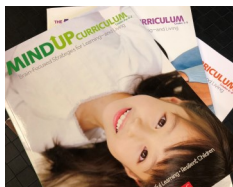


## MindUP Information Sheet

**MindUP is an evidence-based mindfulness curriculum designed to help increase self-regulation and social and emotional learning (SEL) of students in the classroom.**

### What the HCDSB program will involve:



15 lessons (30 weeks) from the relevant curriculum manual on several SEL topics in 4 units



Program embedded into the classroom by the teacher, with support from the Child and Youth Counsellor




Core Practice sessions (mindful breathing) on a daily basis

#### Units

- |  |  |
|--|--|
| I. Getting Focused (e.g., Mindful Awareness)       | III. It's all About Attitude (e.g., Perspective Taking)  |
| II. Sharpening Your Senses (e.g., Mindful Tasting) | IV. Taking Action Mindfully (e.g., Expressing Gratitude) |

### Try practicing mindful breathing at home with your child! Here is a **script** you can use\*:

- Sit down in a comfortable position. Close your eyes or look down.
- Pay close attention to your breathing. Feel air come in through your nose, then fill your chest and your belly. Calmly and slowly, let the breath leave your belly, then your chest, and finally your nose.
- Keep your shoulders dropped and relaxed. Think about the air coming into your body and the air going out. Bring attention back to your breath, if your mind tries to think about other things.
- Notice your stomach rising and falling. Let your belly be soft and relaxed.
- Open your eyes slowly and take a slow, deep breath.

 **Tip:** Once your child is more familiar with the Core Practice, have them take the lead!

In the evaluation of the MindUP Pilot Project (2017-18), students and staff provided examples of the following types of outcomes:



Self-regulation



Positive classroom climate



Mindful attention & awareness



Empathy & perspective-taking



Optimism & positive feelings



Kindness

*"I feel more calm when dealing with something"*

*"I feel a lot more optimistic than the start of the year"*

(Student end-of-program survey)

*"With some of my students that had difficulty with self-regulation, those students have been able to manage their behaviour more positively."*

(Staff consolidation survey)

\*copied from The Hawa Foundation (2011). *The MindUP Curriculum*, Grades 3-5. New York: Scholastic. (p. 45)