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The MindUP Curriculum: Grades PreK–2: Brain-Focused Strategies For Learning—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 PreK-2.

Book Information

Series: The MindUP Curriculum

Paperback: 160 pages

Publisher: Scholastic Teaching Resources (Teaching; 1 edition (February 1, 2011))

Language: English

ISBN-10: 0545267129

ISBN-13: 978-0545267120

Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 57 customer reviews

Best Sellers Rank: #4,166 in Books (See Top 100 in Books) #5 in [Books > Education & Teaching > Schools & Teaching > Curriculum & Lesson Plans > Curricula](#) #18 in [Books > Education & Teaching > Schools & Teaching > Early Childhood Education](#) #35 in [Books > Business & Money > Education & Reference](#)

Age Range: 4 - 7 years

Grade Level: Preschool - 2

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.

I got this curriculum just for the summer to prevent backslide of my rising 1st graders skills. I thought I'd get some ideas to couple with other basic workbooks I got. I am only a few lessons in, but I love

the way it breaks down each lesson and provides ideas for hands-on work and thoughtful discussion. I must admit that I feel like I am learning just as much as my son about self-control and mindfulness. The huge poster of the brain is a big hit too!! I will update this once we finish.

I am using this curriculum for homeschool my son. we are learning and enormous amount about ourselves and how we operate. Awesome material.

I have been using this curriculum in a 2nd and 3rd grade classroom. I have to say I really like it, there are a lot of activities to choose from. My only criticism is that the language used to describe the lessons and the brain science/research behind the activities is difficult for this age group to grasp.

This program is great and I can't wait to see this being used school wide! Having TK kids be able to tell three parts of the brain and what they do is amazing!

thank you... as promised

I read the book in a day, and can't wait to share the lessons with my class. I'm going to use this as my differentiated supervision this year. If it helps my students, I'll continue to use it.

As a Special Educator who is also trained as an Occupational Therapist, I must say this is a super resource (prek to 2) and I am so excited to use it. The book is chock full of information and suggests ways to present it to the children in ways that can be understood. Yes the brain has many complex parts but that is why you give the parts nicknames that represent them..like the amygdala is the "security guard".. you could do so many additional things to make the brain parts understandable by using props and visual representations to go with the complex jargon. Since the book provided so many additional suggestions for other pieces of literature to support the ideas of mindful seeing, smelling, tasting, etc. I am able to use it across curriculum in language arts and hit on science through our 5 senses. Working with young children it is obvious that children's bodies and brains are different today than they were even 5 years ago, an epidemic of children who are totally disconnected to the concept of being mindful and I think unless we begin to intentionally teach this it's going to be another skill our children miss out on in this fast paced world they live in... Reasonably priced and easy to read...Kudos to Scholastic and The Hawn Foundation. Hopefully

sooner rather than later our educational system will embrace children as more than the sum of their test scores!

Very good material.

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