

PARENT FAQ's

THE MINDUP CURRICULUM

Brain-Focused Strategies for Learning—and Living

What is MindUP?

MindUP is a classroom-based, educator-led curriculum that teaches Social-Emotional Learning skills by linking brain science, positive psychology, and mindful awareness.

What is Mindful awareness?

Mindful awareness is paying attention to the present moment, thoughts, feelings, bodily sensations and the surrounding environment.

How is MindUP implemented?

MindUP is 15 lessons integrated into the kindergarten curriculum that aligns with Ontario Ministry of Education Directives and LDCSB Goals. The lessons are tailored to young children and cover topics such as how the brain works, mindful sensing, mindful movement, taking different perspectives, gratitude, performing acts of kindness, and more.

What are the benefits of MindUP?

MindUP has shown to reduce stress, improve academic performance, strengthen concentration abilities, enhance perspective taking, empathy, and kindness.

Where can I find more information?

Please visit www.MindUP.org by the Hawn Foundation for further information, videos, and research.

To me, mindful awareness means being present to others, present to God... it is the first step to understanding that our blessings come from God.

- Joe Bezzina, Curriculum Coordinator, LDCSB

