




Superintendent's Mindfulness Initiative

Directions to access the Inner Explorer program: As Easy As 1, 2, 3

1. Register- click <https://innerexplorer.org/compass/bulkonboarding/broward>
 - Search for your school by name, click "PROCEED" and then click "SIGNUP"
 - Fill out the registration form completely using your Broward email, then click "SUBMIT"
 - You will receive an immediate confirmation with your password (check inbox or spam folder)
2. Log on to Inner Explorer site- click <https://innerexplorer.org/compass/aetna> (save to favorites)
 - "Set up" your classroom by selecting "Edit Classroom" (elementary is the default), follow prompts to change the classroom level
3. Begin daily practice- click on your favorites: <https://innerexplorer.org/compass/aetna>
 - On practice page- Press  on Day 1, Day 2 etc. (system will prompt each new day)
 - Practice daily with your students- all face same direction, same time, lights dim
 - Use "transition and sound practice" (1-4 minutes) when you do not have time for full program so you continue habit of daily mindful practice.

For more information, visit the [Mindfulness SharePoint](#) page!



NOTE:

- For middle and high school classrooms, you can access the "Pre-Launch" sequence (from a dark grey banner underneath your practice area). Pre-Launch includes videos to share with your students providing context about mindfulness.
- Interested in learning more about mindfulness? A "training" button is coming soon enabling teachers and staff to sign up for professional development through AHAM Education.