

MIND UP

MindUP™ teaches social and emotional learning skills, increases empathy and compassion, while resolving peer conflicts in schools. Students learn to self-regulate behaviour and mindfully engage in focused concentration

1. INITIATING ORGANIZATION(S), PARTICIPATING COUNTRIES

Hawn Foundation for social and emotional learning

2. THEORETICAL APPROACH

Mind up links cognitive neuroscience, positive psychology and mindful awareness training.

3. PROGRAM DURATION

Daily implementation (several times a day) throughout the school year.

4. COMPONENTS AND PRACTICAL INFORMATION

MindUp establishes **core practices** of **deep breathing** and **attentive listening**, which are then practised several times a day throughout the school year. These practices are designed to enhance students' self-awareness, focus attention, promote self-regulation, and reduce stress.

The program is composed of **15 structured lessons** at each level that span four units. Each lesson provides links to brain research. The lessons also include a "getting ready" activity, a MindUp warm-up, and detailed instructions to the teacher on how to engage students and support their exploration and reflection on the topic.

5. PROGRAM PARTICIPANTS

K-12. The MindUp program provides separate sets of lessons for three levels: pre-kindergarten through second grade; third through fifth grade; and sixth through eighth grade.

6. ASSESSMENT

Rigorously researched and accredited by CASEL, MindUP™ has been proven to reduce stress, improve academic performance, strengthen abilities for concentration and help children and educators thrive in a setting that becomes a community of learners.

The effectiveness of MindUP™ on students in grades 4 and 5 was evaluated, based on evidence centered on neuroendocrine regulation, executive functions and self and peer reports of pro-social behaviors. The following results were shown (Schonert-Reichl & Lawlor, 2010):

Improved Optimism and Self- Concept

ENABLE – European Network Against Bullying in Learning and Leisure Environments
INFORMATION SHEET ON ANTI-BULLYING APPROACHES

- 82% of children reported having a more positive outlook
- 81% of children learned to make themselves happy
- 58% of children tried to help others more often

Healthy Neuroendocrine Regulation

- Measurement of salivary cortisol revealed MindUP™ children maintained a healthy, regulated diurnal pattern.

Increased Executive Function

- Children demonstrated faster reaction times while performing tests.

Positive Teacher Response

- 100% reported that MindUP™ positively influenced classroom culture and that students were significantly more attentive.

Academic Achievement

- 15% of students improved their math achievement scores

Schonert-Reichl, K.A., & Lawlor, M.S. (2010). The effects of a mindfulness-based education program on pre- and early adolescents' well-being and social and emotional competence. *Mindfulness*, 1, 137-151.

7. FURTHER READING AND CONTACT INFORMATION

<http://www.casel.org/guide/programs/mindup>

<http://thehawnfoundation.org/mindup/mindup-results/>