

MINDUP™ CURRICULUM OVERVIEW

The sequence of 15 Lessons are designed to enable whole school implementation. All children from early years foundation stage to key stage 3 are taught the same knowledge and skills at an age appropriate level. This creates a school wide learning experience with shared language, practices and experiences.

MindUP is not a set of strategies to teach in isolation, the intention is for MindUP to become an integral part of classroom, school and home life.

Each lesson is crafted to reinforce knowledge and understanding of the brain and how this applies to learning across the curriculum and beyond the classroom.

**A RICHER LEARNING EXPERIENCE
FOR STUDENTS AND TEACHERS.**



15 LESSONS

SEQUENCING THE LEARNING

NEUROSCIENCE FOUNDATIONS

HOW OUR BRAIN WORKS

MINDFUL AWARENESS

FOCUSED ATTENTION

MINDFUL AWARENESS

MINDFUL LISTENING

MINDFUL SEEING

MINDFUL SMELLING

MINDFUL TASTING

MINDFUL MOVING PART 1

MINDFUL MOVING PART 2

POSTIVITE PSYCHOLOGY

PERSPECTIVE THINKING

CHOOSING OPTIMISM

SAVORING HAPPY EXPERIENCES

SOCIAL AND EMOTIONAL LEARNING

ACTING WITH GRADITUDE

ACTING WITH KINDNESS

MINDFUL ACTION IN OUR COMMUNITY



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