

Dear Parents and Caregivers,

We recently introduced an exciting, evidence-based mental health program that can help our students better engage in learning, learn to self-regulate their behavior, and improve their attention skills and well-being. MindUP™ is a classroom-based program that teaches children strategies guided by the fields of neuroscience, mindful awareness, cognitive flexibility, and positive psychology to support success in the classroom and life.

MindUP™ was created collaboratively by university scientists and school-based educators. The program helps children understand the ways brains work and how their thoughts and feelings affect their behavior. It has five goals:

- 1) To foster a cohesive, caring classroom climate
- 2) To foster focus and mindful awareness
- 3) To build emotional literacy
- 4) To increase positive qualities such as perspective-taking, empathy, gratitude, and kindness
- 5) To increase optimism, well-being, and resiliency

A signature practice of the program is the MindUP Brain Break. The MindUP Brain Break is a simple mindful breathing and listening exercise that is practiced three times per day. This activity can help foster attention and self-regulation.

MindUP™ provides a collection of online materials designed for families to practice MindUP strategies at home. These materials are designed to complement the school program and can be paced along with children's learning in the classroom. You can access these resources for free here:



home.mindup.org

For further details about MindUP™, please visit www.MindUP.org. If you have questions about the program or would like more information, please feel free to contact me. We are excited about the potential this program holds for helping our classroom become a community of more engaged, focused, and optimistic learners!

Sincerely,