

## Curriculum Overview

The MindUP Program is a universal evidence-based SEL program that consists of four units with 15 sequenced lessons for children in Pre-K through 8th Grade.

### Unit 1: Getting Focused:

- Students learn about their brain structure and how it functions.
- Students discover they can change their brains! This knowledge gives students a sense of empowerment and control that can change how they think, feel, and behave.
- Students are introduced to the Brain Break.

### Unit 2: Sharpening Your Senses:

- Students learn how to focus on their senses to develop mindful awareness.
- Mindful awareness helps align actions with personal motivation, which in turn, supports well-being.
- Combining instruction about the brain (Unit 1) with mindful awareness empowers children and creates space for them to cultivate positive emotions.

### Unit 3: It's All About Attitude:

- Students develop perspective-taking and empathy to understand others' perspectives, needs, feelings, and ideas – the building blocks to developing and maintaining positive, healthy relationships.
- Students then learn about and practice strategies to nurture an optimistic mindset.
- Students learn to foster positive emotions; research has found positive emotions can lead to improved attention, greater motivation, resiliency, and a greater connection to others.

### Unit 4: Taking Action Mindfully:

- Students practice gratitude; the practice of gratitude is linked to improved well-being via the release of dopamine, the “feel good” neurotransmitter.
- Students practice acts of kindness, which has benefits not only for the receiver, but research has found practicing kindness increases dopamine, and strengthens the ability to recognize emotions in others.
- Finally, as a class, students work together to perform an act of service for their community. When we work with others in a positive way, we foster empathy, compassion, and positive emotions.