Dear Family:

Our classroom is starting a new program called *Inner Explorer*, to help students develop focus, self-awareness, self-control and resilience, all critical skills for success in school. In addition to these benefits, several studies have also demonstrated student’s improved academic performance, behavioral aptitude, and well-being as a result of this training.

Each day, the class will participate in a 7-10 minute program delivered via a computer and speaker in the classroom. The sessions will take place during normal transition times without changing the regular school curriculum. The sessions focus on breathing and relaxation as well as awareness of senses, thoughts, emotions, choices and connection to others.

We are thrilled to be participating in a program that has shown benefits across a wide spectrum of applications, especially in education. Currently several US agencies are funding research on attention and awareness training because the practices are easy to learn, require very little equipment, have no side effects and show significant enhancements to cognitive function and decreases in stress response.

The National Institute of Health (NIH) is funding attention and awareness research to improve health and reduce conditions including depression, anxiety and ADHD. The US Department of Education is funding research to improve academic achievement and behavioral competence. The US Army is funding this research to help our troops improve their working memory capacity to make better decisions while on the front lines.

To learn more about this program from Inner Explorer and to find more resources, including books for parents and students, please visit them at www.InnerExplorer.org.

Yours truly,