



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



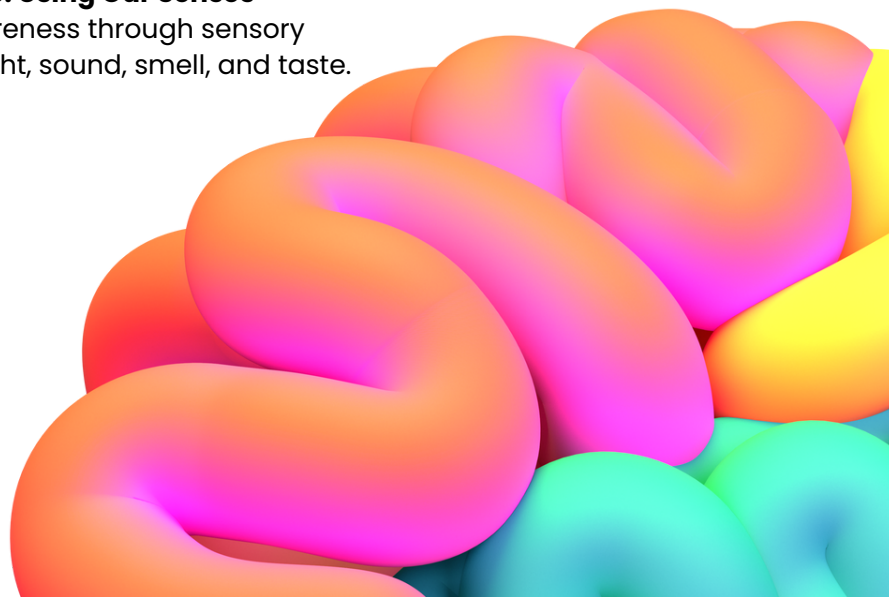
Below is an outline of our Middle School (Grades 6-8) curriculum.

Unit 1: Building Awareness

- **Lesson 1: Creating the MindUP Learning Community**
 - Students build connections with their peers and educators and create a learning agreement to foster a safe, kind and focussed context.
- **Lesson 2: Understanding the Brain**
 - Students identify the parts of the brain and how they work together. They also practice a breathing technique to calm their bodies.
- **Lesson 3: Mindful Awareness and the Brain Break**
 - Students are introduced to the concept of mindful awareness. They are also introduced to the MindUP Brain Break, a mindful awareness practice utilizing mindful breathing and listening.

Unit 2: Mindful of Our Senses and Understanding the Adolescent Brain

- **Lesson 4: Mindful Awareness Practice: Using Our Senses**
 - Students practice mindful awareness through sensory experiences involving touch, sight, sound, smell, and taste.





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Unit 2: Mindful of Our Senses and Understanding the Adolescent Brain

- **Lesson 5: Mindful Awareness in the Body**
 - Students practice mindful awareness using their bodies and learn how to use the body as a way to focus attention and develop self-awareness.
- **Lesson 6: The Adolescent Brain**
 - Students develop an understanding of the changes taking place in the adolescent brain and how they can affect their behaviors and decisions.

Unit 3: Mindful of Myself and Others

- **Lesson 7: Getting Granular About Feelings**
 - Students learn how emotional granularity helps them be more reflective about their feelings and make better decisions about what to do.
- **Lesson 8: Empathy: Relationship Builder**
 - Students explore how having empathy for others contributes to building and maintaining relationships.
- **Lesson 9: Fostering an Optimistic View**
 - Students become familiar with the concept of optimism and the research supporting the link between positive thinking and life success. They also learn a strategy that helps overcome the brain's negativity bias and fosters a more optimistic view
- **Lesson 10: Practicing Gratitude**
 - Students practice expressing gratitude, and learn how gratitude and well-being are related.

Unit 4: Mindful of Ourselves in the World

- **Lesson 11: Acts of Kindness and Compassion**
 - Students perform acts of kindness and explore how kindness is related to their own and others' happiness.
- **Lesson 12: Taking Care of Me**
 - Students are introduced to self-compassion and self-care, and consider the role of self-care in their daily lives.
- **Lesson 13: We are all Connected**
 - Students explore the concept of interconnectedness and its relevance in their daily lives.
- **Lesson 14: Mindful Consumption**
 - Students explore how interconnectedness, mindfulness, and consumption are related. They consider their own consumption habits, and reflect on strategies to help them practice mindful consumption.
- **Lesson 15: Taking Action in Our Community**
 - Students plan and carry out meaningful acts in their school or wider community and reflect on how it affected themselves and others.