

# The Mindup Curriculum Grades Prek 2 Brain Focused Strategies For Learning And Living

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### The Mindup Curriculum Grades Prek

#### **With heartfelt appreciation to Goldie Hawn, Founder of The ...**

We are pleased to introduce MindUP, a collaboration of the Hawn Foundation and Scholastic MindUP isn't one more program to implement or subject to teach, but a set of strategies that can be integrated with what you are already doing, so that you and your students will become more focused when doing schoolwork and are able to work

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to grow as a human being and a learner MindUP's expansive dynamic is built to a large extent on routine practices that are inherent to the MindUP

Curriculum Over the course of the MindUP experience, students learn about the brain and how it functions, in the process gaining insight into

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The MINDUP CURRICULUM Brain focused strategies for learning and living 8a3 View video at: wwwthehawnfoundationorg Books available from scholastic Introduction 8a3 "By focusing our attention and controlling our breath, we can learn to reduce stress and optimise the learning capacity of the brain" Mindful Attention Conscious awareness of the present moment 8a3 Social and

### **MindUP MACMH 2011**

6/10/11 3 MindUP™ Training Goals By the end of the day you will be: 7 § Knowledgeable about social and emotional skills and its relation to well-being and learning

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Grades PreK-8, Second Edition: A Guide To Teaching PDF Click here for information on the NEW Literacy Continuum, Expanded Edition This edition will be available for sale through August 2016 Where other assessment and benchmark systems leave you wondering "Now what?" Fountas and Pinnell have provided a link from assessment to instruction via proven classroom practices such as guided reading

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Sharpening Kids' Awareness Through Their Senses Presenter: Kathy Slattengren Priceless Parenting 425-770-1629 Kathy@PricelessParentingcom

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Educational Planning for Complex Learners: Functional Curriculum & Assessment June 2018 CORE COMPETENCY AREA: PERSONAL SELF AWARENESS CIRCLES Curriculum \*Purple Circle - All About Me

### **Supporting ADHD with Mindfulness Techniques**

The MindUP Curriculum: Grades PreK-2: Brain-Focused Strategies for Learning— and Living by the Hawn Foundation (Scholastic Teaching Resources, 2012) Meditation We introduce meditation on the first day of school We try to get our students intrigued and excited to meditate by making it very simple and fun During the first few days we set a goal of being still and quiet for one or two

### **Their Great Gift: Courage, Sacrifice, And Hope In A New ...**

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### **Mindfulness & 21st Century Learning**

A study of 97 students in grades four and five conducted by Oberle, Schonert-Reichl, Lawlor, and Thomson (5), looked at the impact that teaching mindfulness had on executive functions such as inhibitory control Using a survey based on the Mindful Attention Awareness Scale (MAAS) to measure mindfulness, a computerized Dots task to

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