

## CHOOSE YOUR PROGRAM

### WHICH PROGRAM IS RIGHT FOR YOU?

Inner Explorer has 4 age-appropriate programs for the classroom.

	EXPLORING ME PreK-1st Grade	EXPLORING ORIGINALITY 1st-4th Grade	EXPLORING POTENTIAL 5th-7th Grade	EXPLORING RELEVANCE 8th-12th Grade
Length: 5:00-min	✓			
Length: 10:00-min		✓	✓	✓
Inner Explorer Song	✓			
2-min Journaling (included in recording time)		✓	✓	✓
CASEL Approved	✓	✓	✓	✓
Available in Spanish	✓	✓	✓	IN PROCESS
Transition Practices (2:00-3:00-mins)	✓	✓	✓	✓
Sound Practices (2:00-3:00-mins)	✓	✓	✓	✓
MBSR Protocol	✓	✓	✓	✓

## NEED TO CHANGE YOUR PROGRAM?

In the Classroom area of your Practice Page, click on the pencil icon in the upper right corner.

Login to your account now to change your program type.

[LOGIN TODAY](#)

Trouble Logging in?

Reset your Passcode [Here](#)



If you have any questions about the Inner Explorer Home app, contact us at  
[tech@innerexplorer.org](mailto:tech@innerexplorer.org).