



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:

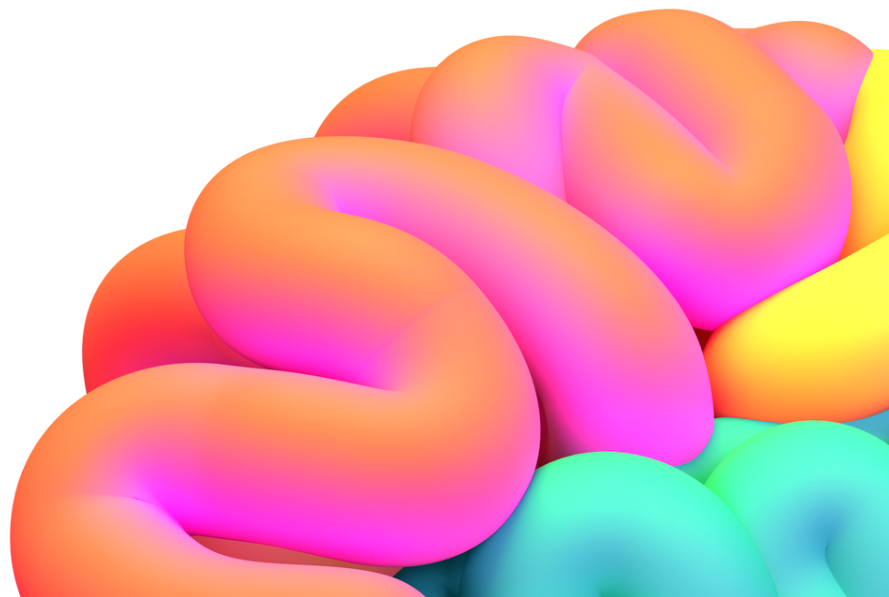
- Early Years (Ages 3-5),
- Primary (Grades K-2),
- Intermediate (Grades 3-5),
- Middle (Grades 6-8) and
- Out of School Time/Extra Curricular.

Below is an outline of our Primary (Grades K – 2) curriculum.



Unit 1: My Mindful Brain

- **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: My Amazing Brain**
 - Students are introduced to the core theme of the MindUP program. Students identify the parts of the brain and how they work together.
- **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: The Brain Break and Focussing our Attention**
 - Students are introduced to the core mindful awareness practice: mindful listening and mindful breathing. Together these two practices comprise the MindUP Brain Break.





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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 sense of sight on an external item.
- **Lesson 7: Mindful Smelling**
 - Students practice being mindful by focusing their sense of smell on external items.
- **Lesson 8: Mindful Tasting**
 - Students practice being mindful by focusing their senses of sight, smell and taste on external items.
- **Lesson 9: Mindful Touch**
 - Students practice being mindful by focusing their sense of touch on external items.
- **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: Exploring Feelings**
 - Students develop important emotional literacy skills by learning to notice and name their own feelings that help them to manage emotions
- **Lesson 12: Building Perspective Taking and Empathy**
 - Students practice perspective-taking by identifying the perspectives of characters in a story. Which enables them to manage emotions.
- **Lesson 13: Practicing Optimism**
 - Students learn to consider how optimistic and pessimistic views of a problem differ. Students learn they can choose a more optimistic view in their daily lives.
- **Lesson 14: Thinking About Happy Experiences**
 - Students practise thinking of a happy experience to boost their mood.

Unit 4: Mindful of Ourselves and the World

- **Lesson 15: Practicing Gratitude**
 - Students practice gratitude to boost their well-being.
- **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 working together to plan an act of kindness to carry out in their community. They then reflect upon shared experience.