

# MindUP™ Where Positive Education Meets the Chalkboard



# Who are we?

- ▶ 13 Year Old
- ▶ Scientifically oriented, evidence-based
- ▶ CASEL approved and published by Scholastic
- ▶ Framework and curriculum that provides SEL and builds personal resilience and well being in children and adults
- ▶ We work via
  - Individual whole school and district implementations
  - Individual teachers, community and youth organizations

# The MindUP™ Model



Online Digital Portal

On-Line Materials/Tools/Apps\*

# We Are At The Intersection

**Neuroscience**



**Positive Psychology**



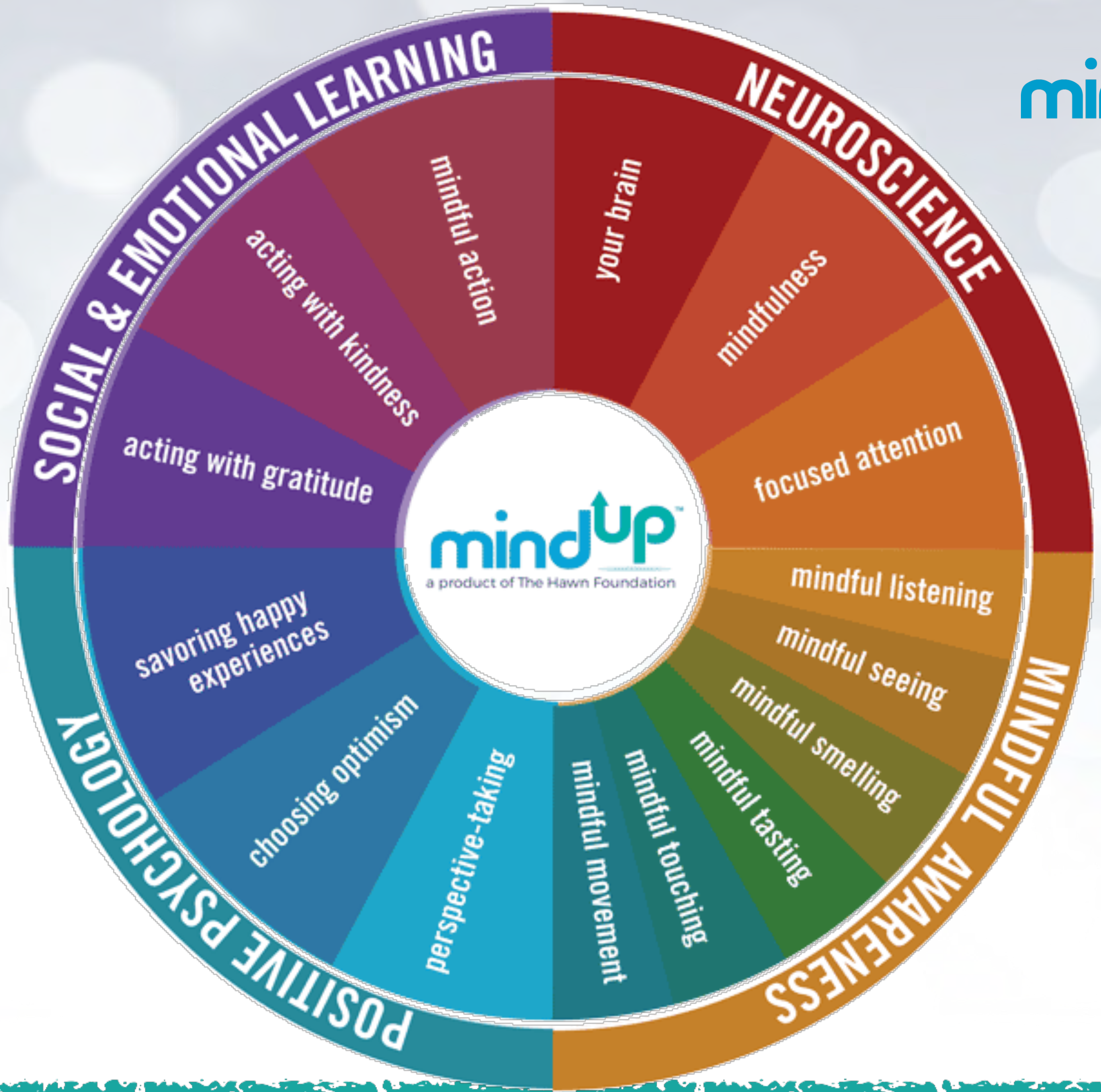
**MindUP™**

**Mindful Awareness**

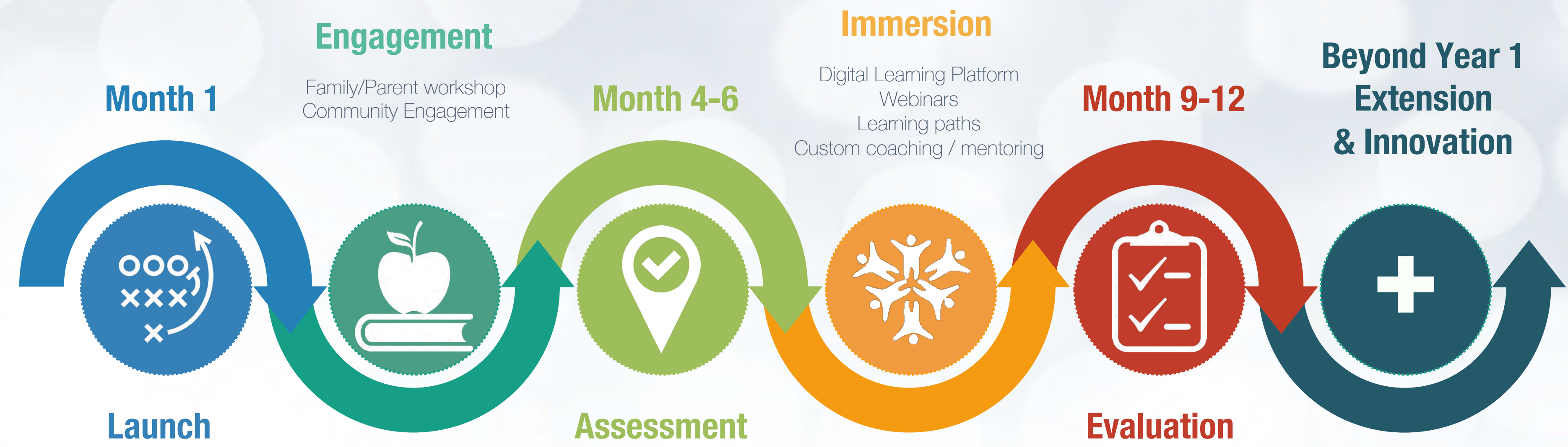


**Social and Emotional Learning**





# How We Implement



Four hour interactive workshop emphasizing professional development for teachers and school staff.

Extending the Learning  
Mid-year curriculum alignment and with refresher workshop  
Coaching/mentoring adjustments as needed

Evaluation, data collection, metrics and certification.  
Options for certification  
Year 2 planning  
School integration

So how do we do it?

# Mindful Morning

- ▶ Create a calm and mindful atmosphere for students to begin their day
- ▶ Dim the lights, play soft music
- ▶ Greet each student mindfully
  - Make eye contact, call them by name, note their physicality
- ▶ Take a brain break to prepare their minds to learn

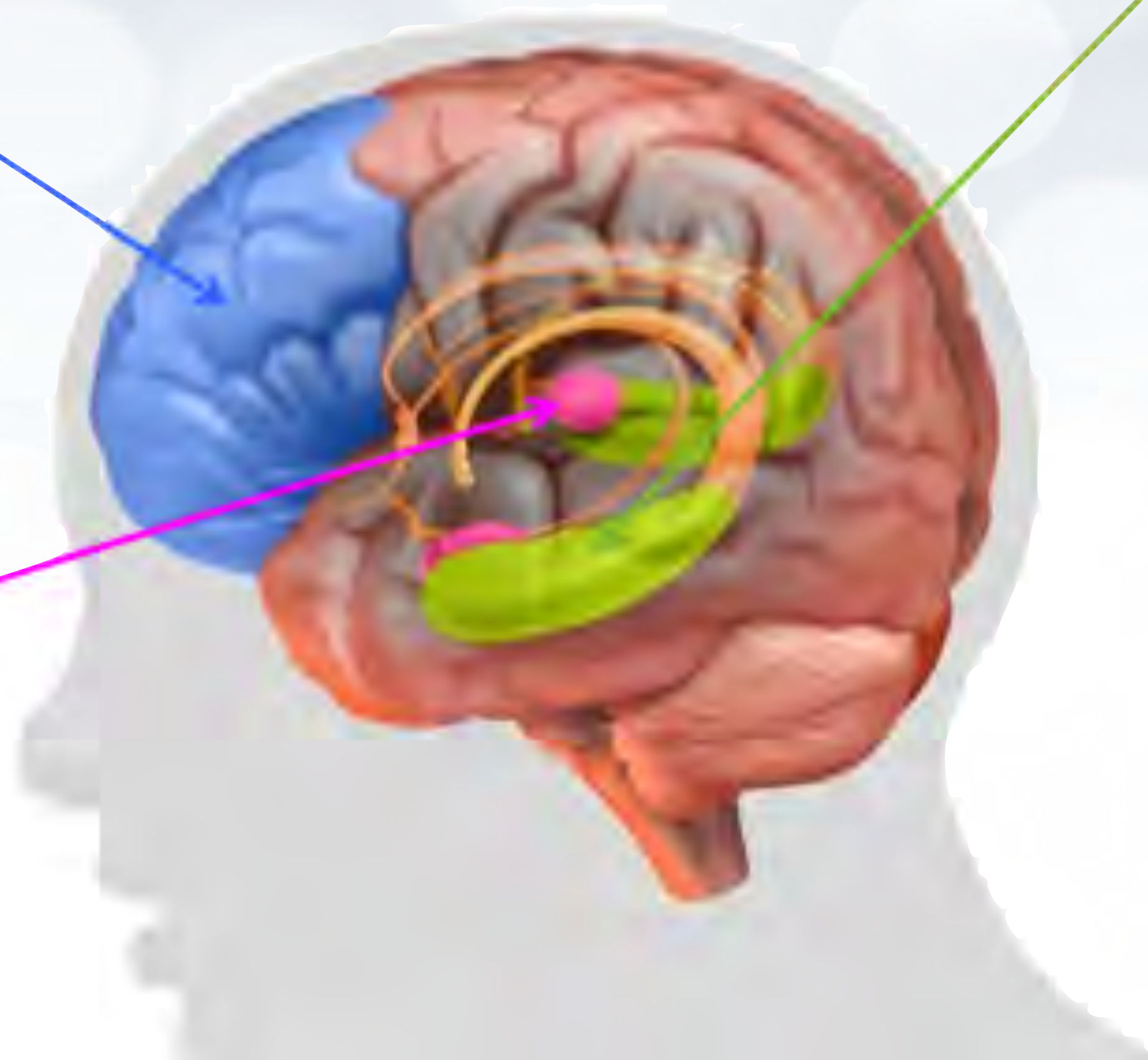


# First We Teach The Brain

**Prefrontal Cortex**

**Hippocampus**

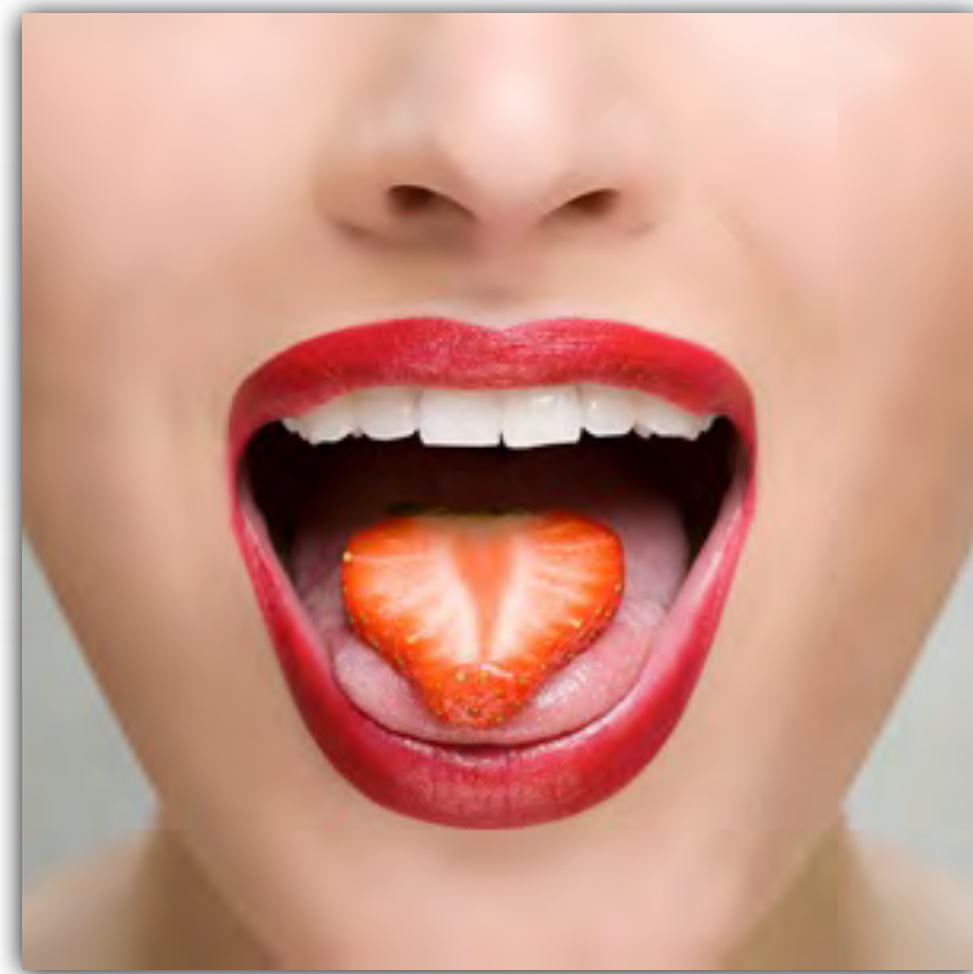
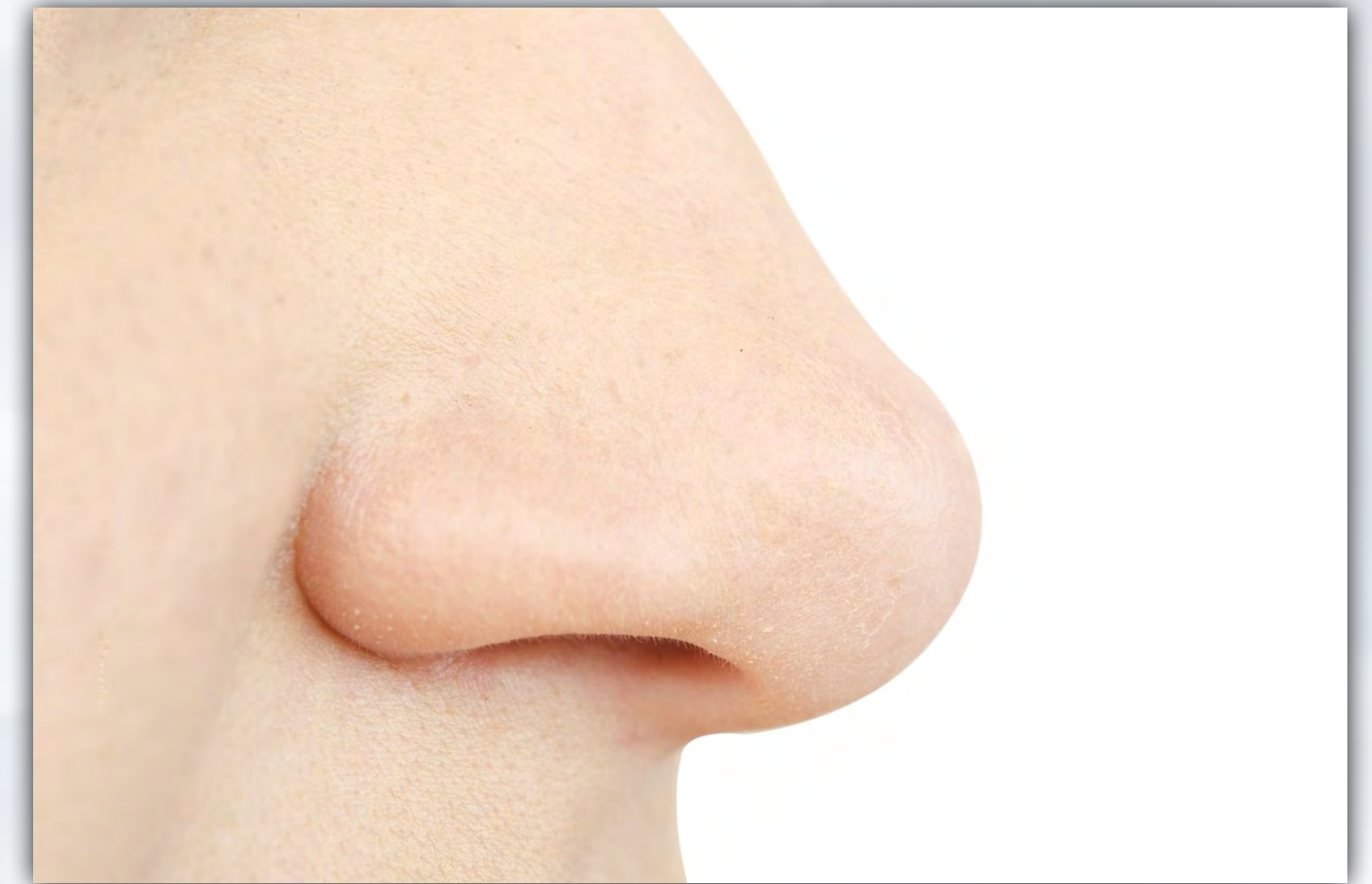
**Amygdala**



# Time for a Brain Break



# Mindful Awareness



# Positive Psychology

- ▶ Perspective Taking
- ▶ Savoring Happy Memories
- ▶ Choosing Optimism

# Savoring Happy Memories

# Pro-Social Behavior

- ▶ Expressing Gratitude
- ▶ Random Acts of Kindness
- ▶ Ourselves in the world

Thank you - Questions?