

# Headspace for Educators

You're here for them, we're here for you.

Headspace offers free Headspace Plus subscriptions to all K-12 teachers, school administrators, and supporting staff in the US, UK, Canada, and Australia.

This guide provides an overview on:

1. What is Headspace?
2. How to redeem for free
3. Resources for K-12 educators

**66+ million members**

A solution educators will use and love

**Backed by science**

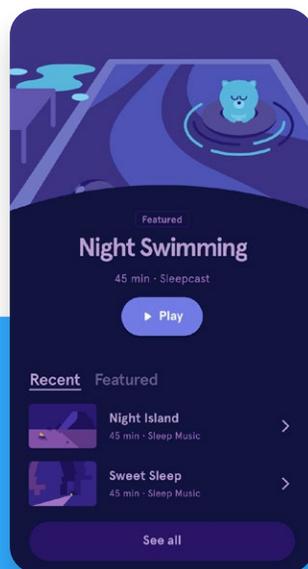
One of the largest research pipelines of any digital health and wellness company

**Global reach**

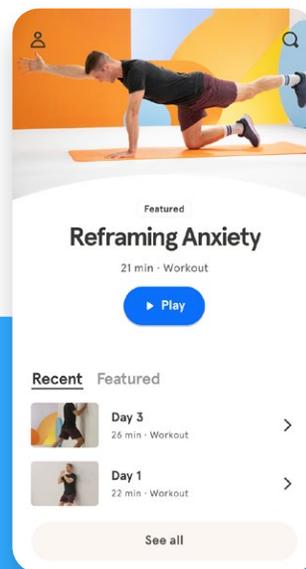
App is available in 5 languages and used in 190 countries



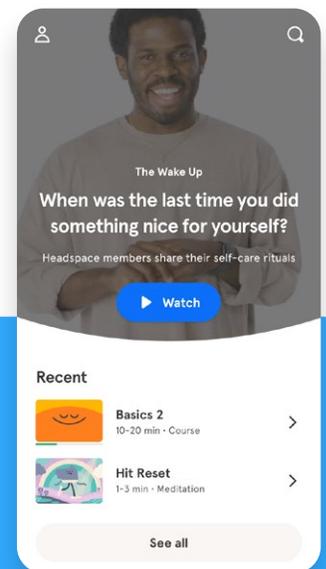
Stress Less



Sleep Soundly



Move More



Feel Inspired

"Headspace gave my students a tool that taught them how to slow down and reflect on themselves and their life. They begged for it if we missed it. For me personally, it has helped me learn to meditate and it's extremely useful for sleeping!"

EDUCATOR FROM IOWA

# What is Headspace?

It's meditation made simple: your personal guide to mindfulness and a restful night's sleep.

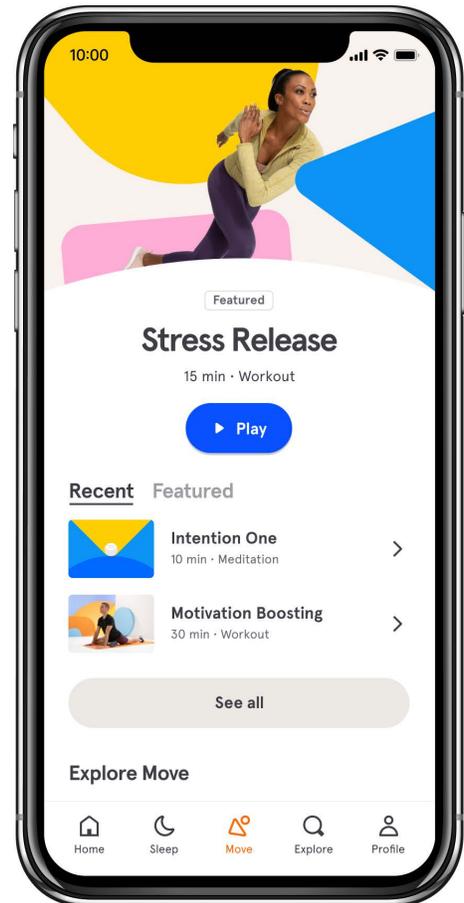
## Headspace Plus includes:

Expert guidance from former monk Andy Puddicombe, teaching you the fundamentals of meditation and mindfulness

Themed exercises on everything from stress to sleep to self-esteem

A new meditation every 24 hours with Everyday Headspace

A growing collection of sleep sounds and bedtime exercises to help you drift off



## 30 days of Headspace

lowers stress by 32%, and just 4 sessions reduce burnout by 14%

## 4 weeks of Headspace

can increase focus by 14%, and just a single session cuts mind-wandering by 22%

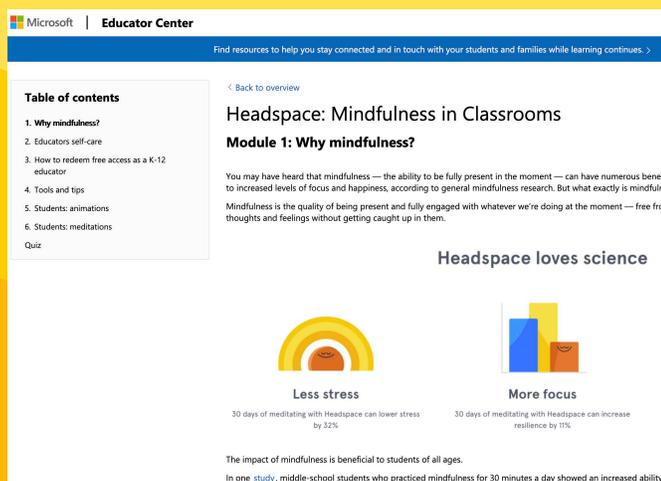
## 3 weeks of Headspace

resulted in 21% more compassionate behavior and lowered aggression and reactivity to negative feedback by 57%



# Resources for K-12 Educators

Headspace has collaborated with partners and educators to inform, create, and curate resources to help integrate mindfulness into the classroom. Visit [headspace.com/educators](https://headspace.com/educators) for all resources.



## Mindfulness in Classrooms

This course provides suggestions on how to integrate mindfulness into the classroom with accessible and digestible videos.

## Community Support

Our Facebook Group celebrates and supports the educator community. Join now to get access to live Q&A's with experts, tips, advice, & access to new content offerings.



Headspace has helped me talk to my students about the importance of focus and the value of staying calm, and is encouraging me to schedule in some time for myself each day.

EDUCATOR FROM CALIFORNIA