The MINDUP CURRICULUM

Brain focused strategies for learning and living
Introduction

❖ View video at:

www.thehawnfoundation.org

❖ Books available from scholastic
Mindful Attention
Conscious awareness of the present moment

“By focusing our attention and controlling our breath, we can learn to reduce stress and optimise the learning capacity of the brain.”
The Research Base

- Social and Emotional Aspects of Learning
- The Stressed Brain
- The Happy Brain
- The Mindful Brain
MINDUP and the School Day

- The day begins
- Transitions
- The day ends
The MINDUP Curriculum

- Consists of three books:
  - Pre K-2
  - Years 3-4
  - Years 5-8
1. Getting focused:
   • How our brains work, mindful awareness, focused awareness

2. Sharpening your senses
   • Mindful sensing
3. All about attitude:
   • Perspective taking, choosing optimism, appreciating happy experiences

4. Taking action mindfully:
   • Expressing gratitude, performing acts of kindness, taking mindful action in the world.
For each age group, the lessons are tailored to their developmental level.

The themes are identical in each book.
Each lesson follows the same format

- Introduction to the lesson topic
- Linking to brain research
- Clarify for the class
- Getting ready
- MINDUP warm up
- Leading the lesson
- Connecting to the curriculum
Special Features

- Creating the optimistic classroom
- MINDUP in the real world
- Once a day:
  - Apply content to everyday situations
- Journal writing:
  - What I noticed
  - What it means
  - What I learned
- Literature link
Handouts

- Handouts from Program includes:
- Getting Ready
- Lesson Opener
- Leading the lesson
- Connecting to the Curriculum