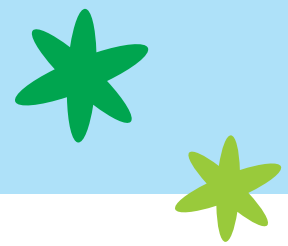




Imagine a more peaceful world.





Since 2003, The Hawn Foundation has worked to equip children with the social and emotional skills they need to lead smarter, healthier, and happier lives. Our inspiration comes from our founder, Goldie Hawn, who reminds us that children are a fraction of our population but 100 percent of our future.

The Foundation's core program is called MindUP, a comprehensive classroom-based curriculum and teaching guide for children in grades K–7. MindUP incorporates the latest research in social and emotional learning, positive psychology, neuroscience, and mindful focused awareness techniques to help children develop social and emotional competency, improve their psychological well-being, focus their attention, and manage their emotions.

Research on MindUP has validated what hundreds of research studies on social and emotional programs have to date demonstrated: children who are given the social skills to manage their behavior will not only be better contributors to the classroom community, they will learn more.

But MindUP is a truly unique program in three important ways: (1) the daily focused attention practice helps children develop and access the execution function part of the brain; (2) the curriculum readily integrates with a teacher's existing lesson plans with a minimal time commitment; (3) the positive psychology concepts incorporated in the program teach children not only to reduce negative behaviors but also the core positive emotions that create optimistic, happy, empathic children.

Thanks to the generosity of our supporters, MindUP has made great strides in the last few years:

- We have developed and improved the MindUP curriculum to reflect the latest research and implementation feedback from educators;
- We have trained over 1,300 educators in the United States and Canada;
- We have implemented MindUP in over 180 schools;
- We have brought critical social and emotional skills to 25,000+ children.

**But it is the words of the children, parents, and educators who have been touched by the MindUP program that best reflect our accomplishments to date:**

**WILLIAM, AGE 12:** *MindUP really upgraded my mind. It really helped me basically with a lot of things, like sleeping through the night, eating, being happier at school, making new friends and blocking out my little sister's nagging!*

**ABE, AGE 6:** *Mindful breathing helps me go to sleep. It helps me think. And it helps me concentrate. It makes me calm. One day I was sick. And it helped me. Sometimes I do it at home. I showed my friend to use it and he uses it all the time.*

**JEN, GRADE 4-7, TEACHER OF STUDENTS WITH SPECIAL NEEDS:** *When we had parent teacher interviews, I heard over and over how the children brought this home and taught other members of the family to use the techniques.*

**PARENT OF A MindUP STUDENT:** *My child does not argue with me at home anymore – he is actually stopping and thinking before reacting.*

We have much more work to do to bring the MindUP program to children who need and deserve this program. In the coming year we will be focused on three things:

- Working with Scholastic, the world's largest publisher and distributor of children's books, to publish and make broadly available the MindUP program for children and educators in grades K-2, 3-5, and 6-8;
- Partnering with school districts and elected officials in key regions of the United States to accelerate program adoption;
- Submitting our program for rating by the Collaborative for Academic and Social Emotional Learning (CASEL).

## How Your Support Will Help Bring MindUP to More Children

We need your help to bring MindUP to more schools in the United States. Please consider supporting MindUP at one of the following levels:

### Build a Virtual MindUP Community Sponsor – \$100,000

We envision a world where MindUP knows no geographic boundaries. Your gift will fund an online community site and e-learning platform where educators and parents can come together to learn how to implement the program and share ideas and best practices.

### Sustain a Major Metro Area Sponsor – \$50,000

Regions across the United States recognize the benefits of the MindUP program and are committed to creating optimistic classrooms and high performing schools. Your gift will help us bring MindUP to major regions metro regions in California, New Jersey, and Washington, DC.

### Sustain Our Teachers Sponsor – \$25,000

Educators contact us every day asking for trainings, but many of them cannot travel to a training. Your gift will help us bring MindUP trainings to educator conferences across the U.S.

### Seed a School District Sponsor– \$10,000

School Districts are facing tremendous budget cuts. Your gift will help us train educators and implement MindUP throughout an entire school district.

### Seed a School Sponsor – \$5,000

Schools are clamoring to get MindUP materials in their classrooms and libraries. Your gift will help us train educators, supply MindUP materials, and implement the program in classrooms throughout a school.

### Other – \$ \_\_\_\_\_

Every dollar counts. Our program costs as little as \$6 per student to implement. Your gift will support bringing the MindUP program to the children who need and deserve this program.

Thank you for believing in the limitless potential of children and for helping them succeed in their classrooms and in life.



*" We need to rethink our whole approach to classroom education, integrating neuroscience with the latest social and emotional learning techniques. A peaceful, happy child is the first step toward a peaceful world."*

GOLDIE HAWN



[www.TheHawnFoundation.org](http://www.TheHawnFoundation.org)