



MindUp is a program aims to improve children's thinking and behavior from emotional and cognitive aspects.



“ We do teach children the key parts of the brain and the science behind how the brain influences their thinking, emotions and behavior in the setting of a mindful classroom. **”**

Why MindUp?

Children who have participated in this program, demonstrated many positive traits:

- Increased happiness
- Improvements in math achievement
- Improved social behaviors
- Enhanced emotional awareness
- Reduced peer-to-peer conflict
- Increased inhibitory responses
- Improved planning and organization skills

Who is MindUp for?

MindUP is a program that is suitable for everyone.

It offers children and teachers simple practices and insights which helps establishing self-management and self-possession, by focusing on potential life obstacles, productive learning and living.

How does MindUp work?

MindUP consists of 15 lessons that based on gratitude, mindfulness, and perspective taking. These lessons are implemented by teachers who demonstrate these traits in classrooms.

They teach children how to make mindful actions, how their thinking affects their actions in addition to how their action would affect others.

Strength and Weakness of the program?

Strength

MindUp helps children develop positive behavior, improves their school performance, and increases empathy and compassion.

Weakness

In the core practice, students are asked to sit cross legged, palms up and eyes closed. The meditation asks the students to disconnect themselves from the reality which parents find harmful for the kids' brain development.



Recommendations for the program?

In order to gain a better understanding and acceptance from parents who are concerned about the link to the religiosity in the East, teachers and administrators need to be informative of the positive impacts of the program.

It is important to note that the program has a rich research evidence of positive outcomes. They should underline that the aim of the program is not to implant the value of any practice of Buddhism or the culture of the East, but to enhance the emotional development of school children.



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