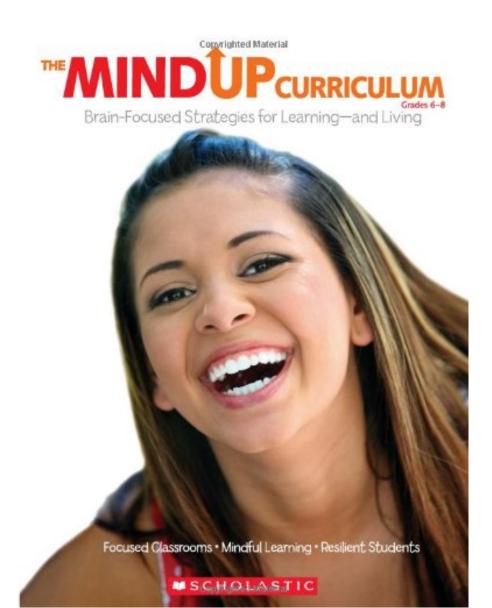


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About the Author

The Hawn Foundation, in collaboration with neuroscientists, behavioral psychologists, educators, and leading researchers in the field of social and emotional learning, has developed MindUPTM 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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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: 2011-02-01Original 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
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By vjram

As a school psychologist I see the value, importance and relevance of teaching minfulness 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.

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