



RESPONSES AND RESULTS

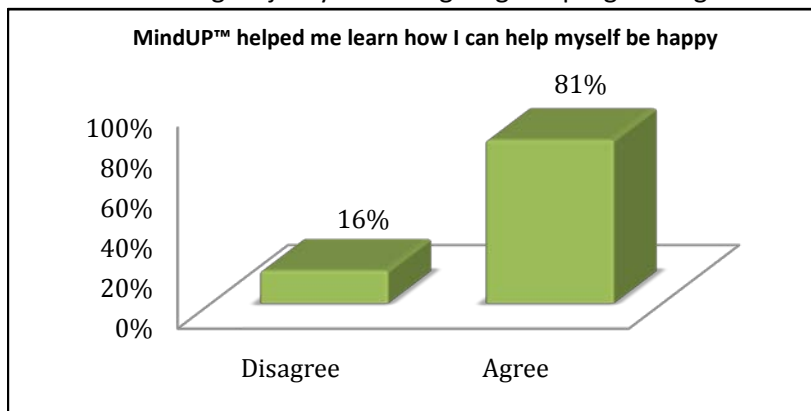
Children's Responses to MindUP™

The Hawn Foundation, in collaboration with neuroscientists, behavioral psychologists, educators, and leading researchers in the field of social and emotional learning, has developed MindUP™, a comprehensive classroom-based program for children in grades K-7.

The fifteen lesson MindUP™ curriculum uniquely incorporates the brain science associated with each lesson concept so that children also learn how their thoughts and actions affect their brain and how their brain affects their thoughts and actions.

MindUP™ has four main goals: to foster mindful focused awareness; to increase positive human qualities, such as empathy, perspective-taking, helpfulness and kindness; to increase optimism and well-being; and to foster a cohesive, caring classroom climate that enhances learning.

Overall, students said they liked the program lessons and exercises, with the overwhelming majority of them giving the program high scores:



The real success, however, was how much the children took away from the program, including lessons about optimism, gratitude, acts of kindness, awareness of surroundings and being mindful of others.

The MindUP™ program curriculum is theoretically derived and is informed by the latest scientific research in the fields of cognitive neuroscience, mindfulness training, social and emotional learning (SEL), and positive psychology.

MindUP™ Fast Facts

- 87% of students surveyed said the MindUP™ program taught them about perspective taking, and how to be mindful of others
- 82% said the program helped them learn to be more optimistic and think more positively
- 88% said they could use at least one thing they learned with MindUP™ in their lives at school or at home
- The majority of participants would recommend MindUP™ to a friend



In Their Own Words

When you take deep breaths you can calm yourself and it helps to clear your mind. – Sabrina, age 11

When I am angry, I just use what I learned so I can calm down. – Charlie, age 10

Mindful breathing helps me go to sleep. It helps me think. And it helps me concentrate. – Abe, age 6

By the Numbers

- 100% of teachers polled thought teaching strategies that influenced students' social and emotional development and mental health were either "important" or "very important"
- 100% of teachers thought MindUP™ was easy to follow
- On average, teachers gave MindUP™ an "A" for student engagement



Teachers' Impressions of MindUP™

MindUP™ is also a teaching model, so its concepts are readily integrated into a teacher or school's existing academic lesson plans.

There are two curriculum manuals, one for primary aged children (K-3) and the other for intermediate grades (4-7) that each contain 15 lessons and activities. Teachers who have implemented this program find it easy to follow, engaging and enjoyable for their students, and have even witnessed an improvement in their students' grades and behavior.

"I noticed a difference in the kids. Honestly, I'm not just saying that. Even academically, we did breathing before tests and I noticed an improvement in grades because of their focus." - Lindsey Barnett, Grade 4/5 teacher, Lord Baden Powell Elementary, Coquitlam, BC, Canada

"Students gave me a "thank you" cheer for starting to teach this program to them." - Victoria Zelenak, Superintendent, Cape May Elementary, Cape May, NJ, USA

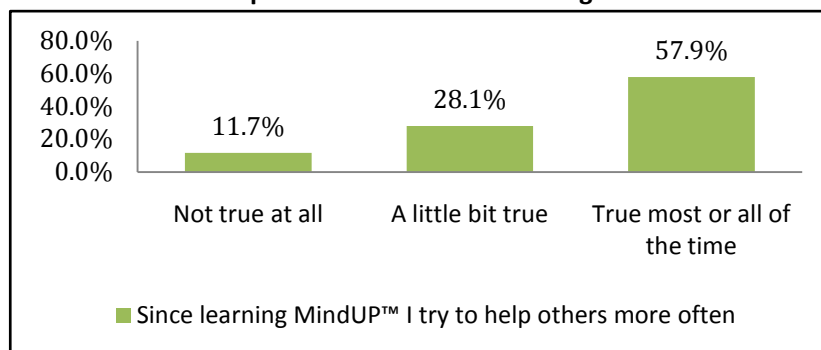
"The stone passing really helped students feel gratitude. I might recommend doing it a couple more times later on." - John Dievendorf, Grade 3-8 teacher, Brown School, Schenectady, NY, USA

Over 900 educators and 150 classrooms in the U.S. and Canada have implemented the MindUP™ program. There are currently 18 schools that are using MindUP™ as a whole school model.

Conclusions

- MindUP™ teaches students to become more aware of their own states of mind, reducing behavior problems and enhancing brain cognitive development and function.
- Teachers like MindUP™ because it does not require a lot of preparation time, is adaptable to different classrooms, and because it works. Many noticed a difference in their students' focus, confidence, and caring for others.
- Children enjoy MindUP™ because it is hands-on and meaningful. Children who have experienced MindUP™ say it has helped them learn to be happier, calmer and more aware.

MindUP™ promotes altruism and caring in students



Founded in 2003 by actress and children's advocate Goldie Hawn, The Hawn Foundation's mission is to equip children with the social and emotional skills they need to lead smarter, healthier, and happier lives. For more information, please visit our website at www.thehawnfoundation.org



**THE
HAWN
FOUNDATION**