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Resource Title	MindUP™ Social Emotional Learning Curriculum
What is it?	MindUP™ is a research-based training program for educators and children. This program is composed of 15 lessons based in neuroscience. Students learn to self-regulate behavior and mindfully engage in focused concentration required for academic success. MindUP™ lessons align with all state standards including Common Core and support improved academic performance while enhancing perspective taking, empathy and kindness as well as fostering complex problem solving skills.
Purpose(s)	Stated purposes of MindUP™ is to nurture optimism and happiness in the classroom, help eliminate bullying and aggression , increase empathy and compassion , while resolving peer conflicts in schools. It teaches four core areas: 1. how your brain works, 2. being mindful of your senses, 3. taking “brain breaks”/ breathing exercises, 4. gratitude
Intended Implementer(s)	Teachers
Applicable Population(s) / Grade Levels	Pre-K through 8th grade general education environments is an evidence based intervention (www.casel.org determined) AND: MindUP™ for Wellness and Special Needs is in process. There is emerging evidence that MindUP™ positively impacts children with special needs. The “whole-child” approach of MindUP™ allows educators to effectively serve the needs of a diverse student populace, including children affected by anxiety, depression, autism, and Asperger’s syndrome. There are on-going case studies examining the impact of MindUP™ on children with special needs and in healthcare settings, including pediatric oncology units.
Source of Products or Websites	6 minute video overview at youtube.com: https://www.youtube.com/watch?v=tAo_ZSmjLJ4 Order material and keep up on research from: The Hawk Foundation: http://thehawkfoundation.org/mindup/ Manuals are by grade levels and under \$20. see: http://www.scholastic.com/browse/search/administrators?query=MindUP