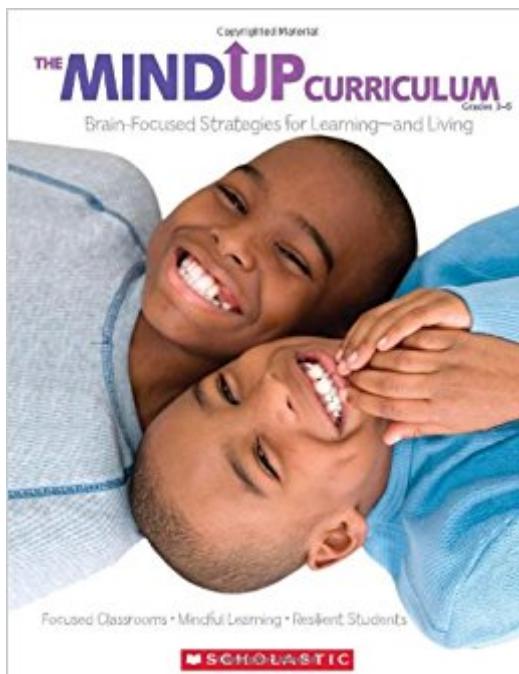


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# The MindUP Curriculum: Grades 3-5: Brain-Focused Strategies For Learning&#151;and Living



## **Synopsis**

This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life. The lessons fit easily into any schedule and require minimal preparation. Classroom management tips and content-area activities help you extend the benefits of MindUP throughout your day, week, and year! Includes a full-color, innovative teaching poster with fascinating facts about the brain! For use with Grades 3-5.

## **Book Information**

Series: The MindUP Curriculum

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Best Sellers Rank: #5,793 in Books (See Top 100 in Books) #8 in Books > Education & Teaching > Schools & Teaching > Curriculum & Lesson Plans > Curricula #49 in Books > Business & Money > Education & Reference #78 in Books > Education & Teaching > Schools & Teaching > Education Theory

Age Range: 8 - 10 years

Grade Level: 3 - 5

## **Customer Reviews**

The Hawn Foundation, in collaboration with neuroscientists, behavioral psychologists, educators, and leading researchers in the field of social and emotional learning, has developed MindUP® instructional materials and trainings for teachers of grades PreK-8. A key contributor is Judy Willis, renowned neurologist, middle school teacher, and brain.

Great product for a great price. I am a K-5 school counselor and I use this curriculum with all of my classes.

As a special education teacher I love this curriculum. The students find the information and lessons engaging, and the material can be easily adapted as needed. I would suggest this curriculum for any and all students.

Great curriculum to teach mindfulness

thank you... as promised

I am using this grade level and the K-2 book together with a small group of 3rd grade boys and girls with behavior needs who also needed some guidance away from egotism and onto optimism.

Coupled with yoga and additional whole-class activities, we are making progress. We start and end each meeting with a triangle chime that the kids use to focus. When the echo of the chime is done, we begin or end; which is a great centering activity itself. They have enjoyed the hands-on experiments, art activities, and learning how the brain contributes to our ability to pay attention to detail, drown out the distractions, and appreciate the little things. This curriculum is easy to use, most days I can prep it just 5-10min before the lesson is held. Some lessons require household supplies, but are easy to acquire and can be creatively substituted. 4 stars because some of the content was a little "heavy" or too difficult for the 3rd graders, so I used ideas/references in the K-2 book. Easy enough to do this, when you have both books. Could prob use the K-2 book alone for 3rd graders and beef up the ideas or go a little deeper with the theme.

Not as user friendly as I had expected, but good content. I wish it was more formatted for actual classroom lessons, similar to Second Step. You need to supplement with many other visuals to really engage the students. I like the poster that is included.

My kids totally get it :o). It helps explain it in a language I can fully understand so then I am able to explain it to them. They like the poster. They look forward to this lesson everyday :o)

Fantastic curriculum for my students. I am a school counselor using this school wide to help my students understand their brains and the role each part plays in our thoughts and feelings. Being mindful is our goal this year and. We are. Well on our way with this curriculum!

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