

MindUP Lesson 15

Taking Mindful Action in the World

Grades: 3-5

Lesson 15: Taking Mindful Action in the World is the fifteenth 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: 8 minutes including worksheet

Objectives: In this lesson, students take everything they have learned about mindfulness, kindness and gratitude, and talk about how they can make a plan to share it with the world.

Materials:

- Mindful Action in the World Worksheet
- Pen or pencil

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

Mindful Action in the World at Home:

Mindful actions in the world are intentional activities that take acts of kindness beyond the classroom. Through actions like this, children can see themselves as a part of a larger community and can link their own peace of mind to a more generalized sense of peace. Their role as active participants in building that community fosters a sense of comfort, belonging and optimism and increases their desire to make thoughtful, ethical decisions both independently and with others. Below, you'll find some activities that you can do with your kids to practice performing mindful action in the world:

- *Paying it Forward:* One way you can demonstrate an act of paying it forward is by going to a drive-thru and paying not only for your own meal, but also for the car behind you. Discuss with your child the positive impact this made for those other people in the car. It can help them understand how giving to others cultivates shared joy.
- *Community Helper:* Participate in an act of kindness for the community with your child. Whether that be digging holes for plants or watering them, picking up litter together, or baking a sweet treat to deliver to a neighbor, make it a family activity that shows them the impact they are capable of having on the community through even the smallest actions.
- *Every Day is Earth Day:* Talk to your child about showing kindness to the earth. Explain where trash in the community goes (landfills) and how we can consciously conserve resources. Then, have your children help you weigh the amount of trash they produce in a day by weighing a small trash can in your house on a bathroom scale. Talk about strategies for reducing the amount of trash that they produce. Try implementing these strategies for a week, and weigh the trash can again to see if it made a difference!

REFERENCE

- The Hawn Foundation. (2011). The MindUP Curriculum Grades Pre-K - 2: Brain-Focused Strategies for Learning and Living (pg. 102-109). New York, NY: Scholastic.

