



**Inner Explorer &
Mindfulness**
at
Goleta Union School District

Inner Explorer as a District

Began as a pilot in 2019

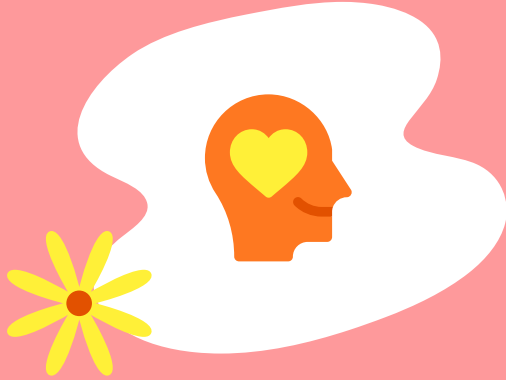
- Small group of teachers at four of our nine schools piloted and shared results with schoolwide staff
- Based on those results four schools began site-wide implementation
 - Once weekly commitment (which quickly grew!)
 - Family access at home - advertised through Parentsquare
- Inner Explorer expanded to all GUSD schools in Spring 2020
 - Implementation varies, but those who use it note strong results in children's self regulatory behaviors.

Social Emotional Learning

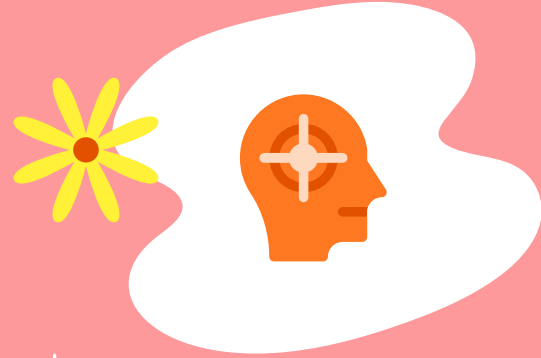


- Schoolwide PBIS
- Second Step Curriculum
- Inner Explorer Mindfulness
- DESSA-mini screener

Mindfulness & Self-Regulation



Behavioral Benefits



Academic Benefits



Thank You!