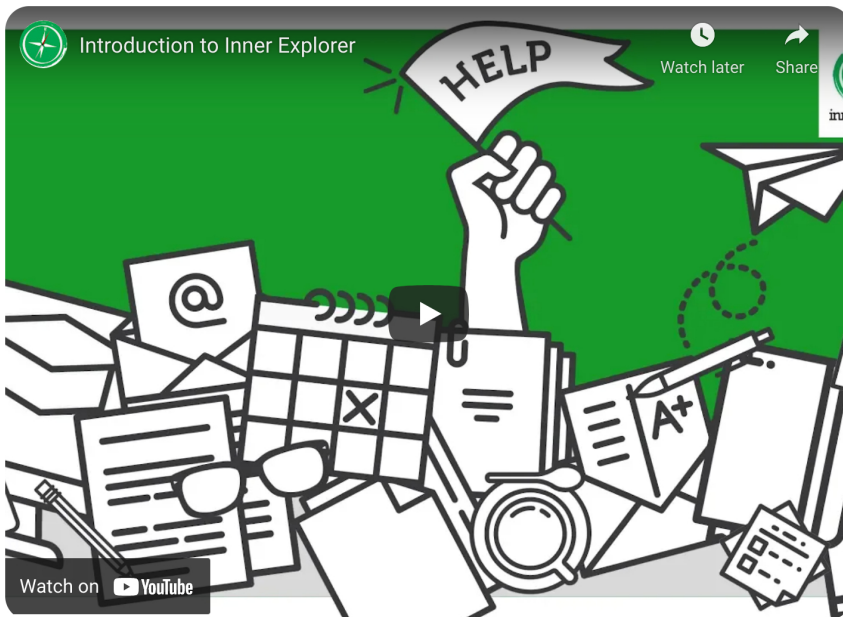


## Let's Get Started

### In 5 Easy Steps

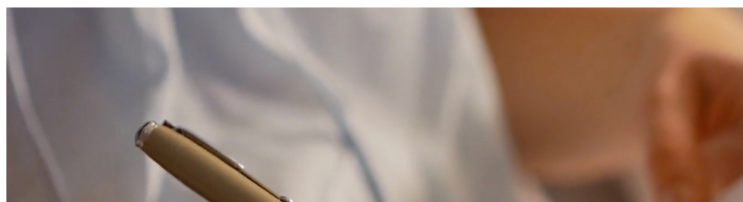
#### STEP 1: Register

with your email and create a passcode. If your school administrator has already entered your email as a subscriber, you're ready to go!



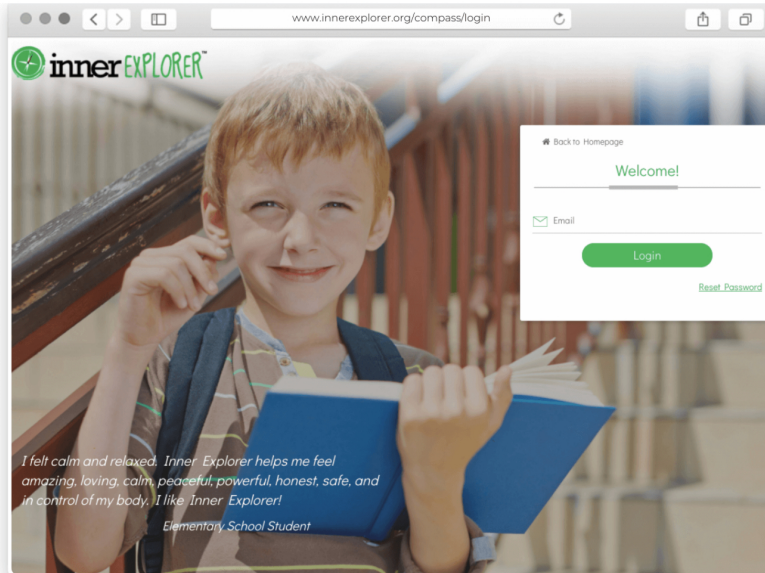
#### STEP 2: Watch A Short Orientation Video

click on link <https://youtu.be/7pljintroduction to Inner ExplorerVvqxt3A>



## STEP 3: Bring Out The Journals

Go to (spiral notebooks, sketch pads, even stapled paper) and have the kids decorate them if they'd like. There is a 2-minute reflective journaling period at the end of each track beginning on day 6 for elementary, middle and high school programs. Be sure to have journals and pencils ready before practicing mindfulness for the day.

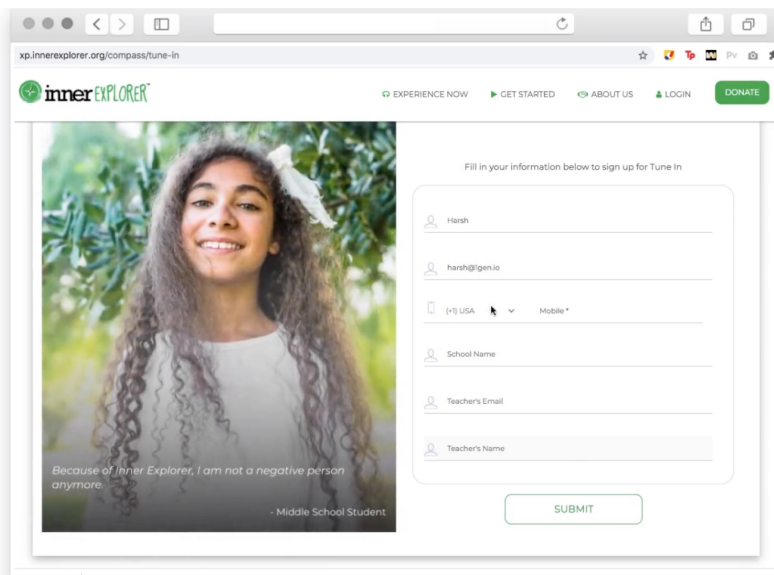


## STEP 4: Plan To Practice Everyday

Decide when students will listen to the program every day and try to stick to that schedule. We recommend first thing in the morning to set the tone for the day. There are shorter transition and sound practices if you'd like to refocus after lunch or recess.

## STEP 5: Invite Parents To 'Tune In'

and build that bridge from the classroom to home. Simply send the registration link to your students' parents, and they can register to receive a notification alert with access to the practice heard in the classroom through the Inner Explorer Home app at no cost.



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