

2018-2019

MindUP Summary Report for Families



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MINDUP™
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MINDUP FOR YOUNG CHILDREN Research Project

Dear Parents/Guardians,

Greetings from Western University's Centre for School Mental Health. We are the research team evaluating the MindUP program in partnership with the London District Catholic School Board. We are pleased to share our findings from the third year of the MindUP for Young Children Research Project. This past school year (2018-2019), your child's teacher completed surveys about your child's behaviour at the beginning and end of the school year.



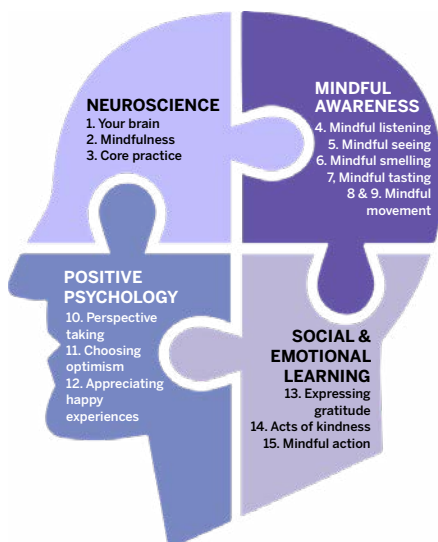
Mindful smelling

MindUP

MindUP is a classroom-based program that provides all students with the opportunity to develop social, emotional, and cognitive skills. Studies show that development of these skills is associated with a wide range of positive outcomes, including increases in attention, impulse control, adaptive behaviour, prosocial skills, and academic performance.

Through 15 teacher-led lessons that integrate neuroscience, mindful awareness, and positive psychology, MindUP targets five core social and emotional learning competencies.

MindUP Themes & Lessons



Social & Emotional Learning Competencies



This year...



32 Classrooms in 9 LDCSB Schools implemented MindUP



32 Educators were trained in MindUP



263 students received MindUP

Program Benefits

- MindUP is aligned with the Ontario Ministry of Education Directives, LDCSB Strategic Goals, and regular academic curriculum.
- Many MindUP teachers liked how easily MindUP can be integrated with other subjects (e.g., religion, family life program, science, language, etc.)
- Teachers noticed improvements in personal well-being as a result of implementing MindUP. Many reported that they're more calm, mindful, and compassionate in the classroom.
- Teachers reported high levels of student engagement and program acceptability. Students seemed to enjoy: 1) Breathing Exercises, 2) Learning about the brain, 3) Calming jar, 4) Chime



Mindful senses integrated with music



Breathing Exercises

"They love all the calming activities, especially any that have to do with breathing. We do some every day now!"



Learning about The Brain

"Kids love learning about their brain and how it works. I even got some feedback from a parent that said their child has been discussing his amygdala with them."



Calming Jar

"We are seeing the benefits of this program and the students are enjoying it as well. They particularly like making the calming jar, and use it daily."



Chime

"My students love the chime and it is like magic to calm them after lunch recess."

- Teachers observed positive changes in children's behaviour after implementing MindUP. Many noticed improvements in their students' five social and emotional learning skills:

Self-Awareness	<i>"One particular student...If he is having a tough time, if he's frustrated, he can actually verbalize, 'My amygdala is firing.'"</i>
Self-Management	<i>"One of the little guys I had last year...He would be flipping tables and throwing chairs and screaming at the top of his lungs. Now...You can see that he's belly breathing because he has his hands on his belly. You can see that he removes himself from wherever he is, he just finds that quiet space in the classroom... And that shows me that he's being mindful and he's taking everything that we've taught."</i>
Social Awareness	<i>"I have a child who is explosive...And I think the other kids are better able to understand why he is that way because of how the brain works...They're very accepting of that because they know, 'Oh it's just, his brain isn't at the same point of self regulation as ours is.' So they're more sympathetic, whereas before, they were shocked and more afraid."</i>
Relationship Skills	<i>"It's really cool to see them actually helping each other. Sometimes out on the playground, I'll be watching them play and then they'll go, 'I'm going to go tell on you,' and they are like, 'Is it a big problem or a little problem, can we deal with it together, do we have to tell a teacher.' It's really helped them...handle situations and deal with things without necessarily needing to go to an adult or needing to gather other kids to come and help you deal with your problems. It's really cool to watch them and see how they've grown...They are learning life skills."</i>
Responsible Decision-Making	<i>"I have a calming corner in my class...They are all very open and they're very honest if they need to use it. They come to me and they request it...I think they feel, 'I know what I'm doing and I know what's going on' and they are proud to let you know that 'I need this.'"</i>

This year...

Educators have shown continued enthusiasm and survey results have shown that MindUP has significant benefits for young children. We will continue to support MindUP implementation in LDCSB schools by providing training, resources, and support for teachers. To ensure sustainability of MindUP beyond the research partnership, we have trained Certified MindUP Trainers within LDCSB to train future MindUP implementers within the school board.



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Mental Health



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Claire Crooks
Director, Centre for
School Mental Health
ccrooks@uwo.ca
519-661-2111 x 89245

Andrea Lapp & Sue Kim
Project Coordinator, MindUP
alapp4@uwo.ca;
hkim725@uwo.ca
519-661-2111 x 82255

Sandra Savage
Mental Health Lead,
LDCSB
ssavage@ldcsb.ca
519-663-2088 x 42105

Terry Spencer
Research and Evaluation
Officer, LDCSB
tspencer@ldcsb.ca
519-663-2088 x 40006

1137 Western Road, Room 1154
Faculty of Education Building, Western University
London, Ontario, Canada, N6G 1G7



csmh@uwo.ca



www.csmh.uwo.ca