



LOS ANGELES UNIFIED SCHOOL DISTRICT  
**Division of Instruction**

Health Education Programs  
Social Emotional Learning Unit



## **Make it a Self-Care Summer with Mindfulness!**

Dear Summer School Administrators and Educators,

Early studies already show that the pandemic has increased the number of educator and student stressors. Continue practicing daily mindfulness and get some much-needed self-care while supporting your students' wellbeing during Summer School. It only takes 10 minutes a day, no prep, no planning. **Recharge over the summer months!**

[Mindfulness Based Social Emotional Learning \(MBSEL\)](#) with Inner Explorer can have a significant impact on our wellness and mental health. By becoming aware of our emotions, thoughts, and bodily sensations, we are better able to:

- Regulate emotions
- Improve behavior
- Reduce anxiety
- Manage stress

**To access and create your account go to:** <https://xp.innerexplorer.org/compass/lausd>

- On the top banner "In partnership with LAUSD, Inner Explorer is providing full access to their mindfulness program this summer" click on "Click here to register!"
- Create your account. If you already have an Inner Explorer account, you will be directed to your existing account.
- Click on "Practice" on the navigation wheel on the left of your homepage.
- To create your classroom, click on the "+" sign. Name your class and begin.

For support contact Scot Matsuda at [scot.matsuda@lausd.net](mailto:scot.matsuda@lausd.net) or contact Inner Explorer support using the contact us icon on the bottom right of your homepage.