



Directions to access the Inner Explorer program:

1. Register - click <https://innerexplorer.org/compass/bulkonboarding/broward>
  - Enter School Name, then click "proceed", then click "request invite from admin"
  - Enter name, email and "role" (teacher, parent, support staff), then click "submit"
  - You will receive an immediate confirmation with your password (check spam folder)
2. Set up: <https://innerexplorer.org/compass/aetna>
  - Save the link to your Favorites
  - Click "Log in" and enter email and password, save for easy access
    - Welcome screen walks you through important features
    - Quick reference dial on left allows for easy navigation
    - Select "Teacher Toolkit" to view orientation tutorials and resources.
  - "Set up" your classroom
    - Select "Edit Classroom" (upper right corner of Classroom button)
    - Select the program level and language (Elementary is the default)
    - Name your "classroom", estimated student count, Select "Update Classroom"
3. Begin daily practice
  - Log in: <https://innerexplorer.org/compass/aetna>
  - Press  on practice page - Day 1, Day 2 etc. (system will prompt)
  - Practice daily (with your students)- all face same direction, same time, lights dim
  - Use "transition and sound practices" (1-4 minutes) on days you do not have time for full program



**innerEXPLORER™**

**aetna<sup>SM</sup>**



**AHAM EDUCATION**

Art of Happiness And Mindfulness  
Academy of the Heart And Mind

**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.