What is MindUp?

The MindUP curriculum contains 15 teacher-led lessons that focus on Social-Emotional

Learning by linking brain science, positive psychology, and mindful awareness. MindUp is a

research-based program , specifically developed for students in Pre-K - 8th grade, to help

students learn strategies that will help them to focus their attention, improve self-regulation

skills, build resilience to stress, and develop a positive mindset in both school and life.

Although MindUp was developed specifically for students, the strategies, skills, and time

devoted to training one's brain to quiet down is equally beneficial to adults! Many schools

that have implemented MindUp school-wide report that students and adults alike do a much

better job at truly listening to one another, slowing down and taking more time become more

intensional in their actions, rather than just simply "going through the motions" of everyday

tasks.

We began implementing MindUp at Resica during the 2015-16 school year. The MindUp

program is split into 4 units which are broken down into lessons. In addition to the lessons,

the students and adults take a minimum of 3 brain breaks a day in order to refocus and calm

their minds to prepare for navigating through daily stressors and to prepare their brains to

learn.

*Unit 1 is compr ised of 3 lessons:*

Lesson 1: How Our Brains Work

Lesson 2: Mindful Awareness

Lesson 3: Focused Awareness: The Core Practice

*Unit 2 is compr ised of 6 lessons:*

Lesson 4: Mindful Listening

Lesson 5: Mindful Seeing

Lesson 6: Mindful Smelling

Lesson 7: Mindful Tasting

Lesson 8: Mindful Movement 1

Lesson 9: Mindful Movement 2

*Unit 3 is compr ised of 3 lessons:*

Lesson 10: Perspective Talking

Lesson 11: Choosing Optimism

Lesson 12: Appreciating Happiness

*Unit e 4 is compr ised of 3 lessons:*

Lesson 13: Expressing Gratitude

Lesson 14: Performing acts of Kindness