

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

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## [Books] 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

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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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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

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curriculum within and across grade levels activate the responsive teaching that meets students where they are and brings them forward with intention and precision build professional learning opportunities with colleagues create a common vision and common language for literacy in your school Look for these new enhancements inside: Streamlined organization and navigation Expanded behaviors and

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