

Youth today face a variety of challenges such as high academic demands, family tension and peer pressure.

Oftentimes, these increasing demands leave them *overwhelmed* and *ill-equipped* to bounce back in a healthy way.

Educators see this play out in the classroom through distractibility, difficult emotions and other road blocks that impede learning.

Students' failure to navigate through internal and external experiences at a young age can eventually lead to larger issues such as anxiety, depression and a failure to thrive.

We believe empowering students at an early age with simple mindful practices optimizes personal and academic success. Youth ages 10-12 are at a critical age of development and rely heavily on the influences of parents, teachers and peers at school.

Providing students growth-oriented tools at this age develops foundational resilience carried into adolescence and adulthood.





My Hero Within Components:

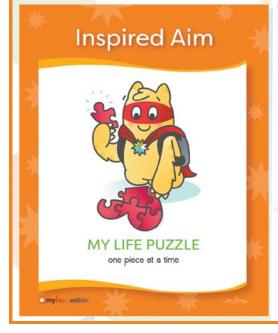
- Expert instruction: Certified Live Mindful instructors facilitating highly engaging classroom learning.
- Engaging Curriculum: 9 lessons with a customizable schedule to support other classroom demands.
- Supportive Curriculum Aids:
 - Posters for classroom display
 - Parent letter and take-home practice reminder cards
 - Online library to guided meditations and growth-oriented practices.
 - Sentence starters for journaling.
 - Read aloud books to support content.

My Hero Within Curriculum:

Based on *scientifically proven* mindful practices that serve as building blocks to:

- * Introduce key elements of mindfulness
- ## Equip students with simple growth-oriented tools
- Foster healthy navigation of internal and external experiences
- **Promote life balance and optimize personal and academic success





Benefits to Educators:

- Calmer classroom environment that provides time to focus on accomplishing learning objectives.
- * Emotionally intelligent children able to recognize their emotions, emotionally regulate and make better choices.
- Improved classroom relationships through cultivating empathy and understanding towards others.