

# MindUP Lesson 2

## Mindful Awareness

Grades K-2

**Lesson 2: Mindful Awareness** is the second video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

**Length of Lesson:** 15 minutes including worksheet

**Objectives:** Students will be able to define and describe the difference between mindful and unmindful behaviors. They will be able to apply the concept of mindful awareness to their own lives.

### Materials:

- Mindful or Unmindful Worksheet
- Pen or Pencil
- Scissors
- Glue Stick or Tape

**Preparation:** Have child sitting at a desk or table before starting the lesson.

### Key Words:

- **Unmindful behavior** is a *reaction* that happens before allowing the mind to process and think about it. Many times, this results in poor decision making.
- **Mindful behavior** is a thoughtful *response* that happens after our mind takes time to consciously process the input allowing the prefrontal cortex time to analyze, interpret and prioritize information – this allows us to pick the best course of action.
- **Mindful awareness** is described as “focusing without judgement.” It is being fully aware and tuned in to what is going on right now, in the present moment. Having children analyze behaviors helps them make connections to their own lives and understand the importance of stopping to think and breathe before making a decision.

### Mindful Awareness at Home:



## MindUP Lesson 2

(1) Focus on the positive! During the day, take the time to celebrate moments of your child's mindful behavior. Examples include:

- Carlos thought before he acted.
- Kenisha focused when she listened to the story.
- Leo took deep breaths to help him focus on his homework.

(2) Be a role model! Share with your child an observation about a mindful decision you made in a demanding situation. Reflect how your prefrontal cortex may have guided your choice.

(3) Enjoy nature! Sit outside and actively listen to your surroundings for a few minutes. Once you are done, write down or draw any of the things you heard while actively listening.

(4) Talk to your kids! Have mindful awareness conversations with your children about decisions you/they make on a daily basis.

- Explore
  - Have children see the difference between mindful and unmindful behavior.
  - Give children a chance to explain their reasoning.
- Reflect
  - Ask children to share stories about times when they were mindful and feel free to share your own stories.
  - Reassure children that all of us are occasionally unmindful, and that through practice, we can more often make mindful choices that will help ourselves and the people around us.

### REFERENCE

- The Hawn Foundation. (2011). *The MindUP Curriculum Grades Pre-K - 2: Brain-Focused Strategies for Learning and Living* (pp. 34 – 41). New York, NY: Scholastic.