

MINDUP

Creating Optimistic Classrooms

“ I have seen a significant change in the culture of our school. The kids are more aware of themselves and others; they are happier and more optimistic.

—Havier N., Newark, NJ



A PROGRAM OF



The
HAWNFOUNDATION

MINDUP Approach

MindUP empowers children to discover how their learning is influenced by their own thoughts, emotions and actions. As students gain an expanded understanding of how their brains work and experience practices for self-awareness, they naturally begin to contribute to their own personal and academic success—and that of their classmates.

Evidence-Based

MindUP was designed by a team of solution-oriented educators in collaboration with leaders from the fields of neuroscience, social and emotional learning, and educational psychology. Research on the effects of MindUP has shown that it can:

- Improve academic performance
- Decrease aggression and bullying
- Impact positive, responsible social behaviors
- Reduce stress and anxiety
- Enhance focused awareness
- Increase optimism, resilience, and happiness.

Optimistic Classrooms

MindUP addresses stress and other obstacles to learning by training students in skills that help them respond constructively to life. Unlike stress, which limits cognitive abilities and responsiveness, MindUP intentionally impacts brain chemistry in a positive way, promoting curiosity, discovery, empathy, and optimism. Learning flourishes as students become more engaged and form deeper relationships with their classmates and teachers.

MINDUP Curriculum

Brain-Focused Strategies for Learning—and Living



MindUP is a classroom-tested, evidence-based curriculum using **15 easily implemented lessons** that foster social and emotional awareness, enhance psychological well-being, and promote academic success.



Highlights

- Published by Scholastic, Inc.
- Readies the brain for learning
- Self-paced and flexible, giving teachers the freedom to experiment and adapt to the needs of their classroom
- Available in three grade-appropriate levels for Pre-K through 8th
- A full-day experiential training and a comprehensive curriculum guide prepares teachers to get started

The Content

The curriculum is organized in four thematic units:

- Getting Focused — introduces brain physiology and mindful attention
- Sharpening Your Senses — awakens students' bodies, minds, and senses
- It's All About Attitude — builds empathy and a positive mind-set
- Taking Action in the World — encourages gratitude and kindness

How It Works

- Engaging, simply structured lessons that take only 20 minutes
- Brain Breaks — turn 2 to 3 minutes of belly breathing into focused attention
- Opportunities to integrate into subjects already being taught



“The program is amazing! The kids were involved in lots of hands-on activities that would appeal to anyone. I like the step-by-step, easy-to-use setup of the program.”
—Heather B., early childhood teacher, Dallas, TX

“Mindful breathing helps me think. It makes me calm. Sometimes I use it at home.”
—Second-grade student

“I love MindUP! It is a way to focus your mind, calm down and reflect on a situation when you need to make a choice.”
—Seventh-grade student

“I have seen MindUP benefit children in classrooms around the world and have heard countless teachers praise its transformative effects on students' ability to learn and regulate their emotions.”
—**GOLDIE HAWN**,
Founder of The Hawn Foundation

Founded nearly a decade ago by award-winning actress, producer, director, and long-time children's advocate Goldie Hawn, The Hawn Foundation is dedicated to providing children with the social and emotional skills they need to lead smarter, healthier, and happier lives.



Is MINDUP right for your school or classroom?

MindUP is designed to integrate seamlessly into any school's core curriculum. It is being successfully used in a wide range of schools, with children from all demographic backgrounds and socio-economic environments. Thousands of educators have been trained in MindUP, bringing its practices to schools across the United States from Newark, New Jersey to Compton, California, and around the world from Vancouver to London.

“What my students have learned has helped them understand their emotions and thought processes, which provides them with an opportunity to better understand their behavior and become more mindful in their social relationships.

—Rebecca C., middle school teacher,
Schenectady, NY

Find Out More

Watch a video about MindUP at
thehawnfoundation.org

Contact us directly with your questions or
to set-up a MindUP training at your school.

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thehawnfoundation.org

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