

Inner Explorer Reduces Stress for Teachers, Staff, Students, & Families



GREAT NEWS! Our District is partnering again with Inner Explorer, a Mindfulness-Based Social Emotional Learning platform! This simple program will help improve the mental health and wellbeing of our entire school community and builds life skills such as improved focus, compassion, gratitude, and self-regulation as key elements in a student's continuous growth. It can also improve your stress and mental wellness when you pause and breathe along with your students.

Just Press Play! This program is designed to be easy, requires no curriculum, preparation or previous experience. **The 5-10 minute mindfulness practices** can be incorporated into any part of the school day. Early morning is an ideal time to log in to Inner Explorer and set the tone for the day.

Research on this program has found that daily practice...

- Reduces teacher stress by **43%**
- Increases average GPA up to **15%**
- Improves reading math and science grades up to **28%**
- Fosters self-regulation, decreasing disciplinary referrals by **60%**

To create a new Inner Explorer account:

1. Visit & Bookmark the Comox Valley District Portal: <https://web.innerexplorer.org/compass/portals/comox-valley>
2. Click the EDUCATORS tab
3. Select your school from the dropdown list
4. Enter your name and email address
5. Check your email for your passcode
6. Go back to the CVSD portal, and click LOGIN
7. You will be guided through setting up a grade-specific Classroom Journey

BEST PRACTICES:



Make it routine- Practice the same time each day, dim the lights, and invite students to face the same direction



Practice with your students- Model expectations and self-care.



Start the [21-Day Quest](#) right away- a great way to build a regular mindfulness routine and engage your students with practice goals, banners and badges.



After the first few introductory practices, journaling time is included.



Check out the "Toolkit"- containing additional information and resources, and is located in "My Dashboard" after you login.



After a few weeks of practice, invite families to "Tune In" to receive a notification of your class practices, and to download the Home App to access all of the practices for all grade levels.



For more information about how to use the platform and what the benefits are, please watch the [Introduction to Inner Explorer video](#).