

# MINDUP<sup>TM</sup>

## MindUP<sup>TM</sup> Training Workbook 3

Grade Levels: 6 — 8

How to align MindUP<sup>TM</sup> to subjects and grade levels.





Created by educators...for educators.

A PUBLICATION OF  
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EDUCATOR RESOURCES ✧ MINDFUL LEARNING ✧ ALIGNED WITH COMMON CORE ✧ FOCUSED CLASSROOMS ✧ RESILIENT CHILDREN

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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

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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.

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# 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.

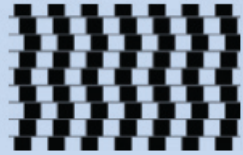


MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 1: All About the Brain	Brain-based character analysis	Critical analysis of character in reading response informed by neuroscience.	From: “All Quiet on the Western Front” by Eric Remarque, you might say, “The soldiers at the front have to be “all amygdala” in order to survive. If they took the time to reflect and use their PFC they would have died.”
LESSON 2: Mindful Awareness	Parts of a story / novel (setting)	The practice of “being in the present moment” and experiencing the “here and now” can help students better describe the setting in a short story or novel; it can also help students to approach the analysis of a piece of writing without judgment; with an open mind.	As you read the passage on page 87 of “Holes” by Louis Sachar, practice mindful awareness; be in the moment with the character and experience the moment as the character is experiencing it.
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	Cooperative group discussion	Helping students to “re-attend” even after they think they have already “figured it out”. Giving them practice to listen – without judgment — to their peers.	Remember when you thought you knew it was coins in the box, so you just dismissed them? And remember when I asked you to reconsider, and think: how <i>many</i> coins are in the box? What kinds of coins? When you listen to what your classmates say today during reading circle discussions, I want you to practice the same self-regulation. Do not jump to conclusions but instead <i>really</i> listen.
LESSON 5: Mindful Seeing	Editing and revision	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 drafts; to use <i>mindful seeing</i> in peer editing.
LESSON 6: Mindful Smelling	Creative writing	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.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 7: Mindful Tasting</b>	Editorial writing	<i>Mindful tasting</i> allows you to really focus on the different flavors and sensations. This experience can enhance an editorial writing assignment or report.	Writers workshop – students might create a recipe book – or offer a “food critique” of a restaurant in order to practice reporting on factual information or writing an editorial.
<b>LESSON 8/9: Mindful Movement</b>	Vocabulary development	We tend to learn best when we are moving — so movement can be used to master new vocabulary words.	Ask students to create movements or signs to accompany each vocabulary word on the list of assigned words a novel unit – or SSAT list, for example. Students can share their movements or signs with one another as they study their words.
<b>LESSON 10: Perspective-Taking</b>	Point of view debates	Perspective taking can help students offer critical analysis of character and plot in novels and short stories.	Ask students to compare/contrast the viewpoints of main characters in a novel. Example: The perspective of Scout in “To Kill a Mockingbird” as compared to Boo.
<b>LESSON 11: Cultivating Optimism</b>	Alternative endings	Cultivating optimism means opening your mind to possible solutions to challenging problems. This can be applied directly to classroom challenges, or literary texts.	At the end of <i>The Giver</i> , Lewis Lowry leaves the reader wondering whether Jonas survives or not. Ask students to create an optimistic ending to the novel.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 12: Happy Experiences</b>	Poetry and descriptive writing	The vivid quality of a happy memory lends itself to poetic expression and descriptive writing.	Ask students to reflect on a happy memory. Ask them to create a poem in which they capture all the sights, sounds and feelings of that memory.
<b>LESSON 13: Expressing Gratitude</b>	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 a 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.
<b>LESSON 14: Acts of Kindness</b>	Research reports	Kindness is expressed in countless ways across the globe. Learning about kindness can influence a 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.
<b>LESSON 15: Mindful Actions in the World</b>	Persuasive writing and speeches	Advocating for mindful action in the world can have a positive ripple effect in the 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.

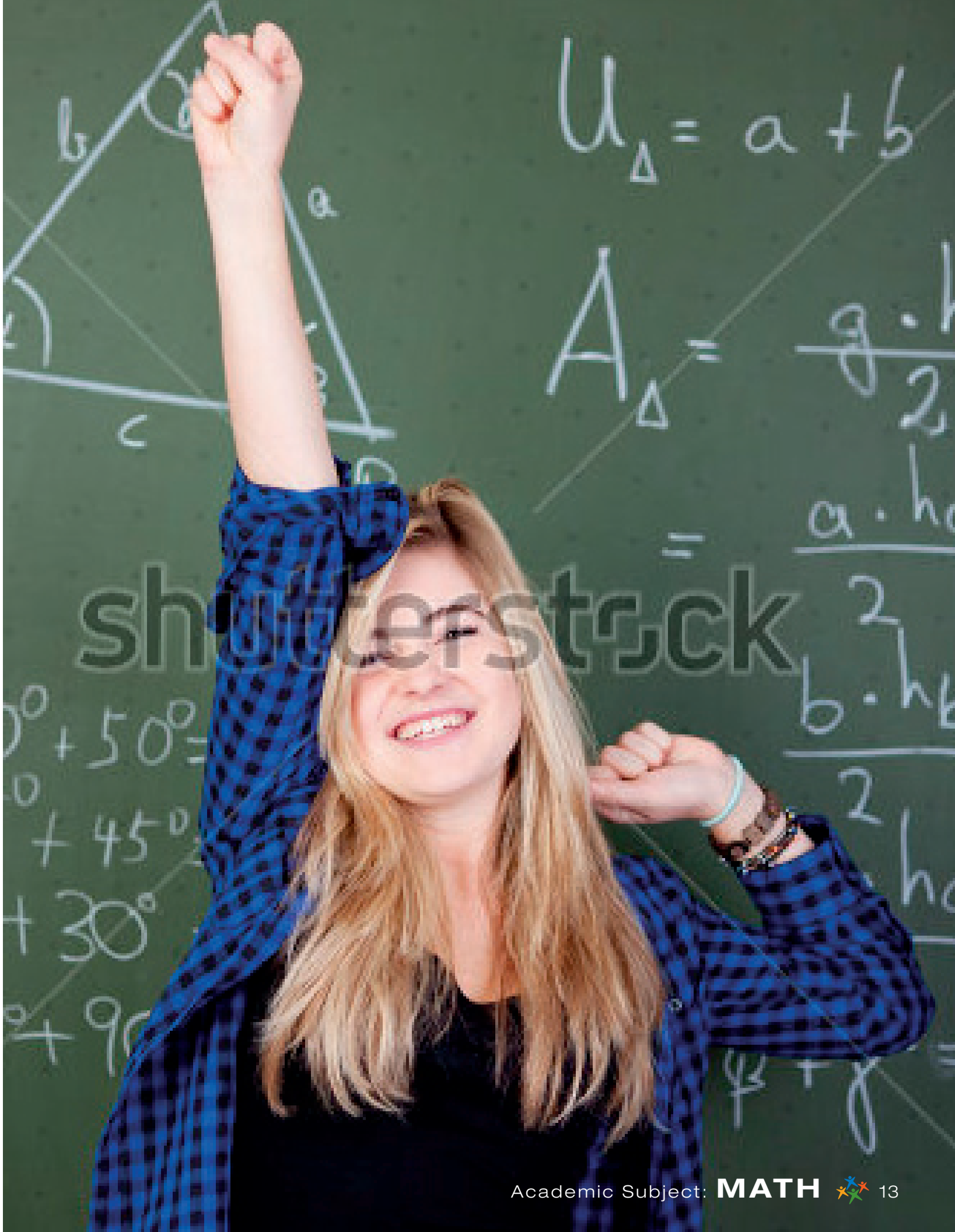
MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 1: All About the Brain	Geometry and spatial relationships	One interesting connection between mathematics and the brain is the reaction many people have to symmetric patterns and patterns that are deceptive. Example: What is the geometry of our perceptual system? How does the brain processes visual information?	Provide students with a series of optical illusions such as this one:  Use mathematics to model how the brain is being “fooled” by the illusion. This has “real life” applications in new computer software designs.
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 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 the core practice before we begin these math problems.”
LESSON 4: Mindful Listening	Music and fractions	Introduce to students the value of musical notes. Each note represents a specific value. Students will read note values/ simple music to create a symphony of clapping. This can be used not only to cultivate mindful listening, but also to better understand fractions.	To help students hear the value of these notes, tap your foot to a 4-beat measure and have students join in. Clap a measure of different types of notes at random and have students identify whether you have clapped whole, half, quarter, eighth, or sixteenth notes. Continue with variations – groupings of students and so forth. For an extension provide students with math problems using notes as fractions.
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.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 6: Mindful Smelling</b>	Statistics and probability	People process smell in unique ways. One person might find a particular odor pleasing whereas another person might find that same odor unpleasant. Often our reaction to smell is related to the memory our brain has formed in connection to the odor.	Ask students to create a survey to test the reaction of the school populace to selected odors. You can use this exercise to teach statistical analysis and probability.
<b>LESSON 7: Mindful Tasting</b>	Graphing	Use a mindful tasting lesson as a springboard for a graphing lesson.	Do a blind taste test of any items such as Skittles. Blindfolded, most students have difficulty discerning between the Skittle flavors. Each student will test a random sampling of 10 schedules and graph the class results based on how accurately students were able to identify the flavor.
<b>LESSON 8/9: Mindful Movement</b>	LCM and other multiplication skills	We tend to learn best when we are moving – so movement can be used to master new concepts in math.	Use skip-counting mats to teach LCM. First, the students individually travel down mats skip-counting by 3, 4, 5, 6, 8 or 9. Then, in small groups, they can be given the task of finding the least common multiple of a set of numbers comparing different skip-counting mats.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 10: Perspective-Taking</b>	Proportion and scale	The size of an object is a matter of perspective: a mouse might view a chair as a looming object, where as to a giant it is tiny. Use perspective as a springboard to a unit on proportion and scale.	Ask students to create scale models of rooms or items of furniture for a family of mice, a family of humans and a family of giants, for example.
<b>LESSON 11: Cultivating Optimism</b>	Review strategies	Cultivating optimism means opening our minds to possible solutions to challenging problems. This can be applied directly to challenging mathematical task.	Athletes frequently use positive self-talk before a game or event in order to enhance their performance. Ask students to create positive “cheers” or motivational phrases that specifically incorporate the mathematical principles of the units you have just completed. Use these phrases and cheers to prepare for the assignment.
<b>LESSON 12: Happy Experiences</b>	Simple equations and data analysis	Can happiness be qualified? Bhutan calculates a Gross National Happiness index, for example, and Chip Conley, author of “Emotional Equations” argues that everything that counts can and ought to be counted.	Ask the class to create equations designed to measure the happiness of the students or faculty as the school. For example, Conley created a simple formula: anxiety = uncertainty X powerlessness. Next, use the equations to design a simple survey. Conduct the survey and compile the results.

MindUP™ Lesson	Application	Classroom Integration	Example
LESSON 13: Expressing Gratitude	Word problems	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 word problems (relating to a relevant math topic) in which they express gratitude.
LESSON 14: Acts of Kindness	Exponents	Acts of kindness often have a ripple effect. One simple act influences another that in turn influences countless more.	Provide students with a real life example of an act of kindness that had a ripple effect, growing exponentially from its origin. Use the example to practice exponents.
LESSON 15: Mindful Actions in the World	Fractions, decimals and percentages	By identifying energy usage statistics, and then calculating the differences in usage between renewable and non-renewable sources we can better understand the need for, and benefits of, renewable energy.	Review math skills related to fractions, decimals and percentages. Provide students with background information on renewable and non-renewable energy sources. Provide each students with a renewable energy math worksheet. Ask them to solve each problem independently. Research additional facts and statistics related to the type of energy mentioned in the problem. Have the group develop a visual presentation that incorporates both the math problem and additional information.



MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 1: All About the Brain</b>	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.	Compare the teenage brain to an adult brain. What is the same? What is different? How might differences influence differences in the behavior or attitude of teens and adults?
<b>LESSON 2: Mindful Awareness</b>	Environmental studies and naturalists	The practice of being in the present moment and experiencing the here and now can help students to be more observant and appreciative of their environments.	Read excerpts from famous naturalist such as E. O. Wilson, Jane Goodall or Henry David Thoreau. Then, in the natural setting, ask students to attune to the present moment by simply taking in their surroundings. Ask them to record everything they are able to sense at that moment in a journal.
<b>LESSON 3: The Core Practice</b>	Self-regulation and focused attention	Doing a focused breathing exercise before a challenging task such as solving a chemistry equation or taking on a biology assignment, helps the students to reduce anxiety and attend.	“Let’s take a moment to settle ourselves with the core practice before we begin the test, or before you look into the microscope.”

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 4: Mindful Listening</b>	Biology and animal behavior	Mindful listening can help students to identify sounds that at first seem very similar. They can help students develop their powers of observation.	First, play a series of birdsongs for the students. Ask them if they can identify the different songs? Next, play each song separately and match the song with a particular bird by showing a picture and description. Then play the song again and see if students can identify the correct bird.
<b>LESSON 5: Mindful Seeing</b>	Lab assignments and microscopes	With mindful seeing you can help students to spot details in laboratory work.	In a unit on plants, students can use mindful seeing to identify similarities and differences between plants as seen under a microscope.
<b>LESSON 6: Mindful Smelling</b>	Chemistry and lab safety	Some smells can be pleasurable while others can warn us of danger.	Make esters in chemistry class – use them to scent bars of soap or to make perfume. Or, in a lab safety unit, discuss odors that might signify danger such as sulfur, as well as odorless dangers such as carbon monoxide.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 7: Mindful Tasting</b>	Organic versus non-organic	How do chemicals alter the flavor of food? How has the addition of chemicals to our foods changed our sense of taste?	Bring in non-organic apples and organic apples (or other organic/non-organic foods) and do a taste test in class. Use this to springboard a study of food additives and artificial flavoring.
<b>LESSON 8/9: Mindful Movement</b>	Biology and cells	We tend to learn best when we are moving – so movement can be used to master new concepts or scientific terms.	Divide students into cooperative groups of 4 to 6. Ask each group to create a cell with their bodies. Ask each member of the group to invent a movement or symbol with their body that represents the part of the cell they are playing.
<b>LESSON 10: Perspective-Taking</b>	Scientific discovery and history of science	Perspective taking has been a dividing force behind many great scientific discoveries.	Examine the different perspectives of Copernicus and Ptolemy. Though they were looking at the same thing, they reached very different conclusions. Use this to inform a unit on astronomy — or simply on the scientific method.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 11: Cultivating Optimism</b>	Scientific research	Cultivating optimism means opening our minds to possible solutions to challenging 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?
<b>LESSON 12: Happy Experiences</b>	Scientific method – designing experiments	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.	Use videos to illustrate the release of dopamine in the brain. Ask students to devise a “happiness” experiment to see if a subject feels the same level of happiness when they are experiencing a happy moment in “real time” compared to when they simply remember the happy moment.

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<b>LESSON 13: Expressing Gratitude</b>	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.
<b>LESSON 14: Acts of Kindness</b>	Life science	What is the evolutionary benefit of kindness? Some species demonstrate deliberate acts of kindness while others do not. Why?	Examine the pack dynamics of wolves or elephants in order to gain insight on the evolutionary benefits of kindness – and then apply it to human behavior.
<b>LESSON 15: Mindful Actions in the World</b>	Environmental science	The survival of our world and our species depends on the activism of concerned caretakers.	Ask students to design 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
<b>LESSON 1: All About the Brain</b>	Brain-based analysis of propaganda	Critical analysis of various examples of propaganda – posters, speeches, broadcasts.	In the unit on WWII, ask students to determine what parts of the brain is stimulated by a variety of WWII propaganda posters – why might many such posters (or speeches or broadcasts) spark an amygdala response?
<b>LESSON 2: Mindful Awareness</b>	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 a peasant during the French Revolution, or a Roman soldier and act out a famous moment in time. Try to conjure as much “realism” as possible by actually “being in the moment”.
<b>LESSON 3: The Core Practice</b>	Self-regulation and focused attention	Doing a focused breathing exercise before a challenging task such as writing an essay, reading a complicated text or reading a speech helps the students to reduce anxiety and to attend.	“Let’s take a moment to settle ourselves with the core practice before we begin writing, or before you stand up to give a speech.”

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 4: Mindful Listening</b>	Debate	Helping students to “re-attend” even after they think they have already figured it out. Giving them the practice to listen — without judgment — to their peers.	Remember when you thought you knew it was coins in the box, so you just dismissed them? And remember when I asked you to reconsider, and think: how <i>many</i> coins are in the box? What kinds of coins? When you listen to what your classmates say today during reading circle discussions, I want you to practice the same self-regulation. Do not jump to conclusions but instead <i>really</i> listen.
<b>LESSON 5: Mindful Seeing</b>	Historical photos	Through mindful seeing you can help students to spot details in photographic essays.	In a unit on the Great Depression, ask students to analyze a series of photos from Dorothea Lange — citing specific details they noticed to support the overall message they feel the photo is expressing.
<b>LESSON 6: Mindful Smelling</b>	Cultural differences and societal “norms”	The act of smelling is viewed as politeness in some cultures, whereas in others it is the height of rudeness.	Compare/contrast the “societal norms” of two different cultures. Debate why certain cultures might view sensory experiences differently.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 7: Mindful Tasting</b>	Comparative history	Spices have long been used to enhance or mask the flavor of food. Use a mindful tasting lesson to springboard an exploration of the spice trade.	In a unit on the Silk Road or Medieval trade, ask students to investigate the value of spices at that time. There are many other possible extensions: The significance of salt in India's history, for example, or sugar in the Triangle of Trade of the 1700s.
<b>LESSON 8/9: Mindful Movement</b>	Historical terms and vocabulary	We tend to learn best when we are moving – so movement can be used to master new vocabulary words or historical terms.	In a Medieval unit, review the rule of knights, peasants and clergy by asking students to make a specific body movement to signify the correct group corresponding to a given characteristic. For example, students might make a swishing sound as they pull out in imaginary sword in response to the teacher's statements. "They pledge to protect their Lord in exchange for land."

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 10: Perspective-Taking</b>	Point of view debate	Perspective taking can help students offer critical analysis of historical events and famous historical figures.	Compare the points of view expressed by President Wilson and Henry Cabot Lodge regarding the ratification of the Treaty of Versailles in 1919.
<b>LESSON 11: Cultivating Optimism</b>	Optimism has a political strategy	Cultivating optimism means opening our minds to possible solutions to challenging problems. This can be applied directly to classroom challenges, or in literary texts.	Provide students with excerpts from FDR's first Intercal address delivered in 1933. Ask them to underline all the optimistic statements in the speech. Lead a discussion about why FDR believed optimism would help to end the depression.
<b>LESSON 12: Happy Experiences</b>	Historical memoirs	Happy memories can be powerful tools in overcoming adversity.	Provide students with a set of historical memoirs or letters that recount happy memories. Ask students to determine how these memories might have influenced the writers ability to overcome challenges. For example: Anne Frank's Diary.

MindUP™ Lesson	Application	Classroom Integration	Example
<b>LESSON 13: Expressing Gratitude</b>	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 a 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.
<b>LESSON 14: Acts of Kindness</b>	Research reports	Acts of kindness can have significant historical impact. Learning about them can influence the students’ desires to be kind.	Ask students to research a particular act of kindness that occurred in history. Ask them to create a flowchart illustrating the impact of the action on society and events. For example, Schindler’s protection of Jewish workers during WWII.
<b>LESSON 15: Mindful Actions in the World</b>	Persuasive writing and campaigning	Democracies rely on the willingness of its citizens to actively participate in decision-making and to be aware of society’s challenges.	Ask students to identify a problem at school or in the community they feel could be overcome through mindful action. Ask them to design a persuasive campaign advocating the action and to join.



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Keep your MindUP  
and your heart open.

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

