



★ 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.

Stable Attention



JUST THIS

breathe ~ focus ~ return & rest

myhero within

Joe Riley

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

Curious Attitude



CURIOS EXPLORER

searching for more

myhero within

Joe Riley

Inspired Aim



MY LIFE PUZZLE

one piece at a time

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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.