



The Goldie Hawn Foundation

Keep Your Mind UP with Goldie Hawn
Easy Mindfulness Tools and Tips for Parents and Teachers

1



MindUP infuses developmental neuroscience, mindful awareness practice, social emotional learning (SEL), and positive psychology to foster children's joy and resiliency.

Neuroscience



Mindful Awareness

Positive Psychology



Social-Emotional Learning

2

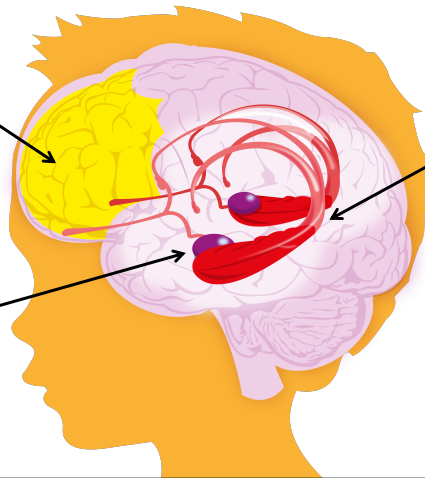
Understanding your Brain



Prefrontal Cortex
(PFC)

Hippocampus

Amygdala



3

The Brain Break



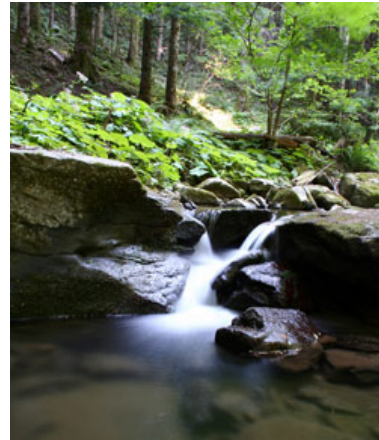
The Core Practice takes place three times each day

4

Mindfulness

Mindfulness (“being mindful”) is a state of being aware of your own mind, at any given moment. It means to pay attention in a particular way: on purpose, in the present moment and without judgment.

- Jon Kabat-Zinn, 1990 (Founder, Mindfulness-Based Stress Reduction)



5

Mindfully Focusing on our Senses



The Purpose

Develop mindful awareness through focused use of the senses.

Promote the ability to pay attention and filter out distractions.

Enhance skills to notice what is happening moment to moment.

Build mindful teaching practices that help to increase focused learning.



6



Performing Acts of Kindness

Acts of kindness builds relationships, cultivates happiness, and gives people a sense of connectedness to a group, community, or place.



7



Expressing Gratitude

When we make gratitude a regular practice, we train our brain to shift to a positive mindset more efficiently, and maintain a healthier, more optimistic perspective.



8



The Impact of MindUP

- ✓ Better student outcomes: Academics, attention, and prosocial behavior.
- ✓ Stronger peer relationships.
- ✓ Enhanced strategies for self-regulation.
- ✓ Increased optimism, happiness and resilience.
- ✓ Reduced stress and anxiety.

Schonert-Reichl, K. A., Oberle, E., Lawlor, M. S., Abbott, D., Thomson, D., Oberlander, T., & Diamond, A. (2015). Enhancing cognitive and social-emotional competence through a simple-to-administer school program. *Developmental Psychology*, 51(1), 52.

Additional Resources

[MindUP Lessons](#)

[MindUP at Home](#)

[Brain Break with Goldie Hawn](#)

9



The Goldie Hawn Foundation

Questions?

10