

“MindUP™ gives parents the tools that it takes to help raise a child who thinks of others, isn’t afraid to connect with peers and to just simply try one’s best to be one’s best...one day at a time.”



“We parents are impressed by what our children are learning about their brains and bringing their strategies for calming themselves home. Our 5 year old said, “ My amygdala used to be the boss of me. When I was angry, I used to scream and slam the door to my room. Now my prefrontal cortex helps me to breathe and calm down.” This same child had many meltdowns but by then end of the year, she was self regulating and REALLY loved MindUP.”

Feedback

- Pupils

I helped my friend get back into green zone by doing a brain break.

I'm quite energetic and so I have a brain break before I go to sleep.

In the playground, I will have a brain break by myself – I like practicing my mindful listening

- Teachers

The children are using more mindful language.

The brain breaks are invaluable.

The children are more ready to learn after a brain break.

Feedback

- Parents at Park Walk

Now I know why my little girl keeps making the glitter bottles, I need one of those.

Can you suggest how I can fit this into our daily routine at home?

My boy always has a brain break at home and he tells me to have one when I need to calm down.

Why MindUP?

- understanding of the brain science linking emotions, thoughts and actions
- they apply this knowledge and understanding to managing their emotions and behaviour more effectively
- they develop greater empathy for others and are more optimistic and happy.

How does it work in our curriculum?

- understanding of the brain science linking emotions, thoughts and actions
- they apply this knowledge and understanding to managing their emotions and behaviour more effectively
- they develop greater empathy for others and are more optimistic and happy.

Unit 1 – All About My Brain

We will be learning about our brain to help us understand how we think, feel and behave

Lesson 1:
Getting to know
my Brain

Lesson 2:
Mindful or
Unmindful

Lesson 3:
Taking a
Brain Break

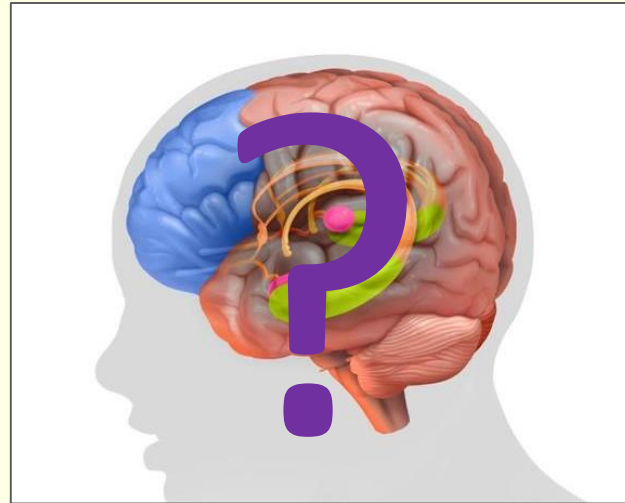
Lesson 1

Getting to Know My Brain

What do you already know about your brain?

Where is your
brain?

Other?



Other?

What does it do?

Why is your brain
so important?

Use your own ideas to introduce
the learning....give other examples

My brain helps me to....



Think!

Why is it important to learn about the brain?

Learning about our brain helps us understand how to.....

focus on our learning

make good choices

Other?

Other?

be kind to others

stay calm



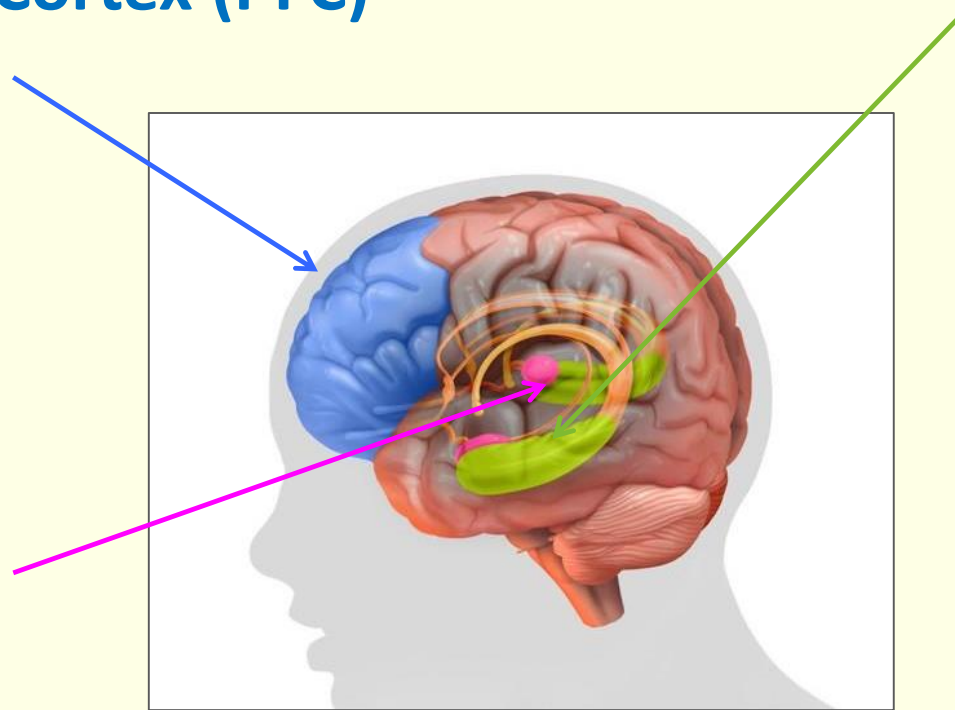
Getting to Know My Brain

We will be learning about these three parts of the brain

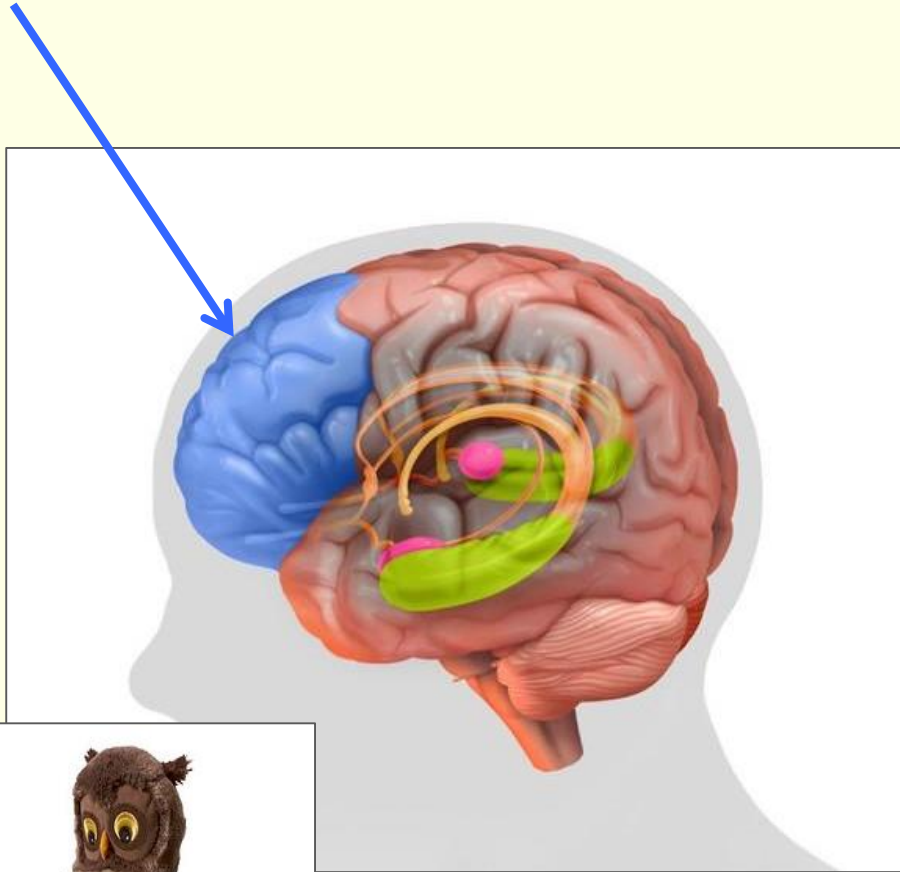
Prefrontal Cortex (PFC)

Hippocampus

Amygdala



Prefrontal Cortex (PFC)



Helps us to.....

think, learn
and
make good choices

Other?



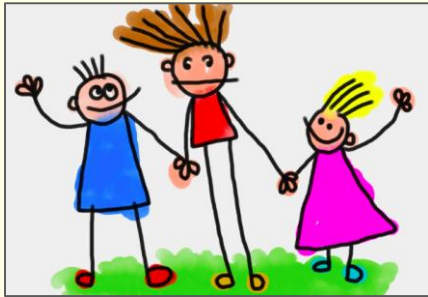
The Wise Owl

Prefrontal Cortex (PFC)



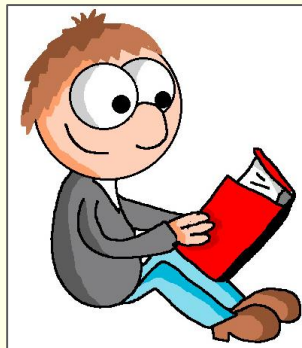
When do we use our PFC?

Making friends

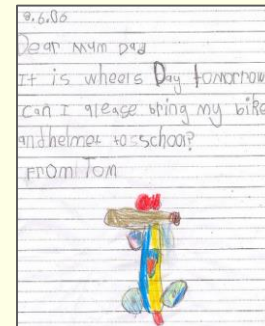


Counting

Reading



Writing



Other?

Refer to P.27

Hippocampus

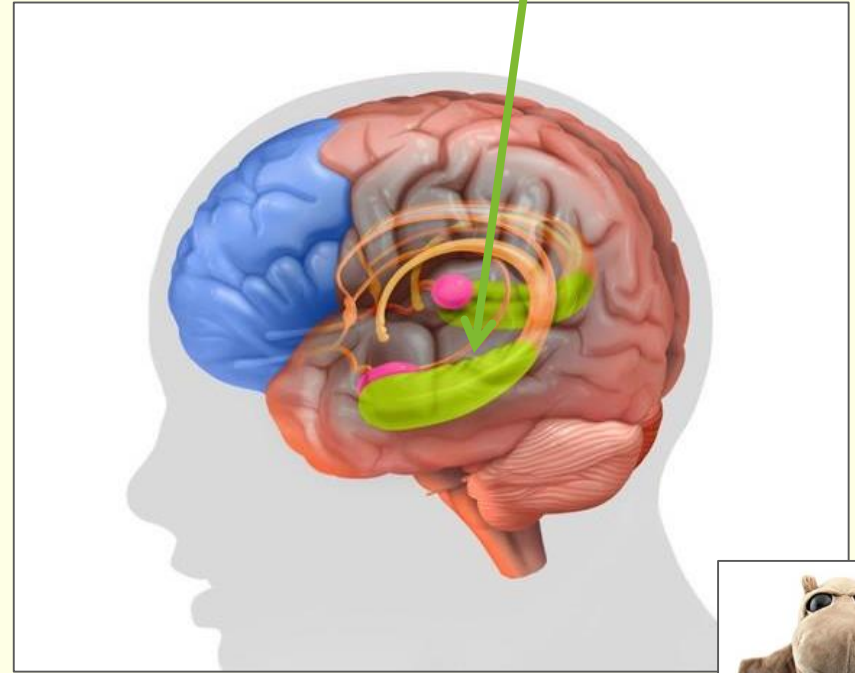
Helps us to.....

make **memories**

remember things we have
learnt

recall **happy memories**

Other?



The hippo

When did you last use your hippocampus to
remember something?

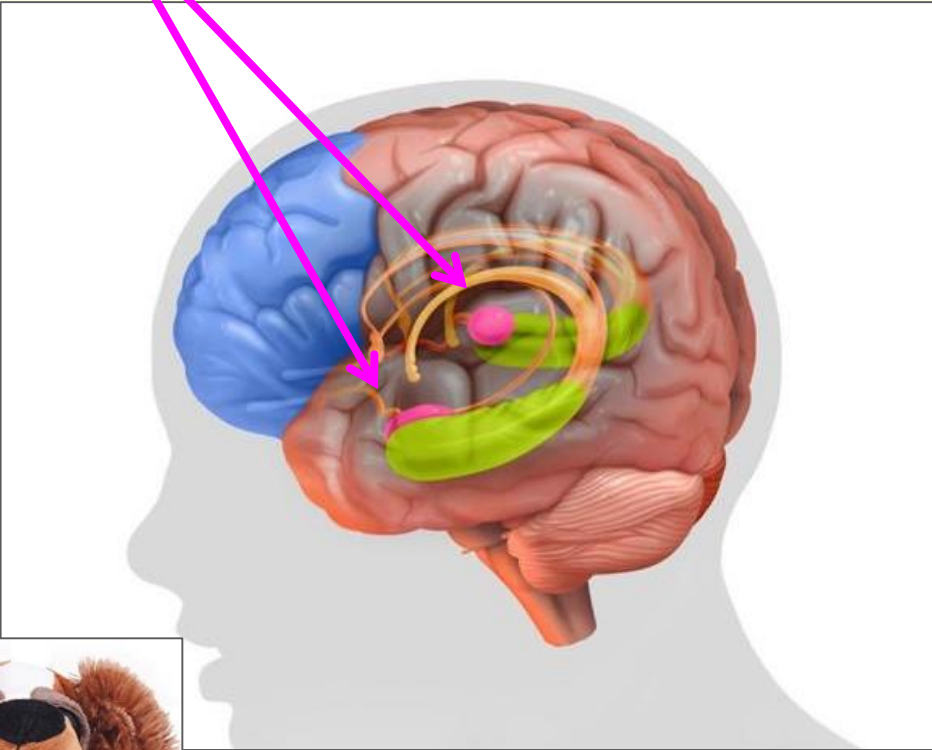
Amygdala

Is in charge of...

how we **feel**

how we **behave**

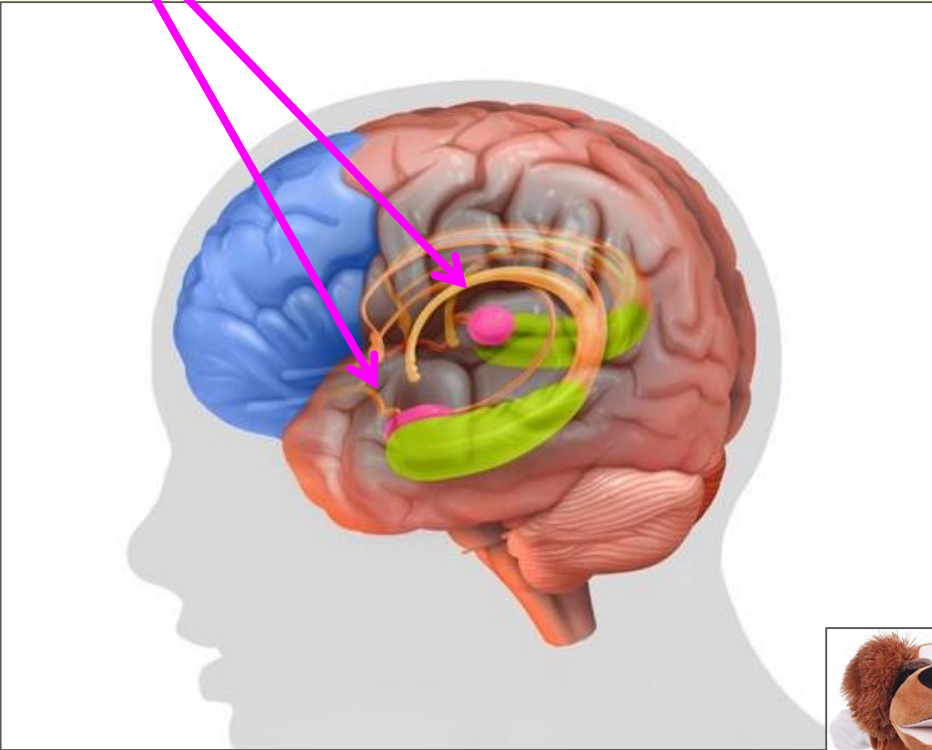
Other?



The Guard Dog

When my amygdala is calm...

My PFC stays in charge so I can think, learn and be happy



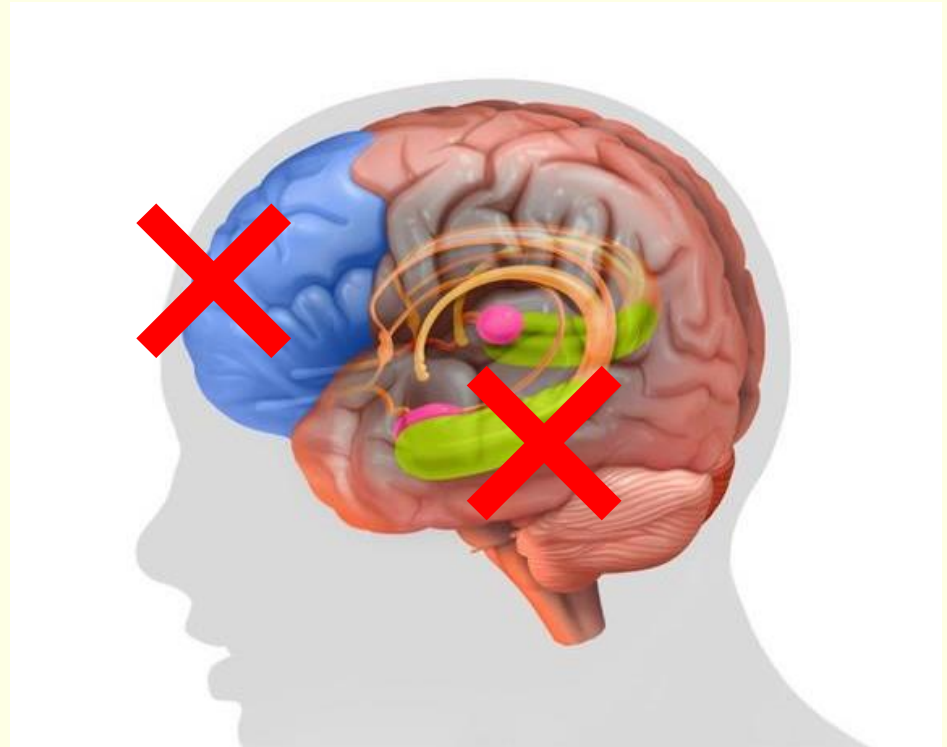
The Guard Dog



When my amygdala is not calm...

When I'm feeling scared, angry or worried my amygdala takes over and is in charge.

I might cry, shout or get stuck and not know how to do my work

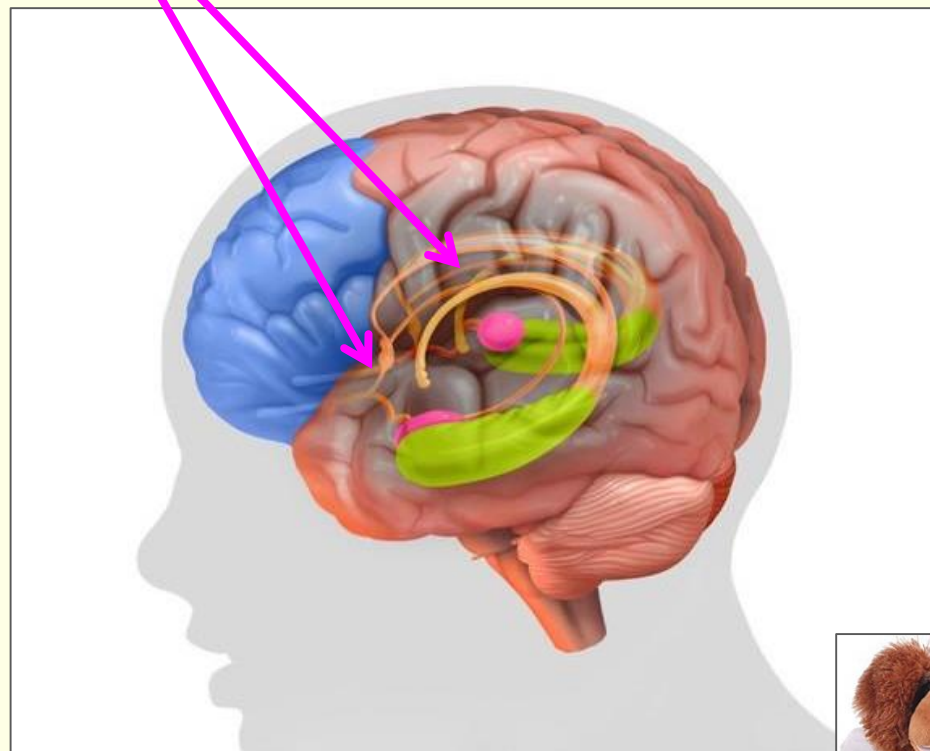


My PFC and my hippocampus cannot work.
I cannot think, learn or make good choices.
I cannot remember things that I have learnt.

Amygdala

If we hear a loud bang, or we hear a car screeching towards us **our amygdala takes charge** and has to **react quickly** to get us out of danger

IT TAKES CHARGE TO KEEP US SAFE



The Guard Dog



Our Learning/Main Activity

Use/adapt the ideas in lesson 1 to develop a main activity to get the children to explore/show their understanding of the 3 parts of the brain

E.G

Our Learning/Main Activity

With your talk partner discuss....



a time when your
PFC was in charge



one thing your
hippocampus
has learnt
today



the last time your
amygdala took
charge of your
brain

Refer to P.30, P.152

Reflect

This should refer back to the brain and explain how this is relevant to them in everyday life

WHY IS IT IMPORTANT TO KNOW/DO THIS?

E.G

Reflect

Which part of my brain am I using
when I.....

remember my times tables

Other?



am reading in class

Other?



hear a loud bang and jump!

Other?

