

# 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**

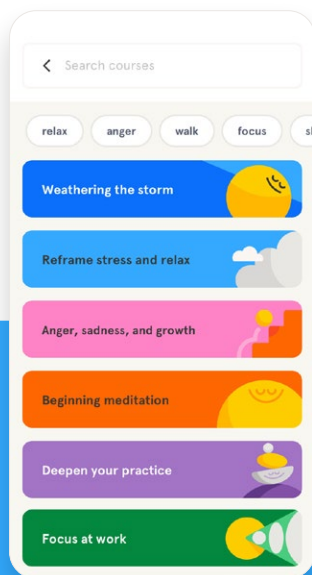
A solution educators will use and love

**Backed by science**

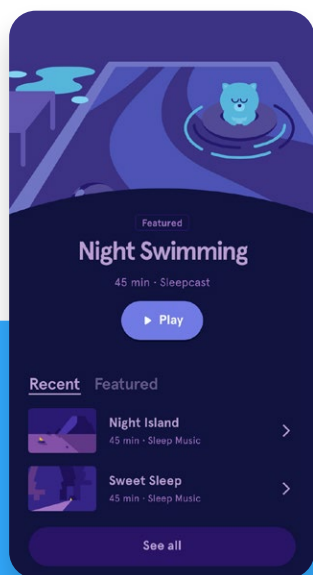
One of the largest research pipelines of any digital health and wellness company

**Global reach**

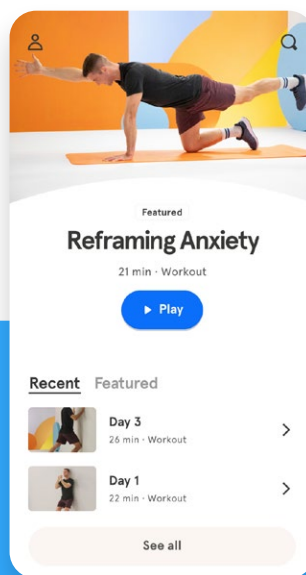
App is available in 5 languages and used in 190 countries



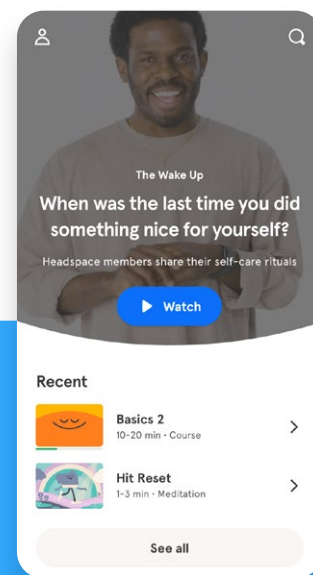
Stress Less



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.

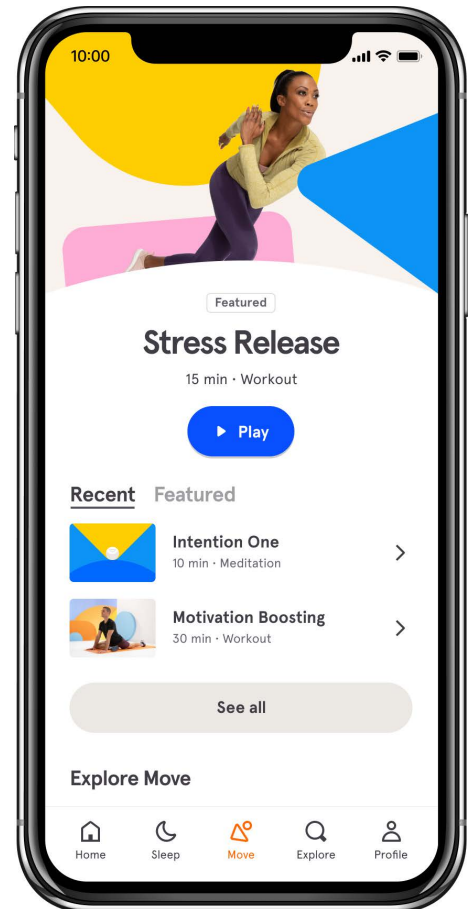
## Headspace Plus includes:

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

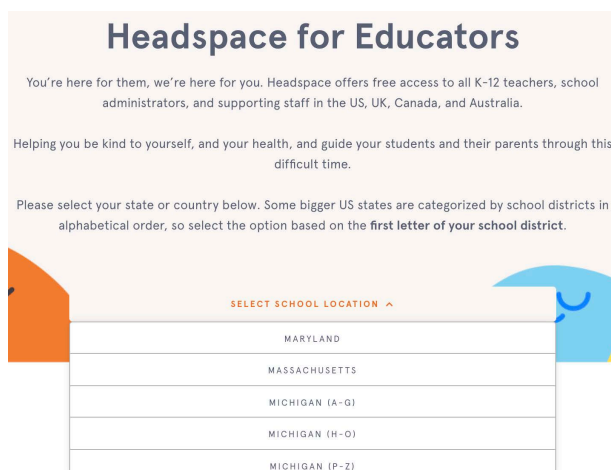
resulted in 21% more compassionate behavior and lowered aggression and reactivity to negative feedback by 57%

# How do I enroll?

As a K-12 educator, you can sign up for a new Headspace account or connect your existing account using your school email address:

## STEP 1: Select your state/country

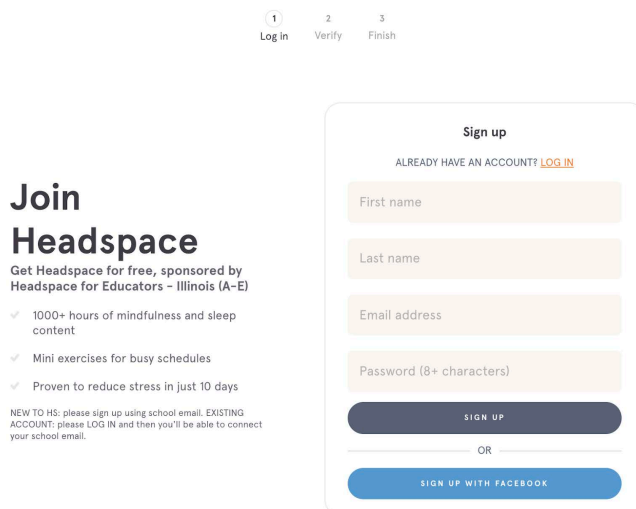
- Visit [headspace.com/educators](https://headspace.com/educators)
- Select the state/country that your school district is located in: "SELECT SCHOOL LOCATION"
- *For US educators: some bigger states are categorized by school districts in alphabetical order, so select the option based on the first letter of your school district. (e.g. Blue Sky District in "California A-E")*



The screenshot shows the 'Headspace for Educators' sign-up page. The header reads 'Headspace for Educators' and includes a welcome message: 'You're here for them, we're here for you. Headspace offers free access to all K-12 teachers, school administrators, and supporting staff in the US, UK, Canada, and Australia.' Below this, there is a sub-header: 'Helping you be kind to yourself, and your health, and guide your students and their parents through this difficult time.' The main instruction is: 'Please select your state or country below. Some bigger US states are categorized by school districts in alphabetical order, so select the option based on the first letter of your school district.' A dropdown menu is open, showing the following options: 'MARYLAND', 'MASSACHUSETTS', 'MICHIGAN (A-G)', 'MICHIGAN (H-O)', and 'MICHIGAN (P-Z)'. The dropdown is titled 'SELECT SCHOOL LOCATION ^'.

## STEP 2: Use your school email

- **New to Headspace:** please sign up for a new account
- **Existing Headspace account:** navigate to "ALREADY HAVE AN ACCOUNT? LOG IN" to enter your existing Headspace credentials
- After signing up or logging in, verify by entering your school email address ([andy@blueskyisd.org](mailto:andy@blueskyisd.org))
- You will then receive a confirmation email as a final step



The screenshot shows the 'Join Headspace' sign-up page. At the top, there is a progress indicator with three steps: '1 Log in', '2 Verify', and '3 Finish'. The main heading is 'Join Headspace' with a sub-heading: 'Get Headspace for free, sponsored by Headspace for Educators - Illinois (A-E)'. Below this, there are three bullet points: '✓ 1000+ hours of mindfulness and sleep content', '✓ Mini exercises for busy schedules', and '✓ Proven to reduce stress in just 10 days'. At the bottom, there is a small note: 'NEW TO HS: please sign up using school email. EXISTING ACCOUNT: please LOG IN and then you'll be able to connect your school email.' The 'Sign up' form is on the right, with fields for 'First name', 'Last name', 'Email address', and 'Password (8+ characters)'. There is a 'SIGN UP' button, an 'OR' separator, and a 'SIGN UP WITH FACEBOOK' button. A link 'ALREADY HAVE AN ACCOUNT? LOG IN' is also present.

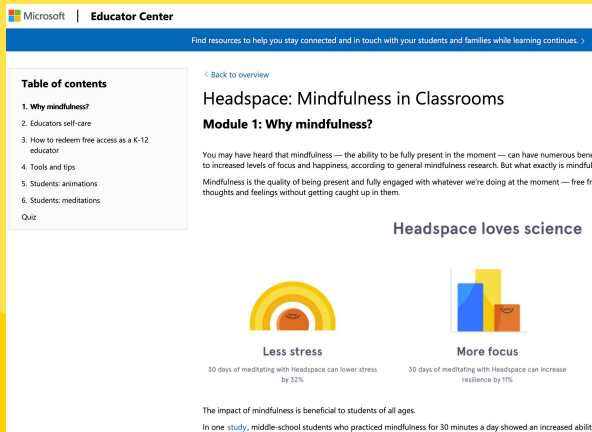


Need more support?

Send an email to [teamsupport@headspace.com](mailto:teamsupport@headspace.com)

# 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 Snap Mini

We partnered with Snap to create the Headspace Mini, which guides users through six meditation exercises they can do alone or with friends.



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