



MindUP Early Years Curriculum

2.0 Core Lessons		
Theme	Purpose	Learning Goals
Unit 1: Mindful Me		
1. Creating the MindUP Classroom	To create a safe, caring classroom environment, build positive connections among children, and foster positive teacher-student relationships. A caring classroom environment helps students feel a sense of belonging and connection to their classmates and teachers.	<ul style="list-style-type: none"> • Activity 1: Welcome All of Us <ul style="list-style-type: none"> ◦ Help children get to know one another and build an inclusive community. • Activity 2: Getting to Know You <ul style="list-style-type: none"> ◦ Help children find similarities and listen to each other's perspectives. • Activity 3: Welcome Hearts <ul style="list-style-type: none"> ◦ Welcome students to the classroom; start the day with connection and kindness. • Activity 4: Welcome to Our Classroom <ul style="list-style-type: none"> ◦ Invite children to create welcoming art to decorate the classroom.
2. Mindful Listening	To introduce children to the ideas of being mindful and unmindful. In addition, the series of activities help children begin to focus their attention by using their listening skills.	<ul style="list-style-type: none"> • Activity 1: Mindful Listening <ul style="list-style-type: none"> ◦ Build mindful ears. • Activity 2: Mindful Me! <ul style="list-style-type: none"> ◦ Demonstrate and practice mindful awareness; learn about mindful and not mindful actions. • Activity 3: Mindful Music <ul style="list-style-type: none"> ◦ Build self-awareness, including emotional awareness, while also building attentional skills by practicing mindful listening. • Activity 4: Mindful Beats <ul style="list-style-type: none"> ◦ Develop mindful awareness and executive functioning by requiring children to harness their attentional control and working memory.
3. Mindful Breathing - Introduction to the Brain Break	The series of activities in this theme introduces children to deep belly breathing and the MindUP Brain Break.	<ul style="list-style-type: none"> • Activity 1: Mindful Listening - Chime Time <ul style="list-style-type: none"> ◦ Practice paying attention by focusing on sound – listening to the sound of a chime. • Activity 2: Brain Break - Smell the Flower/Blow out the Candle <ul style="list-style-type: none"> ◦ Learn and practice mindful breathing by using the visualization of smelling a flower and blowing out a candle. • Activity 3: Brain Break - Breathing with Stuffed Animals <ul style="list-style-type: none"> ◦ Practice mindful breathing with friends (stuffed animals). • Activity 4: Brain Break <ul style="list-style-type: none"> ◦ Introduce children to the MindUP Brain Break; develop mindful, focused awareness and self-regulation skills.

4. My Brain	The series of activities in this theme introduce children to their brain and the various parts of the brain that are involved in managing emotions. A series of activities introduce brain concepts in a variety of ways, including opportunities for children to develop their executive functioning (self-regulation) skills.	<ul style="list-style-type: none"> • Activity 1: What Do I Know About My Brain? <ul style="list-style-type: none"> ◦ Invite children’s curiosity about their brains; help children access any prior knowledge they may have about the brain. • Activity 2: My Mindful Brain <ul style="list-style-type: none"> ◦ Help children learn about the different parts of the brain. • Activity 3: Mind Jar <ul style="list-style-type: none"> ◦ Create a Mind Jar which represents their brain when feeling calm and focused.
5. My Feelings	The purpose of this theme is to help children develop emotional literacy skills by learning the identity and name emotions.	<ul style="list-style-type: none"> • Activity 1: What Are Feelings? <ul style="list-style-type: none"> ◦ Introduce children to emotions/feelings, and develop children’s self-awareness of how different emotions feel in their bodies. • Activity 2: My Feeling Brain <ul style="list-style-type: none"> ◦ Help students revisit the brain areas and what each one does.
Unit 2: Mindful Senses		
6. Mindful Seeing	Children will practice mindfulness through a focused attention activity (sight). Specifically, children will practice attending to an external item (lime, orange, marble). This task helps to train attention, which facilitates emotional balance and awareness.	<ul style="list-style-type: none"> • Activity 1: Mindful Seeing <ul style="list-style-type: none"> ◦ Help children develop mindful, focused awareness.
7. Mindful Smelling	Children will practice mindfulness through a focused attention activity (smell). Specifically, children will practice attending to an external item (different scents). This task helps to train attention, which facilitates emotional balance and awareness.	<ul style="list-style-type: none"> • Activity 1: Mindful Smelling <ul style="list-style-type: none"> ◦ Help children develop mindful, focused awareness.
8. Mindful Touch	Students will learn a mindful focused awareness activity (touch). Students will also practice using touch as a way to foster mindful awareness. Specifically, children will learn to attend to external stimuli (tactile sensations). These tasks help to train attention, which facilitates emotional balance and awareness.	<ul style="list-style-type: none"> • Activity 1: Mindful Touch - Mystery Objects <ul style="list-style-type: none"> ◦ Help children develop mindful, focused awareness.
9. Mindful Taste	Students will practice mindfulness through a focused attention activity (taste). Specifically, children will practice attending to an external item (raisin or chocolate). This task helps to train attention, which facilitates emotional balance and awareness.	<ul style="list-style-type: none"> • Activity 1: Mindful Tasting <ul style="list-style-type: none"> ◦ Help children develop mindful, focused awareness.

<p>10. Mindful Movement</p>	<p>Students will learn focused attention activities (movement). Specifically, children will learn to attend to an internal sensation and external stimuli (physical movement). These tasks help to train attention, which facilitates emotional balance and awareness.</p>	<ul style="list-style-type: none"> • Activity 1: Noticing My Heartbeat <ul style="list-style-type: none"> ◦ Help children develop mindful awareness of their bodies. • Activity 2: Shake It Off <ul style="list-style-type: none"> ◦ Help children develop mindful awareness of their bodies.
<p>11. Gratitude</p>	<p>Children will be introduced to the concept of Gratitude. Gratitude has been found to be an important practice to promote well-being.</p>	<ul style="list-style-type: none"> • Activity 1: What Is Gratitude? <ul style="list-style-type: none"> ◦ Introduce children to the concept of gratitude. • Activity 2: Gratitude Tree <ul style="list-style-type: none"> ◦ Get a visual reminder of what gratitude is and what we are grateful for.
<p>Unit 3: Mindful ME in the World</p>		
<p>12. Mindful Friends</p>	<p>Children will learn about friendship and the types of words and behaviors that help us to be good friends to one another.</p>	<ul style="list-style-type: none"> • Activity 1: What Is a Friend? <ul style="list-style-type: none"> ◦ Help children develop an understanding of friendship. • Activity 2: Friendly Words, Not Friendly Words <ul style="list-style-type: none"> ◦ Help students generate ideas of friendly and non-friendly words and actions.
<p>13. Mindful Me in Nature</p>	<p>Children will practice mindful awareness in nature to foster an appreciation for nature and an attitude of care for the earth.</p>	<ul style="list-style-type: none"> • Activity 1: Mindful Walk in Nature <ul style="list-style-type: none"> ◦ Help children experience the outdoors and develop mindful awareness. What do I see? What do I smell? What do I feel? What do I notice? • Activity 2: Nature Gratitude <ul style="list-style-type: none"> ◦ Provides a great opportunity to invite parents and caregivers to join and participate with the class.
<p>14. Mindful Community</p>	<p>Children will learn about kindness and apply what they have learned by way of a collaborative kindness activity.</p>	<ul style="list-style-type: none"> • Activity 1: What Is Kindness? <ul style="list-style-type: none"> ◦ Have a discussion about kindness. • Activity 2: Acts of Kindness <ul style="list-style-type: none"> ◦ Engage children in experiential learning through kind actions. The aim is to connect children's efforts to something they see in their everyday life – for example, appreciation of people in their school (thank you cards, make muffins, etc.)