

How Inner Explorer’s Daily Mindfulness Platform Supports Every Tier of MTSS

You are being asked to support more students with increasingly acute needs, fewer staff, and tighter budgets. Inner Explorer is an affordable daily mindfulness platform that strengthens every tier of MTSS through one shared foundation—helping districts connect prevention and intervention without adding another fragmented program. Available PreK–12 in English and Spanish.

EVERY MTSS TIER BUILDS ON THE SAME FOUNDATION

TIER 1

Students and staff practice together each day, creating a universal foundation for prevention and self-regulation across every classroom. By building regulation skills before challenges escalate, more students receive the support they need through Tier 1, allowing counselors and specialists to focus on students requiring more intensive intervention.

TIER 2

Through our Counselor Series, counselors provide targeted small-group support that deepens the self-regulation skills students already practice every day. By building on a familiar foundation, schools avoid introducing another disconnected program while creating continuity across tiers. Students are prepared for more intensive work.

TIER 3

Behavior specialists, special education teachers, counselors, and clinicians can integrate familiar mindfulness practices into individualized support plans. Students continue strengthening the same regulation skills they practice every day, complementing intensive, team-based support rather than replacing it.

BUILT FOR TODAY'S SCHOOL REALITIES

372:1

COUNSELOR TO STUDENT RATIO

School counselors average 372+ students each, far above the recommended 250:1 ratio. Strong Tier 1 prevention helps districts maximize limited support resources.





ONE PLATFORM, ALL THREE TIERS

The same daily practice supports Tier 1 classrooms, Tier 2 groups, and Tier 3 individualized plans, reducing fragmentation across MTSS.



ON AVG \$8 PER STUDENT/YEAR

An affordable, schoolwide solution that supports every MTSS tier without requiring multiple overlapping programs.



SCREEN-FREE, AUDIO GUIDED

A daily audio-guided practice that gives students a break from screens while strengthening focus, self-regulation, and well-being.



EASY TO IMPLEMENT

Zero prep required. Log in, press play, and deliver a consistent 5–10 minute practice schoolwide.



FIRST REGULATE THEN EDUCATE

Before students can access instruction, interventions, or counseling, they need a **regulated nervous system**. Daily mindfulness gives every student a foundation for learning, self-regulation, and resilience.

innerexplorer.com

Evidence-based Mindfulness for PreK - 12