



The Goldie Hawn Foundation

The following provides an overview of the MindUP Program. The evidence-based program consists of a series of lessons that work together to build a scaffolding of awareness and skills necessary to increase prosocial behavior, executive functioning, and social and emotional competence. We have 5 versions of our program that adjust lessons by age group and context including:

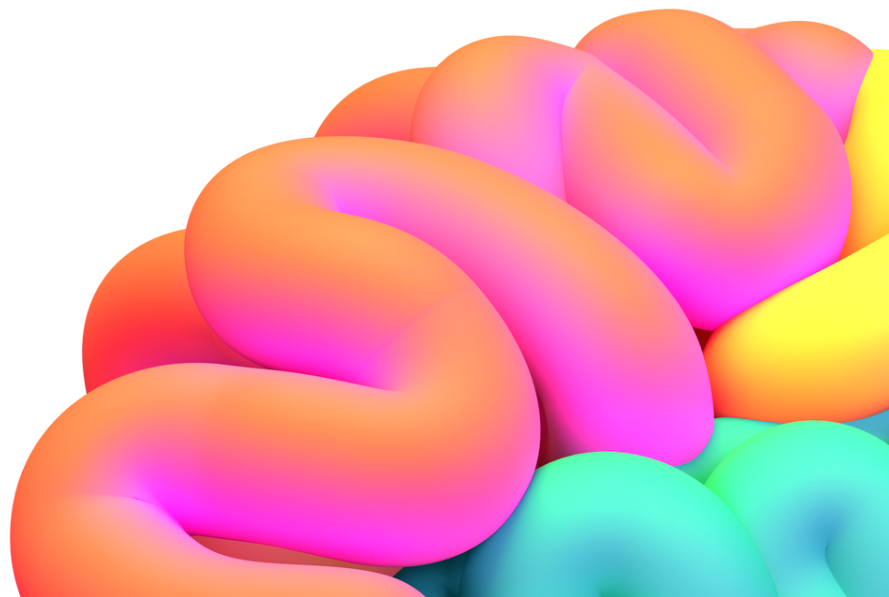
- Early Years (Ages 3-5)
- Primary (Grades K-2)
- Intermediate (Grades 3-5)
- Middle (Grades 6-8)
- Out of School Time/Extra Curricular

Below is an outline of our Intermediate (Grades 3 – 5) curriculum.



Unit 1: My Mindful Brain

- **Lesson 1: Creating the MindUP Learning Community**
 - The purpose of Lesson 1 is to build connections amongst children, and, children and educators, in order to foster a safe, kind and focused context.
- **Lesson 2: Understanding the Brain**
 - Students are introduced to the core theme of the MindUP program: the brain and how they can use it to focus their attention and calm down.
- **Lesson 3: Learning to be Mindful**
 - Students are introduced to the concepts of being mindful and unmindful and relate them to their own experience.
- **Lesson 4: Focusing Our Awareness**
 - Students are introduced to the core mindful awareness practices of the MindUp program: mindful listening and mindful breathing.





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Unit 2: Mindful Senses

- **Lesson 5: Mindful Listening**
 - Students train their attention through mindful and reflective listening practices.
- **Lesson 6: Mindful Seeing**
 - Students practice being mindful by focusing their attention on an external object with the sense of sight.
- **Lesson 7: Mindful Smelling**
 - Students practice being mindful by focusing their attention on external items with the sense of smell.
- **Lesson 8: Mindful Tasting**
 - Students practice being mindful by focusing their attention on external items with the sense of sight, smell, and taste.
- **Lesson 9: Mindful Touch**
 - Students practice being mindful by focusing their attention on external items with the sense of touch.
- **Lesson 10: Mindful Movement**
 - Students practice being mindful by focusing their attention on internal bodily sensations.

Unit 3: Building Well-being with a Mindful Mindset

- **Lesson 11: So Many Feelings!**
 - Students expand their emotional literacy skills by learning why naming emotions helps them manage them.
- **Lesson 12: Building Perspective – Taking and Empathy**
 - Students practice perspective-taking by identifying the perspectives of characters in a story and connecting situations in the story to their own lives.
- **Lesson 13: Practicing Optimism**
 - Students practice perspective-taking by identifying how optimistic and pessimistic views of a problem differ.
- **Lesson 14: Savoring Happy Experiences**
 - Students practice savoring happy experiences to boost their happiness.

Unit 4: Mindful of Ourselves in the World

- **Lesson 15: Practicing Gratitude**
 - Students practice gratitude to boost their happiness and satisfaction with life.
- **Lesson 16: Acts of Kindness**
 - Students experience how performing kind acts and making mindful choices can help themselves and others be happier.
- **Lesson 17: Mindful Actions in our Community**
 - Students build their understanding of the benefits of performing kind acts by planning an act of kindness to perform in the community and reflecting on their shared experience.