



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

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Monthly implementation calendar







Located in Clever or on any Smart Device





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