



You are receiving this note as your email was registered for the Inner Explorer Program by one of the schools in your community.

This 5-10 minute audio-guided program is easy to use each day. For mindfulness to be most effective, daily practice is highly recommended (Remember: Daily mindfulness practice is to Brain Health what daily teeth-brushing is to Dental Health).

Our team has developed a daily mindfulness app for families, which is an extension of the program used in more than 30,000 classrooms.

Inner Explorer Program has been shown to:

- Guided breathing and relaxation exercises are easy to do and replace fight or flight responses with calm.
- Regular practice enhances health.
- With students working online and at-home daily use helps kids focus and learn.
- Teaches children tools to deal with challenges and the skills will last a lifetime.

You can at no cost during this time, thanks to the generosity of our partners, including Electronics and the Allstate Foundation.

Please use the following link and register for the free app:

https://innerexplorer.org/compass/family_onboarding

VISIT FAMILY PORTAL