

# THE MINDUP CURRICULUM: GRADES 6–8: BRAIN-FOCUSED STRATEGIES FOR LEARNING—AND LIVING BY THE HAWN FOUNDATION



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# THE MINDUP CURRICULUM

Grades 6-8

Brain-Focused Strategies for Learning—and Living



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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.

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# **THE MINDUP CURRICULUM: GRADES 6–8: BRAIN-FOCUSED STRATEGIES FOR LEARNING—AND LIVING BY THE HAWN FOUNDATION PDF**

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 6-8.

- Sales Rank: #17577 in Books
- Brand: Scholastic Teaching Resources
- Published on: 2011-02-01
- Original language: English
- Number of items: 1
- Dimensions: 10.50" h x 8.25" w x .50" l, .88 pounds
- Binding: Paperback
- 160 pages

## Features

- Satisfaction Ensured
- Design is stylish and innovative.
- Functionality that is Unbeatable.

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## Most helpful customer reviews

9 of 9 people found the following review helpful.

Awesome

By Dawn Witthaus

I love this curriculum and use it with my very active grandchildren. Even though it can be used in schools you can apply it to daily life.

7 of 7 people found the following review helpful.

## Helping Middle Schoolers Develop New Skills

By Claire Romero

I like this curriculum. We used it for 7th grade girls and boys. We modified some of the exercises and had to omit a few. We always included the skill of taking a pause.

The skills in this book are essential tools for our 21st Century kids to stay focused and be kind and solid humans.

5 of 5 people found the following review helpful.

Helping students understand how their brains work so that they are in control rather than their brain helps them use better prac

By vjram

As a school psychologist I see the value, importance and relevance of teaching mindfulness in the school. I see so many students with symptoms of anxiety, depression and minds that just seem difficult to slow down. Helping students understand how their brains work so that they are in control rather than their brain helps them use better practices to make better choices. I have used this curriculum over the course of this school year and have had positive comments of the curriculum's effectiveness from both students, parents and teachers. I recommend this curriculum in any format, class-wide, small group, individually, and I have even implemented at home with my two young boys.

See all 26 customer reviews...

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