

MINDFULNESS IN SCHOOLS: CULTIVATING CALM, FOSTERING FOCUS, BUILDING RESILIENCY

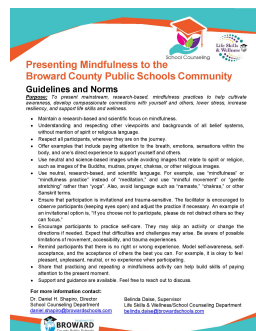
When used daily, Inner Explorer strengthens self-regulation skills, reduces anxiety and improves academic performance.

Mindfulness benefits:

- ✓ Decreases behavioral issues
- ✓ Improves academic performance
- ✓ Reduces teachers' stress
- ✓ No training or prep work required for teachers

Inner Explorer September 2024							
Inner Explorer Practice: 10 minutes daily							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		14	17	18	19		
1		15	18	19	20		1
	20	21	22	23	24		
12	14	17				20	2
	25	26	27	28	29		
20	22	24					
	30	31	32	33	34		
28							
	35						

Monthly implementation calendar



BCPS Mindfulness Guidelines



Located in Clever



or on any Smart Device



For more information contact:
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