



The Inner Strength System

Inner Strength offers schools a unique curriculum to support student well-being and success. Students work with mindfulness-based social-emotional tools that strengthen their resilience, self-regulation, and optimism. Through a carefully constructed curriculum, teens learn how to cultivate calm, curiosity, and care. The Inner Strength System is an evidence-based effective program that has received CASEL endorsement as a recommended SEL program. Inner Strength tools help teens to succeed personally and academically in our complex and often overwhelming world.

PROGRAM COMPONENTS

INNER STRENGTH
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Or
[SCHEDULE A
PHONE CALL HERE.](#)

MORE INFO:

InnerStrengthFoundation.net

I. Classroom Instruction for Teens

Inner Strength offers in-person and online delivery of the 12-lesson Teen Mindfulness Program. Students learn social emotional tools for healthy relationships and mental wellness, focus and perspective taking methods for academic success, and stress reduction exercises for self care.

II. Reducing Secondary Stress for Teachers

Inner Strength provides professional development sessions for staff and teachers, introducing them to the mindfulness and systems thinking tools their students will receive and providing stress reduction supports for their own well being.

III. Online Activity Library

The program provides an online library of activities, audios, writing prompts, and other exercises that teachers can use in the classroom and that students can use on their own to continue to work with mindfulness-based stress reduction, focusing, compassion building wellness tools throughout the year.

IV. Inner Strength Mobile App

All student participants in the Inner Strength classroom instruction will have free access to the Inner Strength Mobile App, which provides additional games and challenges, mindfulness audios, and wellness activities.

V. Crisis Support

Should the school experience a traumatic event, Inner Strength offers drop-in classes or school assemblies to provide support to teachers and students.

