

MINDUPTM

MindUPTM Training Workbook 2

Grade Levels: 3 – 5

How to align MindUPTM to subjects and grade levels.





Created by educators...for educators.

A PUBLICATION OF
The HAWN FOUNDATION
CELEBRATING 10 YEARS!



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EDUCATOR RESOURCES ✦ MINDFUL LEARNING ✦ ALIGNED WITH COMMON CORE ✦ FOCUSED CLASSROOMS ✦ RESILIENT CHILDREN



I created MindUP with educators, for educators to help them improve student engagement in learning, academics, focus and give them some tools and strategies to bring joy back into the classroom. It is my greatest hope that every teacher who uses MindUP will find it beneficial both personally and in their work.

– **Goldie Hawn,**
Founder of The Hawn Foundation



Brain focused strategies and subject alignments to help educators use MindUP™ with Common Core and other subjects throughout grade levels that range from Pre-k through middle school.

Table of Contents

Language Arts	4
Math	10
Science	16
Social Studies	22



MindUP™ and Academics

MindUP™ helps drive student engagement by teaching skills to better self-regulate, focus, reduce stress, reduce anxiety, consider perspective taking, choose optimism and learn resiliency techniques. MindUP™ easily supports academic pedagogy by preparing the students for learning. MindUP™ easily aligns to Common Core, Habits of Mind, Marzano Framework and other programs, enhancing the overall learning experience in the classroom.

While the Common Core carefully delineates what skills a student must acquire, it does not outline how these skills should be attained. MindUP™ teaches educators how to effectively transform the learning environment to deliver the deep engaged learning required to successfully make the CCSS “instructional shifts.” MindUP™ creates a simple, yet powerful framework within which teachers and students can work together to meet the rigorous demands set forth by the CCSS.

Common Core State Standards include descriptions of knowledge, skills, and dispositions, referred to as “Habits of Mind” which operate in tandem with the academic content in the standards. Both academic content standards and “Habits of Mind” standards are essential parts of the whole. No single element ensures student achievement as each element supports the other.

Each of the broad domains outlined in the Common Core “Habits of Mind” is directly aligned to MindUP™:

CCSS “Habits of Mind”	The MindUP™ Curriculum
The capacity to manage one’s behavior and emotions to achieve one’s goals...work ethic and conscientiousness; positive core self-evaluation...	MindUP™ teaches students about their brains and how to temper impulsivity with reflection and self-regulation. MindUP™ teaches students how to focus their attention and, through regular practice, actually how to increase executive function. MindUP™ teaches students how to recognize and manage their emotions.
The ability to reflect on one’s own learning and to make adjustments accordingly; to be flexible, intellectually open and appreciate diversity...	MindUP™ teaches perspective taking, optimism and the physiological benefits of savoring happiness.
To demonstrate teamwork, collaboration, and leadership; to demonstrate responsibility and conflict resolution...	MindUP™ curriculum rekindles in students the innately human trait of kindness. Students engage in community action and expressions of gratitude and appreciation for others.



MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 1: All About the Brain	Identifying authorial intent and purpose	Learning to recognize the purpose and intent of diverse pieces of writing helps students to be more critical thinkers. Some writing is designed to elicit a powerful amygdala response, whereas other sources cause a more reflective or thoughtful response.	Provide students with a sample of diverse writing – for example: A very opinionated editorial; an instruction manual; a descriptive advertisement for a candy bar. Ask students to determine whether the source elicits an emotional reaction or a more reflective response. Relate that to what they have learned about the amygdala and prefrontal cortex.
LESSON 2: Mindful Awareness	Poetry	Poems capture moments in time. As such, they are wonderful devices for expressing the emotion experience of mindful awareness.	Ask students to create a poem in which they capture a particular moment in time – as though they are frozen there, with no past and no future.
LESSON 3: The Core Practice	Self-regulation and focused attention	Doing a focused breathing exercise before a challenging task such as writing an essay or reading a complicated text helps the students to attend.	“Let’s take a moment to settle ourselves with the core practice before we begin writing.”

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 4: Mindful Listening	Mechanics	Sounds can be a powerful tools to reinforce learning and to enhance memory. Sounds can also help redirect attention and improve focus.	Create a simple sound to accompany punctuation marks. Ask students to use these sounds as they edit sentences or create new ones in order to draw attention to the punctuation of that sentence.
LESSON 5: Mindful Seeing	Editing and revisions	Helping students to “re-attend” even after they think they have proofread an assignment.	Writers Workshop – asking students to practice <i>mindful seeing</i> to attend to the mistakes they might have missed in editing their drafts; to use <i>mindful seeing</i> in peer editing.
LESSON 6: Mindful Smelling	Creative expression	Smells are closely tied to memory. <i>Mindful smelling</i> can help generate wonderful creative expression.	Writers Workshop – ask students to use the “mystery scent” lesson to generate ideas for a creative story.
LESSON 7: Mindful Tasting	Persuasive writing	Mindful tasting allows you to really focus on the different flavors and sensations. This experience can enhance an editorial writing assignment or report.	Writers Workshop – ask students to bring a favorite recipe or food to class to share. Ask them to create a persuasive essay to convince their peers that this recipe or food is the best in the the world!

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 8/9: Mindful Movement	Short story structure	We tend to learn best when we are moving – so movements can be used to master concepts and <i>Language Arts</i> .	Present students with a diagram of a short story. Ask them to work in cooperative groups to create physical movements to illustrate each of the parts of a short story. Example: Introduction, rising action, climax, etc.
LESSON 10: Perspective-Taking	Point of view debates	<i>Perspective taking</i> can help students offer critical analysis of character and plot in the novels and short stories.	Ask students to compare/contrast the viewpoints of main characters in the novel. Example: The perspective of Matilda and her father in Ronald Dahl’s novel, <i>Matilda</i> .
LESSON 11: Cultivating Optimism	Character analysis	Cultivating optimism means opening our minds to possible solutions to challenging problems. Identifying this quality in the character from the novel can help students to develop their own optimistic mindsets.	Use Hugo from Brian Selzik’s novel, <i>The invention of Hugo Cabret</i> , to explore the power of positive thinking. Despite overwhelming odds in tragedy, Hugo perseveres in his search for the literal “key” to his future.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 12: Happy Experiences	Poetry and descriptive writing	The vivid quality of a happy memory lends itself to poetic expression and descriptive writing.	“Explode a moment!” Hand out pictures you took of your students at a fun event or ask them to bring in pictures of themselves at a happy event. Ask students to create a descriptive piece in which they “explode the moment” on paper. How did that moment in time smell, taste, look, sound and so forth.
LESSON 13: Expressing Gratitude	Oral expression	Expressing gratitude makes us feel better – and it can also be a great learning tool, helping students practice how to express their feelings orally and in writing.	Ask students to create digital (audio) “Thank You” cards for the person to whom they would like to express gratitude. This activity not only allows students to express gratitude, but to practice expressing these feelings out loud.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 14: Acts of Kindness	Research reports	Kindness is expressed in countless ways across the globe. Learning about kindness can influence the students likelihood of practicing kindness.	Ask students to research three acts of kindness in three different parts of the world. Ask them to create a report comparing and contrasting the different acts and describing their impact.
LESSON 15: Mindful Actions in the World	Persuasive writing and speeches	Advocating for mindful action in the world can have a positive ripple effect in a class and throughout the community.	Ask students to write a persuasive speech advocating a mindful action – students can perform these at a class or full school assembly.



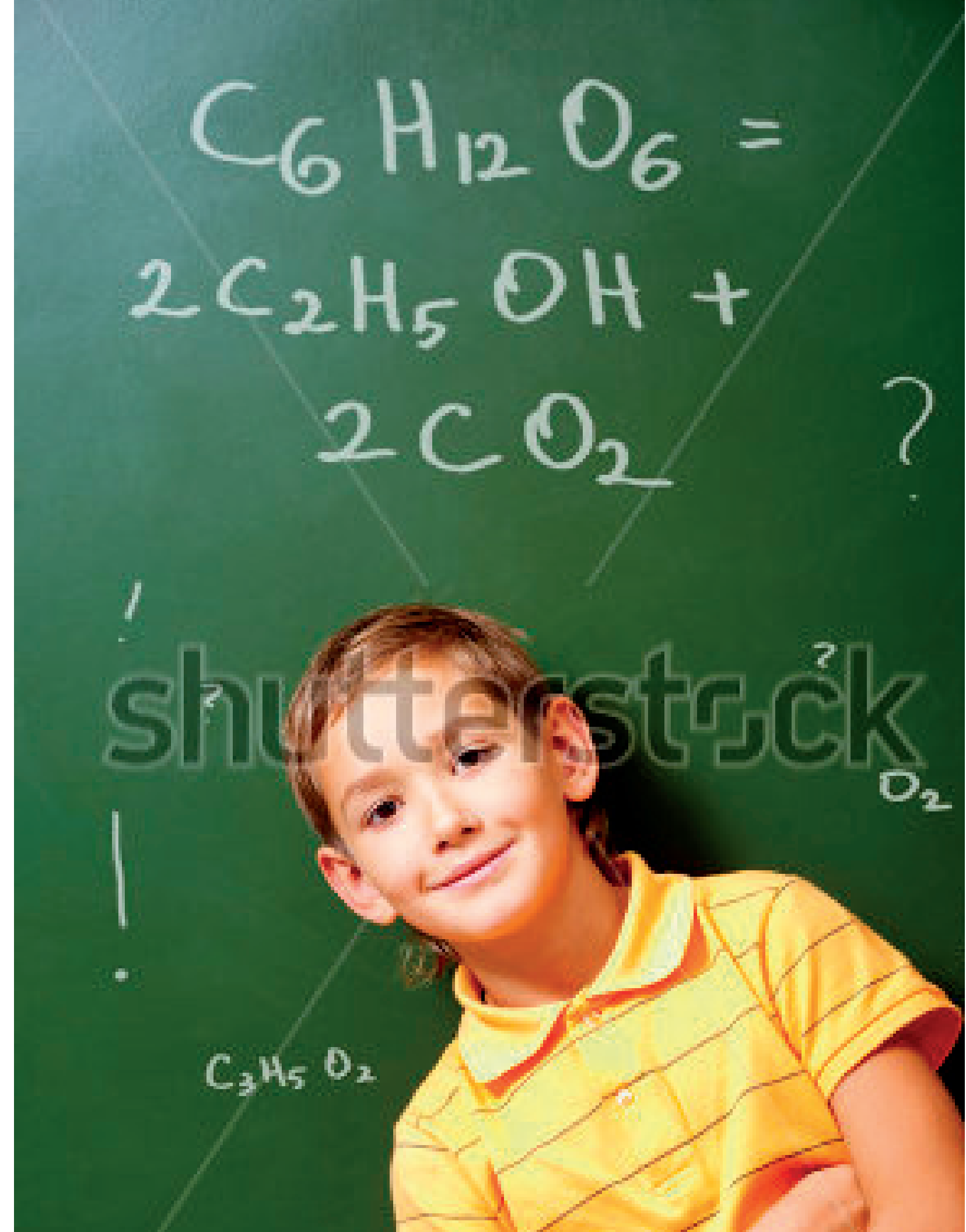
MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 1: All About the Brain	Brain games	The Internet abounds with fun interactive games that “exercise your brain”. Many of these games help students to increase their focus and give their PFCs a real workout.	Play “brain games” online, or simply offer time in class to play Sudoku or other “brain challenges”. Reinforce that when you focus on such challenges, your PFC is working hard to solve the problem and this is strengthening new neural connections in your brain.
LESSON 2: Mindful Awareness	Math anxiety	Brain scans of math-phobic students have revealed that anticipating a math-related task stimulates a pain response in the brain. Interestingly, the pain area is more intensely activated when the students were anticipating the problem and not when they were actually solving it. Cultivating an awareness of the present moment and the accompanying sensations can help students to reduce their anxiety about math.	When beginning a challenging assignment or preparing for a math assignment, ask students to do a mindful “check-in”. Ask them to jot down the sensations they feel as they think about the upcoming task. Remind them that often the anticipation can spark greater anxiety and fear than actually tackling the problem. Remind them to put aside worries about “what will be” or “what has been”, and to simply let their bodies and minds be aware of “what is”.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 3: The Core Practice	Self-regulation and focused attention	Doing a focused breathing exercise before a challenging task helps the students to reduce anxiety and attend.	“Let’s take a moment to settle ourselves with a core practice before we begin work on these math problems.”
LESSON 4: Mindful Listening	Math review	Children often learn the most when they are speaking and listening to one another rather than the teacher. In this activity, enhance listening skills at the same time as reviewing mathematical concepts.	Children sit facing their partner and start counting in ones, taking it in turns. Great to improve listening skills and cooperation/peer support. This can be used with any numbers. Example: Counting in twos, tens, or to review fractions, multiplication tables and so forth. The same process can be used to review geometry... My shape, your shape... listing properties of a shape with your partner is fun.
LESSON 5: Mindful Seeing	Self-check	Helping students to “re-attend” even after they think they have self-checked a math assignment.	Ask students to practice <i>mindful seeing</i> to attend to the mistakes they might have missed in self-checking; to use <i>mindful seeing</i> when going over a math paper before turning it in.

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LESSON 6: Mindful Smelling	Addition, subtraction or multiplication	Sensory activities can help engage students in a novel way to learn mathematics. Smells can be assigned numbers. Problems can be formulated substituting smells for numbers. Students smell the numbers, and solve them numerically.	Use up to 10 extracts to represent numbers 0-9. Use scented napkins to represent the numbers and ask students to solve two digit multiplication problems with their napkins. Students can also create their own scented problems.
LESSON 7: Mindful Tasting	Data and graphing	Use a <i>mindful tasting</i> lesson as a springboard for a unit on data collection and statistics.	Bring in a variety of apples. Ask students to do a taste test and tally the results: which apple did most students prefer? Which was the least popular? Students can present the data in a number of ways: bar graph, circle graph, etc.
LESSON 8/9: Mindful Movement	Geometry	We tend to learn best when we are moving – so movement can be used to master new concepts or reinforce new material.	Ask students to use their bodies to demonstrate acute, obtuse and right angles. Given a degree, they should shape their body into the correct angle.
LESSON 10: Perspective-Taking	Geometry	Looking at shapes and drawing from different perspectives enhances the students understanding that there are often multiple viewpoints.	Ask students to draw figures in one and two-point perspectives and compare and contrast the two types of drawings. Then ask them to create an isometric drawing and compare it to their drawings in perspective.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 11: Cultivating Optimism	Word problems and equations	How many ways can you solve this problem? Encouraging students to explore a variety of methods to solve a math problem reinforces an optimistic approach to overcoming challenges.	Provide students with word problems or mathematical equations that can be solved using a variety of methods. Let students work together in cooperative groups to try to generate as many possible methods as they can. Share as a class.
LESSON 12: Happy Experiences	Percentages	Research suggests that 40% of happiness is derived from intentional activities, 10% from the environment and 50% from genetic makeup. Use this information to springboard into a unit on percentages.	Ask students to record how happy they feel over a period of days, at certain times of each day. Use these records to generate percentages about their overall happiness. Focused attention on happiness can often increase overall sense of well-being.
LESSON 13: Expressing Gratitude	Logic	Expressing gratitude makes us feel better – and it can also be a great learning tool, helping students practice how to express their feelings orally and in writing.	Ask students to create gratitude ciphers to share with their peers. When they break the code, they will see what their friends are grateful for.

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LESSON 14: Acts of Kindness	Measurements	Acts of kindness often have a ripple effect. One simple act influences another that in turn influences countless more. Measuring kindness can help draw attention to the kind acts occurring in the school.	Create a “kindness quilt”. Collect over a period of weeks random acts of kindness performed by members of the school community. In cooperative groups, students can plan, organize and display these records using various forms of measurements. You can also use this as a review of converting from English measurement to metric and back again.
LESSON 15: Mindful Actions in the World	Weights and measures	Awareness is often the first step towards change. Use math to raise awareness of food waste in your school.	Ask students to measure food waste at their school for a period of one week. Engage them in a discussion about how they might reduce the waste through an informational campaign that uses math to illustrate their measures. Enact the campaign and track the changes in the food waste.



MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 1: All About the Brain	Biology or chemistry	It is easy to integrate brain facts or studies into units on the human body – or into units on the chemicals released in neural connections.	Neuroplasticity in action. Challenge students to change a habit through focused and repeated action. You can use videos on neural pathways to support this challenge and share “Kid-friendly” descriptions on how new neural pathways are formed. A simple example is to shift from using the right hand to brush your teeth to the left hand.
LESSON 2: Mindful Awareness	Forensics	Mindful awareness can help detectives see clues that they might otherwise have missed and can help them to reduce a natural bias that might interfere with finding the truth.	Set up the crime scene for your students. Let them do a quick survey and then, in a separate space, ask them to record everything they might recall and what they think might have happened. Do this the second time a few days later. This time, ask students to practice mindful breathing before entering the crime scene. Remind them to be mindfully aware and to withhold judgment. Compare the results of the two experiences.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 3: The Core Practice	Self-regulation and focused attention	Doing a focused breathing exercise before a challenging task helps the students to reduce anxiety and to attend.	“Let’s take a moment to settle ourselves with the core practice before we begin our lab or before you take this assignment.”
LESSON 4: Mindful Listening	Physics	Small sounds can still make a big noise when you use a good sound conductor. <i>Mindful listening</i> can lend insight to the science of sound.	Ask students to blow up a balloon and hold it close to their ears while tapping lightly on the other side. Despite only tapping lightly on the balloon their ears will hear the noise loudly. This is because when blowing up the balloon they forced the air molecules inside the balloon closer to each other making them a better conductor of sound waves than the ordinary air around the balloon.
LESSON 5: Mindful Seeing	Life sciences	Do we all see things in the same way? How can tools or instruments help us to see in different ways? <i>Mindful seeing</i> can enhance a lesson on “line of sight”.	Engage students in an exploration of the concept of line of sight by recording the conditions under which they can and can’t see an object. They can then build a periscope and experiment with it to determine how this tool helps them extend their line of sight around corners, over walls and beyond.

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LESSON 6: Mindful Smelling	Life sciences	How does our sense of smell compare to other animals? Simple experiments can offer insight to how other senses are similar or different from other animals.	Ask students to create varying solutions of water and perfume. Use colored dye to mark the solutions. Some sharks can smell potential prey from a distance of up to 90 meters. These sharks minimum sensitivity to smell blood is about one part per million (ppm - parts per million). A beaker with 10 drops of coloring / cologne represents a concentration of about 1000 ppm. The beaker with five drops represents about 500 ppm. The beaker with one drop represents about 50 - 100 ppm. This concentration is still 50 times the minimum amount a shark can detect.
LESSON 7: Mindful Tasting	Chemistry	We all know that some foods taste better than others but what gives us the ability to experience all these unique flavors? A <i>mindful tasting</i> experiment can offer insight into how our brains process flavor.	Gives students small pieces of potato and apple. Mix them up, so students do not know which is an apple and which is the potato. Ask students to perform taste test while holding their nose.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 8/9: Mindful Movement	Physics	We tend to learn best when we are moving – so movements can be used to master new concepts or scientific terms.	Ask students to demonstrate high and low frequency sound waves with their arms outstretched.
LESSON 10: Perspective-Taking	Life sciences	Scientists must learn to look at things from many perspectives in order to try to better understand the natural world.	Ask students to examine a leaf. Ask them to write down as many characteristics as they can. Then ask them to examine the leaf under a microscope. How does this change their view of the leaf? How is it different? The same? What can they learn from this new perspective?
LESSON 11: Cultivating Optimism	Research – the scientific method	Cultivating optimism means opening our minds to possible solutions to changing problems. This can be applied directly to scientific research.	Choose a famous experiment to reenact in class – such as Mendel's Pea Experiment or Galileo's Theory of Motion. During the re-creation of the experiment, ask students to consider the significance of optimism in scientific pursuit. What if Mendel or Galileo had not been open to many possible answers?

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LESSON 12: Happy Experiences	Data analysis	Happiness releases dopamine and gives us the feeling of satisfaction. Learning more about the psychological benefits of happiness can help students enhance their well-being.	Create a survey to rate how happy people feel at three different moments throughout the day on a scale of 1 to 5, with 5 being very happy and 1 meaning not happy at all. Ask participants what they are doing at each moment and who they are with. The science says if they're doing something they find meaningful with people with people they care about, they'll be happier, than if they're alone or disinterested. Is that true for your test subjects? Afterward, make a chart to share with your friends. Explain what you measured, and share ideas about what could make them even happier.
LESSON 13: Expressing Gratitude	Research and oral expression	Expressing gratitude makes us feel better – and it can also be a great learning tool, helping students practice how to express their feelings orally and in writing.	Ask students to research an important scientist. Create a speech expressing gratitude towards that individual for what he or she discovered or contributed to the world of science or the world at large. Share speeches in class or at the school assembly.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 14: Acts of Kindness	Life science	Concentrating our attention and effort on kind acts can have great psychological benefits.	Sponsor the planting of a kindness tree or kindness flower bed. With the help of youth groups, service clubs, or other volunteers, plant the tree or flowers in a public area of the school grounds. Display a Kindness Plaque by the display for others to read about kindness. This could also be done in a public park or walking trail.
LESSON 15: Mindful Actions in the World	Environmental science	The survival of our world and our species depends on the activism of concerned caretakers.	Guide students in designing posters highlighting a particular action people can take to help care for our environment. Display them throughout the school.



MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 1: All About the Brain	Critical analysis	Many events in history might have turned out very differently if the personalities involved had been able to be more reflective and less reactive.	In a unit on the American Revolution, examine the reaction of the firebrand Sam Adams to British legislation. Or, examine the accounts written about the Boston Massacre — varying from the court documents to eyewitness accounts. How did the “amygdala response” impact the reaction of certain people in history?
LESSON 2: Mindful Awareness	Role-playing: Experiencing history	The practice of being in the present moment and experiencing the “here and now” can help students immerse themselves in the “reality” of historical events.	Ask students to take on a historical persona — such as an explorer on Magellan’s trip around the globe, or an apprentice in a medieval guild and act out a famous moment in time. Trying to conjure as much realism as possible by truly “being in the moment”.
LESSON 3: The Core Practice	Self-regulation and focused attention	Doing a focused breathing exercise before a challenging task such as writing an essay or reading a complicated text helps the students to attend.	“Let’s take a moment to settle ourselves with a core practice before we begin writing or you stand up to present your project.”

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 4: Mindful Listening	Compare and contrast: Cultures and eras	Sounds often distinguish not only cultural differences but also different historical eras. Attending to these sounds can enhance the students understanding of cultures and time periods.	In a unit on China, play different sounds and recordings for your students. Ask them to identify whether they think the sounds are from China or from the US. You can also do this with sounds of different modes of transportation to illustrate industrial progress. Example: a horse, stagecoach, steamboat, train, airplane, rocket.
LESSON 5: Mindful Seeing	Art history	<i>Mindful seeing</i> can help us to recognize differences and similarities and to notice detail that we might otherwise skip past. <i>Mindful seeing</i> can enhance a unit on the transition to the modern age.	Use different paintings and sculptures from the Medieval and Renaissance periods to help students to see the change in artistic style from one age to the next. Use these differences to highlight a change in mindset and world view.
LESSON 6: Mindful Smelling	Cultural history	There is a long history of using smells to affect a positive reaction from others or to mask unpleasant odors. A close study of this practice can be entertaining, as well as to illustrate our own reaction to certain smells.	Research the history of perfume. When, where and why were perfumes first used? Students might be asked to create timelines of the use of perfume or create advertisements for perfume from a particular time in history. Example: An advertisement that might have been seen in ancient Egypt for a new perfume.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 7: Mindful Tasting	Economics	Our sense of taste is heavily influenced by our sense of sight. If a food is colored, we will frequently experience a different taste than if it is a dull gray.	Ask students to predict which color cookies (or other item) might sell best. Based on their analysis (which might be surveys, questionnaires, tasting booths, etc.) they will recommend a certain color cookie to be produced for sale. You can incorporate a lesson on supply and demand – how closely will their market analysis match demand?
LESSON 8/9: Mindful Movement	Economic history traded	We tend to learn best when we are moving – so movement can be used to master new vocabulary words or historical events.	Recreate a Triangle of Trade in the classroom. Some students will represent England, the African coast, the Caribbean islands, the southern colonies and the new England colonies. Others will be ship captains, traveling from place to place in the room and trading goods and money as they go. Because human cargo was also involved, you can have some students play that role as well, if appropriate for the class.
LESSON 10: Perspective-Taking	Point of view debates	Perspective taking can help students offer critical analysis of historical events and famous historical figures.	Compare the points of view expressed by a European explorer and a native inhabitant about a common event or incident.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 11: Cultivating Optimism	Economics and entrepreneurship	A market economy relies on optimism to spur growth and innovation. A close look at entrepreneurship and investment can illustrate the power of positive thinking and creativity.	Case study: Ask students to track the growth of a start-up business in their community. What challenges did the business face? How did the business overcome those challenges? How might a pessimistic outlook have hindered its growth? How did optimism help it to thrive?
LESSON 12: Happy Experiences	Comparative history cultural awareness	Many families celebrate in different ways; many different cultures, too, have diverse celebrations. Learning more about these different ways to express our happiness can help us to better understand our own sense of happiness and well-being.	<p>Option 1: In cooperative groups, research a celebration that is practiced differently in different cultures such as Christmas or birthdays or the New Year. Each group will present a particular version of that celebration and incorporate the entire class in the festivities.</p> <p>Option 2: In cooperative groups, research diverse celebrations that are particular to specific cultural groups. Each group will present the celebration and incorporate the entire class in the festivities.</p>

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 13: Expressing Gratitude	Community awareness citizenship	Expressing gratitude makes us feel better – and it can also be a great learning tool to help students practice how to express their feelings orally and in writing.	Work with your class to identify members of the community who are dedicated to helping others. Example: Emergency responders, nurses, police officers, animal protection agents, etc. Ask students to create an expression of gratitude to send to one of these individuals. The expression might be a letter, collage, poem or song.
LESSON 14: Acts of Kindness	Newspaper reports	Kindness is expressed in countless ways across the globe. Learning about kindness can influence the students’ likelihood of practicing kindness.	Provide students with a few newspaper articles on acts of kindness in the world. Ask students to create a newspaper on “Kind acts at their school”. Each student will write an article on a particular act of kindness that they observed or discovered at their school.
LESSON 15: Mindful Actions in the World	Citizenship	Democracies depend on an active and informed citizenry. Use specific examples to inspire your students to engage in mindful action in their school or community.	Help your students to identify a problem or need in their school or community. Ask them to design and enact a campaign that advocates change or responds to the need.



“ Keep your MindUP
and your heart open. ”

– **Goldie Hawn,**
Founder of The Hawn Foundation

