We hear you — and at The Hawn Foundation and MindUP™ we get it.

As a teacher you are likely overworked, overwhelmed and feel under-appreciated. Your personal stress seems to increase in step with the initiative du jour your school is implementing — all under the objective of improving student’s academic performance.

Of late, you might feel that you are spending more time preparing and drilling for testing than you are spending creating a rich learning culture in your classroom. We’d like to help relieve your stress and create a calmer and more productive classroom.

Everyday you may see students that are vulnerable — acting out, unable to calm themselves or verbalize what is troubling them. You may see increasing levels of stress, anxiety and trauma in your students and often feel that you simply don’t have the tools to really help them.

As a teacher you often must serve too many masters and we understand — the last thing you need is one more thing to do.

At MindUP™ we offer a SEL learning curriculum and framework that shifts your relationship first with yourself, then with your students and in turn, your students relationships with the world.

We like to say that we are grounded in Neuroscience, activated by Mindful Awareness, inspired by Positive Psychology and a catalyst for Social and Emotional Learning. These four pillars inform a curriculum and framework of 15 lessons that, when combined with key principles and practices, help develop self-regulation and focus in your students, along with an improved ability for them to work well with others.

Students in MindUP™ classrooms are more optimistic, empathetic, compassionate and have lower levels of stress and anxiety. And while we are thrilled to have such efficacy with students — we are equally excited about what our program offers teachers.

MindUP™ teachers report lower stress, better sleep, more patience and improved relationships with their students.

I hope this guide answers any of your questions about how to access MindUP™ for Teachers.

Best regards,

Laurie Coots
CEO
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The MindUP™ program shifts perspective—cultivating positive behaviour, improved learning and scholastic performance, as well as improving student’s relationships with themselves and others. These are the qualities our children need in order to build success for a lifetime.

The MindUP™ framework of 15 lessons are tailored appropriately to student’s age group and development level. Each lesson gives students the knowledge, skills and practices that help them increase their focus and overall resilience.

MindUP™ is evidence based and CASEL accredited, providing specific skills and practices to develop all five CASEL objectives, from Self-Awareness to Responsible Decision Making.

The program is brought to life by Teachers in a classroom following either a whole school immersive training, or a regional training with like-minded Teachers. In addition to the 15 Lessons, MindUP™ provides a series of practices, like “Brain Breaks” which are done 3 times a day and before testing; as well a practices in gratitude and pro-social behavior.

Following either a school or regional training, every Teacher gains access to our on-line Digital Portal, which in addition to providing the curriculum and framework for MindUP™ Lessons - grades PreK to 12, also provides Teachers with audio/video links; templates and resources; recommended reading, added extension lessons and activities, take home lessons in Mindful Living as well as a community of MindUP™ Teachers that are willing to share their how they incorporated MindUP™ principles, skills and practices into their existing lesson plans and subject areas, like Language Arts, Math, Social Studies and Science.

Our objective is make sure Teachers have everything they need to successfully implement MindUP™ in their classrooms with fidelity.

MindUP™ provides Teachers an opportunity to develop a new relationship with themselves, promoting self-care skills and practices that reduce stress and improve relationships with students and fellow faculty.

The result is a more Mindful and focused classroom that supports learning and scholastic achievement. And with fewer classroom disruptions teachers find they have more time to teach and the students are more ready to learn.

Check out our calendar of events on our website today to find an upcoming regional training near you.

We Support Your Learning Culture

81% of children improved self-regulation
75% improved planning and organizational skills
90% of children improved their pro-social behavior

82% OF TEACHERS SAY THAT MINDUP™ STUDENTS ARE MORE OPTIMISTIC

MindUP™ is not another thing to teach — it represents a way of teaching.

MindUP™ in the classroom allows Teachers to help children achieve and maintain focused attention; experience children in the class as individual learners with a more accurate view of their talents and challenges; respond more thoughtfully and mindfully, rather than be reactive when under pressure; improve communication with children, parents and staff; develop a classroom climate that is infused with optimism and hope, helps create a stronger, more vibrant school ethos and culture and for many teachers — to experience greater job satisfaction.

What Teachers are saying:

“I think [MindUP] truly puts our lives into perspective. By appreciating each moment and focusing on the present we are able to be more purposeful in what we do and hence, we are able to succeed and feel more satisfied.”
—Charlotte Lab School

“Now the students can do “self talk” messages to themselves when they get distracted. More learning is happening within the classroom!”
—Waianae Elementary

Benefits to Teachers
We are Well Researched

MindUP™ is one of the most researched programs available.

Click through to three of the many documents, studies and articles that have been conducted on the efficacy of MindUP™ over the past 13 years. Check out a chapter from a newly published text book that highlights our body of research, or an article on our landmark cortisol study in children, or finally, a presentation on what research suggests about the implementation and sustainability of SEL programs in Schools. We are proud that the leadership of the MindUP™ program shines through.

BOOK EXCERPT:
Here in the Handbook of Mindfulness in Education, you will find a summary of much of the MindUP™ research that has been published to date.

MINDFULNESS IN SCHOOLS
Here you will learn how a social and emotional learning (SEL) program involving mindfulness and caring for others, enhances cognitive control, reduces stress, promotes well-being and prosociality, and produces positive school outcomes.

SEL IMPLEMENTATION SECRETS
Here you will find a presentation: SEL Implementation and Sustainability: What Does the Research Say? by Kimberly A. Schonert-Reichl, Ph.D. that tracks the strengths of different implementation models.
We're Aligned With You

The MindUP™ program is complementary to and aligns with a wide range of curriculums and programs, including: Common Core, International Baccalaureate, Positive Education, PBIS, and the new specifications of ESSA. Additionally, our new Regional Training includes time and instruction to help teachers understand how to plan lessons, integrate existing lesson plans and how to align key subject matters to accomplish the objectives of the MindUP™ program.

Imagine creating a classroom

Where empathy prevails over violence
Where compassion fuels the courage to try
Where optimism triumphs over stress and overwhelm
Where trauma can be expressed and healed
Where quiet and focused minds are ready to learn and gratitude rules the day.

At MindUP™ our mission is to provide the mindset and the skills students need to thrive and succeed in the world.

MindUP™ comes to life in the classroom providing immersive experiences and daily practices that shift a child’s perspective — improving learning scholastic performance, and driving positive behavior

...for a lifetime.
For More Information — Contact Us

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