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The MindUP Curriculum: Grades 6–8: 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 6-8.

Book Information

Series: The MindUP Curriculum

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (27 customer reviews)

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Age Range: 11 - 13 years

Grade Level: 6 - 8

Customer Reviews

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.

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.

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.

I'm using this curriculum in a Chicago Public School and the tools provided in the books are very helpful! The brain poster is great, and the kids respond well to the examples and activities inside. A great way to bring Mindfulness to the classroom.

I bought this to use with my 6th graders and the lessons are great. It references these student work pages on page 156 however, the book doesn't have page 156. It doesn't have the student work pages at all. I even went online to their website and I can not find them anywhere. I have also emailed them and have received no response. I was so excited about this book and now I'm just disappointed.

Working as a school counselor where we are implementing Mindfulness in the classrooms, I was looking for resources for teachers to use with their kids. There was good information in here, but the way they suggest implementing it is not what works for the students in our school setting. That being said, I could see in maybe other school settings this being something individual teachers could use if they have some background in Mindfulness.

I am a middle school counselor and used this curriculum in a multi age classroom last school year. I have been trying to introduce mindfulness to students in my school and this book is a great resource. It is a great comprehensive curriculum. I love how it describes the brain and it's functions to students so they understand how their body processes their emotions. I will use every year in my school! Highly recommend for anyone working with youth!

Goldie Hawn really has helped to create a great program! Helps kids think before they react to problems. They do need to continually practice this, however, especially middle school level kids

who are so impulsive.

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