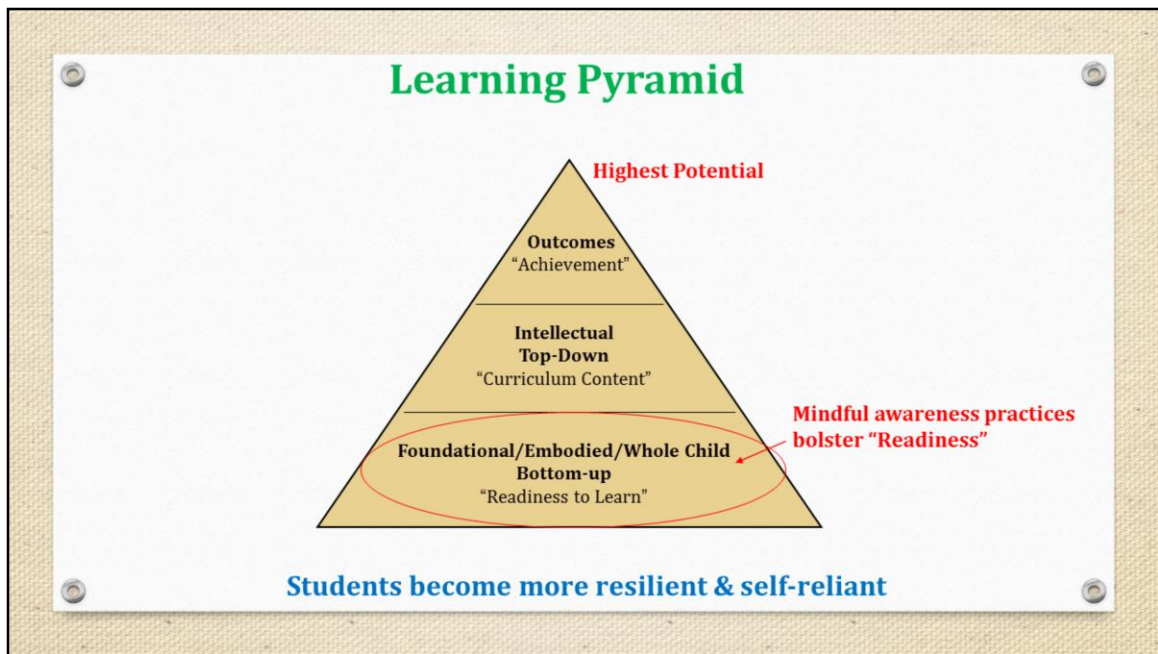
Students repeatedly connect with their Potential & Purpose

The program consists of a series of 90 audio-guided MP3 recordings, each approximately 10 minutes long. The series follows the methodology from the Mindfulness Based Stress Reduction (MBSR) program originally developed by Jon Kabat-Zinn and colleagues at the Center for Mindfulness at the University of Massachusetts Medical School. The program was created and recorded by two authors with over 25 years of combined experience practicing mindful awareness and 8 years as MBSR instructors. Similar to MBSR, the program systemically explores physical sensations, thoughts, emotions, relatedness to others, and relatedness to the environment. Woven into each audio recording are social emotional concepts including self-awareness, self-control and compassion. Each daily recording follows the same sequence beginning with a soothing sound, brief guided relaxation, topic exploration and contemplation, felt-sense exercises/visualization, written integration, and ending soothing sound.

How can Inner Explorer help?

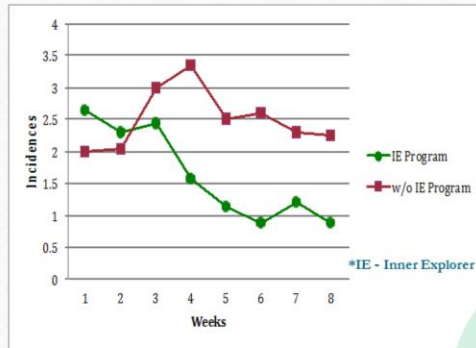


Over the past 3 years we have been researching our program with 3 trials, 8 weeks, 10 weeks, and 27 weeks. These trials have been multi-state with diverse classrooms.



Mindful awareness is experiential based learning. It is conceptualized as paying attention to the present moment, with curiosity and kindness. Mindful awareness Based Social Emotional Learning (MBSEL) programs involve the repeated practice of bringing one's attention to the present moment and include various practices of self-awareness and self-control. These practices are designed to enhance social and behavioral aptitude, but are organized in a bottom-to-top fashion where the teacher is guided by the collective experiences of the children. This mindful teaching method is nonlinear and often organic. In this type of learning environment the students may explore specific concepts, for example kindness, through a guided or silent contemplative period. Often, this organic process allows for an increase in self-awareness and an embodiment of the trait. This approach is a departure from traditional teaching methods. The consistent formal practice of mindful awareness naturally builds the students' awareness so the lessons are more self-evident as time goes on.

Inner Explorer Research Results *Improved Behavior*

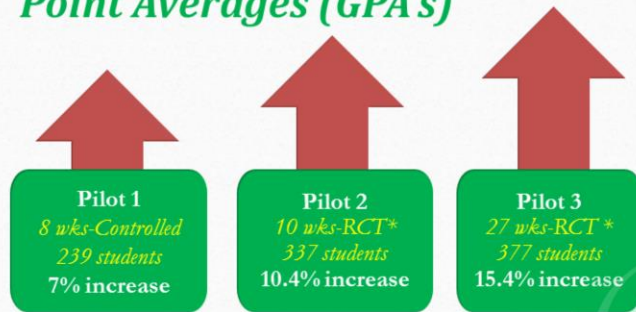


**Behavior problems were reduced by 60%
Including student aggression and bullying**

We had eight participating teachers completed a log each day documenting how many behavior events occurred. Behavior events were defined as principal visits, calls home, suspensions, and “red cards,” which were given for consistent classroom disruptions. This data was not student-specific, but classroom-specific, as no information disclosing negative behaviors of individual students was collected for this study. In the above figure, the line graph shows treatment classes and control classes. On the horizontal axis, each week’s total number of behavioral incidents is recorded. Incidents were recorded as the average “discipline events” per day (based on a weekly total). For instance, the four MBSEL intervention classrooms averaged 3.98 events per day during week 1, while the four control classrooms averaged two events per day during week 1. As the graph illustrates, the slope for treatment classes clearly points downward over the 8-week period, while no such trend could be detected for the control classes. In the sample, treatment classes started the program with more behavior problems and ended with fewer than control classes. Additionally, the control and treatment classrooms experienced a negative behavior spike during week 3, which correlated directly with the beginning of a spring weather shift in Chicago. Notably, the spike in the control classrooms was higher and lasted longer than in the treatment classrooms, indicating that treatment students by week 4 may have

been showing higher levels of self-regulation and self-control. These data therefore suggest a promising trend for the treatment classrooms.

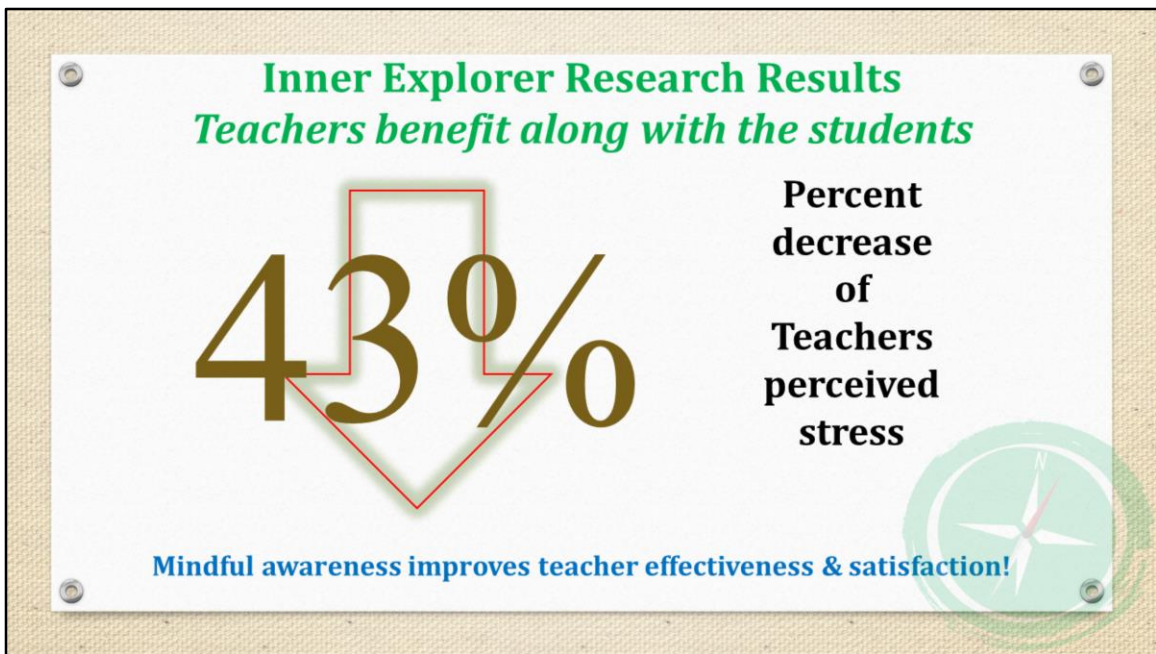
Inner Explorer Research Results Cumulative Improvements in Grade Point Averages (GPA's)



*RCT- Randomized Controlled Trial

Statistically significant impact in 5 subjects
Reading, Math, Science, Social Studies & Writing

during the course of 3 trials (2 were randomized controlled trials), with nearly 1000 elementary school children (grades 1-5) from geographically, ethnically and economically diverse backgrounds (IL, NY), the daily audio-guided mindfulness intervention helped to reduce behavior problems by over 50%, improve grade performance in 5 of 6 subject areas, as well as standardized test scores, showed a cumulative effect on grades overall (the 8 week trial demonstrated a 7% improvement in grades overall, whereas the 27 week trial showed a 10.5% improvement overall), and did not require any changes to existing school curriculum (which is key related to sustainability).



With Inner Explorer, teachers significantly increased trait mindfulness and reduced their level of stress, with effect sizes that are equivalent to programs designed specifically for teachers. In the studies, teachers participated with students and gained as much as if they had attended a more traditional teacher training program.

How can Inner Explorer help me with my class?

- **Improved classroom management**
 - Students regulate their impulsivity
- **Reduced teacher stress**
 - Teachers participate in the daily program
- **Improved teaching effectiveness**
 - Students are better able to “attend” to instruction
- **Increased teaching time**
 - Fewer distractions, approx. 15 “extra” min/day



Classroom management is a wonderful benefit with Inner Explorer's program. You will find that students will be able to regulate themselves better; thus allowing you to get more classroom time with them and can also help with lower your stress and improving your effectiveness with the students.

Getting Started 1, 2, 3!

- **Login** and enter your email and password
- **Press** 'Play'
- **Listen** and Enjoy!.....No Prep or Planning

Teachers participate along with students



It's truly that easy!

Tips to Remember

- Pick a time of day that is a normal transition to run the program - stick with it
- Adjust the volume on the speakers each day-some tracks are louder than others
- Ask student to all face the same direction-so no one is "looking" at anyone else
- Ask the students to put their journal on desk before you start- so they're ready
- Turn out the lights if possible to inspire a sense of calm
- Participate with the kids (even closing your eyes)- They'll take it seriously if you do.
- Expect some students to be squirrely- this is different from what they normally do



The next two slides are tips for using Inner Explorer and they are also found on your welcome letter.

Tips to Remember Continued

- Expect after a few weeks for some kids to say "This is stupid, or I don't like it".- As kids go inward, it is sometimes uncomfortable to face aspects of their lives that may be easier to avoid through distraction.
- When students repeatedly go inward, they face their lives directly. Any discomfort will subside and they will be healthier and happier as a result.
- Expect some children to have strong reactions - handle them as you normally would, through the school social worker and/or counselors/psychologists.
- Building a habit takes some time. Gently guide the students to remain quiet through the practices. Even if they seem disengaged, they will hear the instruction and they will move through this phase.
- Enjoy the a deepening sense of community and calm in your classroom 😊

