

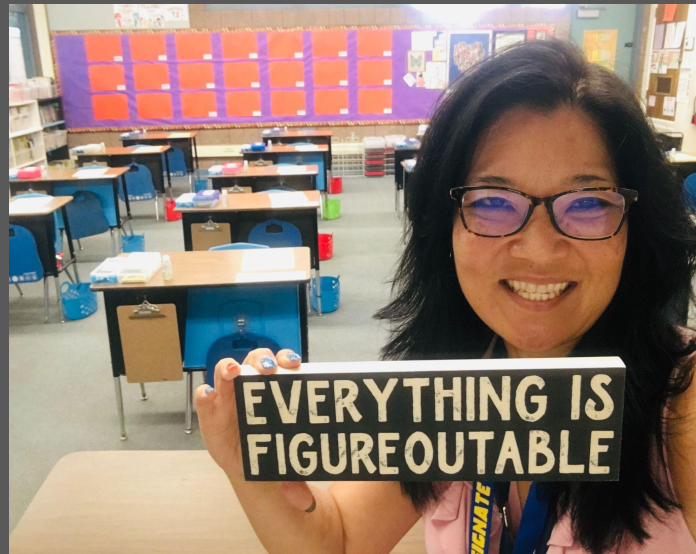
Inner Explorer in the Classroom

Gloria Ino M. Ed.

3rd grade teacher

La Patera Elementary

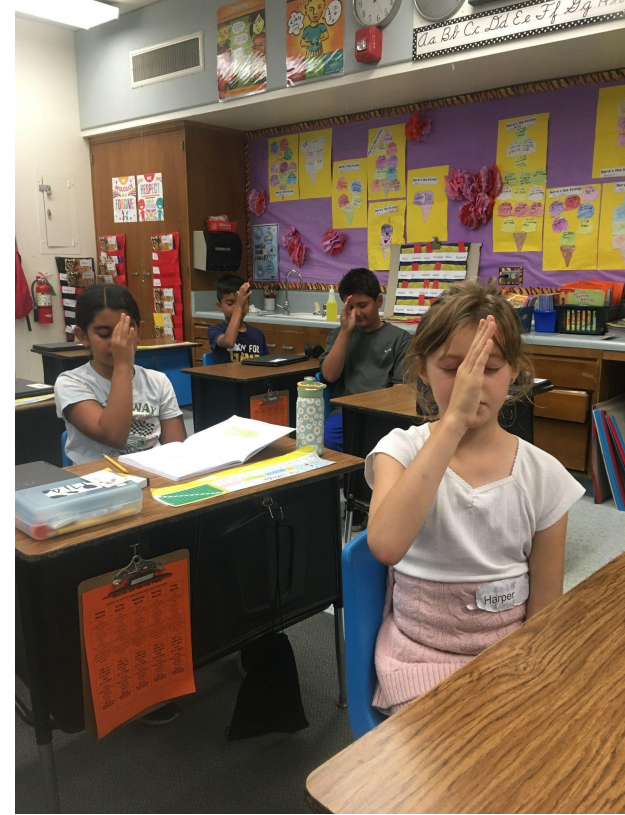
Goleta Union School District



Why Teach Mindfulness in the Classroom?

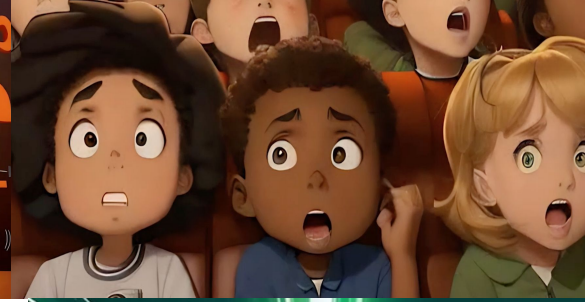
Mindfulness will strengthen your students' ability to:

- Remain calm in stressful situations
- React in helpful ways
- Pay attention to their thoughts and emotions
- Be aware of their surroundings
- Strengthen their prefrontal cortex, which is the part of the brain that helps us to think and make decisions



Shark Fin Practice

We have all felt:
Stressed Hurt Angry
Worried Lonely Sad



Let's use Inner Explorer to build our mindfulness

so that we have the

- **words and thoughts**
- **breathing and calming**
- **posture and movement**

**to make wise choices, be confident, and have
happier relationships**

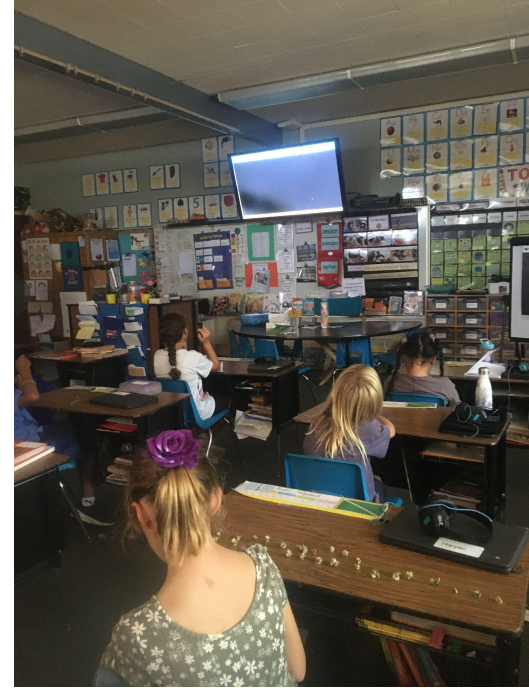


What it looks like in my classroom...

- Daily after lunch
- 10 minutes or less, which includes journaling

Features I love...

- Student narrators
- Introduction of narrators
- Explains the brain science behind our big emotions
- Several introductory sessions on why mindfulness is beneficial and review of techniques like the shark fin
- The new narrators feel real and accessible; they reflect many racial backgrounds and ages



huh

I
felt
nice
TBH
it
was
calming
really
NICE.

a-1a-23

I had ~~same~~ thoughts

I felt nice. TBH (to be honest) it was calming, really NICE.

I had calm thoughts.

Inner Explorer

Less than 3% of my day to make a 100% difference

Daily practice has resulted in:

- Students knowing that I am aware and care about their stress levels
- Creating a classroom climate that is calm, fun, persevering, kind, and teamwork oriented.
- Students learning to remain calm during tests.
- Office referrals remaining low to none, problems getting solved quickly through conversations, and students who are kind.
- **MORE LEARNING!**



Mindfulness awareness practices allowed me to navigate pandemic teaching and attend to the current after effects.

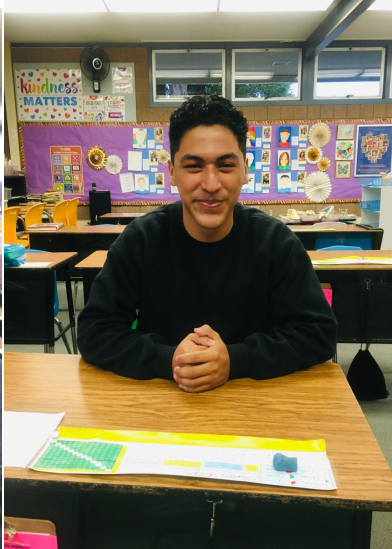
Why begin?

I love teaching and I want to continue to love it until my final day.

I strive to cultivate the passion that brought me to this profession.

I want to be the role model that my students follow.

Mindfulness awareness practices make it possible for me to do what I love...



because I've told my students to come back and visit one day!