

INWARD BOUND

iBme

MINDFULNESS EDUCATION

Transformative Retreats & Programs For Teens, Parents & Professionals



“I can’t tell you how much I appreciate the work you do and what you brought to our school.”

*-Amy Killy, LICSW
Georgetown Day
School Counselor*

iBme

Our Unique School Model

Our classes combine mindfulness practices, interactive group activities and social-emotional skills development. We engage students in fun, multisensory activities for focusing attention, calming the mind and relaxing the body. Our unique program also includes activities for improving interpersonal skills through group sharing, games, and movement that cultivate connection and empathy between students, their peers, and the world around them.

Benefits

A growing body of scientific research demonstrates that mindfulness and social-emotional programs in schools improves students’:

- Concentration, learning retention and standardized test scores
- Inner resiliency and self-esteem
- Attitudes about others, social interactions and classroom behavior
- Decreases their levels of stress and conduct problems

In-School Programming Options

All-School Assembly Presentations: We explain the effects of mindfulness on the developing brain, and offer an opportunity for the entire school community to experience mindfulness practice first hand.

In-Class Teaching: Our teachers provide direct instructions on mindfulness practices, social-emotional skills, and community building games. We offer one-time introductory classes as well as up to 12-week semester long in-class teaching.

After School Programs: We focus on important developmental tasks for adolescents: the formation of one’s sense of identity; connection and belonging with others; and a sense of purpose by providing service to a larger community.

Faculty Development Seminars: We offer in-service trainings for faculty and staff designed to target common issues for teachers, including burnout, stress, and classroom applications of mindfulness for improving students’ learning retention.

Daylong Service Programs: iBme staff will spend an entire day at your school, including an all-school assembly, multiple classroom visits and faculty grade-level planning period visits, plus an evening session for parents.

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If you are interested in having iBme come to your school please contact: Laura@ibme.info