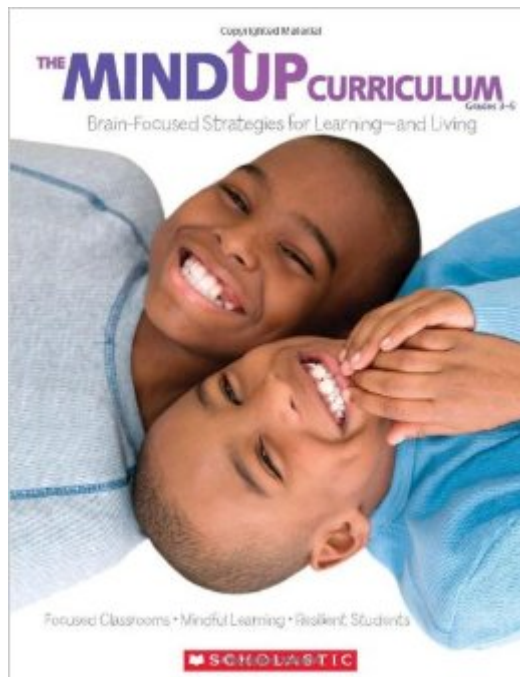


The book was found

# The MindUP Curriculum: Grades 3-5: 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 3-5.

## Book Information

Series: The MindUP Curriculum

Paperback: 160 pages

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Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (32 customer reviews)

Best Sellers Rank: #12,515 in Books (See Top 100 in Books) [#10 in](#) Books > Education &

Teaching > Schools & Teaching > Curriculum & Lesson Plans > Curricula [#76 in](#) Books >

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Teaching > Education Theory

Age Range: 8 - 10 years

Grade Level: 3 - 5

## Customer Reviews

I was looking for something that would tie my classroom management strategy neatly into a single package but have not found that magic missing piece. My school district uses several different programs (Capturing Kids Hearts, Kids at Hope, and some of the schools use Make You Day). I like to share with my students WHY it is important to Choose Kind (from the book Wonder (our first read aloud of the year). I have tried incorporating things from Whole Brain Teaching and even Kagan Strategies but it all seemed so disjointed. Until now!!! This book teaches the students about the brain and how different parts of the brain respond to different things. It teaches students how they

respond to stress and why. It teaches them to recognize which part of their brain is in control and then asks them if that is truly the part that should be in charge OR if there is a better decision that they should be making. As if that is not enough, the author took the time to tie each of the lessons to CCSS standards so teachers can justify the use of it in the classroom. There are additional books (literature) you can use as read alouds to help make each topic come to life. Each unit is meant to last 2 weeks and the book is designed to be taught over the course of the year. I love how it ties in the sense and some great science lessons. This is excellent for your ADHD, Shy, and students with anger issues. I cannot wait to begin to use it this upcoming school year.

Gives great suggestions about how to introduce meditation concepts in an easy to follow, creative manner. I especially loved the "brain bottle" containing sand, glitter and water to show what an "agitated brain" looks like and how meditation teaches it to calm down. I use it with my adult clients as well when I explain how the amygdala creates chaos in our brains when we're upset.

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.

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.

This is an easy to implement curriculum that is having incredible results in my diversified classroom, I would highly recommend it!

The content of this book is great - the authors make accessible pretty advanced psychology/brain research - I use this book for 1-3 grade montessori, but the material is relevant for students up thru high school! Lessons are creative, short, and easy to follow.

This curriculum should be in schools world wide I'm not even halfway through the book yet and all of the info is so helpful, my child has been diagnosed with adhd but if this curriculum was apart of every school he wouldn't need special services which is not helping at all ,he needs the strategies mentioned in this book to be productive is these city Schools

This curriculum is just what I need to help my fourth grade students begin to understand the way their brains work, and learn how to regulate their emotions. I love the way that it directly teaches brain science to students, and they love it too! I like the reproducible worksheets that are provided, as well as the brain facts poster. Although, I do find myself creating a lot more visuals (posters, powerpoints, etc) to supplement so that I am not just stuck reading or lecturing aloud to my students. I took one star off because the lesson plans are kind of confusing and not what I was expecting based on the description. I saw that there were 15 lessons and thought that it would be perfect to implement lessons once or twice a week. However, this curriculum expects you to set aside time almost every day if you want to teach the full curriculum within one school year. The lessons are actually made up of several parts that are meant to be taught over a 2-week period.

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