

The book was found

The MindUP Curriculum: Grades 6–8: Brain-Focused Strategies For Learning—and Living



Synopsis

This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life. The lessons fit easily into any schedule and require minimal preparation. Classroom management tips and content-area activities help you extend the benefits of MindUP throughout your day, week, and year! Includes a full-color, innovative teaching poster with fascinating facts about the brain! For use with Grades 6-8.

Book Information

Series: The MindUP Curriculum

Paperback: 160 pages

Publisher: Scholastic Teaching Resources (Teaching; 1 edition (February 1, 2011))

Language: English

ISBN-10: 0545267145

ISBN-13: 978-0545267144

Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #13,650 in Books (See Top 100 in Books) [#11 in Books > Education &](#)

[Teaching > Schools & Teaching > Curriculum & Lesson Plans > Curricula](#) [#83 in Books >](#)

[Business & Money > Education & Reference](#) [#146 in Books > Education & Teaching > Schools &](#)

[Teaching > Education Theory](#)

Age Range: 11 - 13 years

Grade Level: 6 - 8

Customer Reviews

As a school psychologist I see the value, importance and relevance of teaching mindfulness in the school. I see so many students with symptoms of anxiety, depression and minds that just seem difficult to slow down. Helping students understand how their brains work so that they are in control rather than their brain helps them use better practices to make better choices. I have used this curriculum over the course of this school year and have had positive comments of the curriculum's effectiveness from both students, parents and teachers. I recommend this curriculum in any format, class-wide, small group, individually, and I have even implemented at home with my two young

boys.

I love this curriculum and use it with my very active grandchildren. Even though it can be used in schools you can apply it to daily life.

I like this curriculum. We used it for 7th grade girls and boys. We modified some of the exercises and had to omit a few. We always included the skill of taking a pause. The skills in this book are essential tools for our 21st Century kids to stay focused and be kind and solid humans.

I'm using this curriculum in a Chicago Public School and the tools provided in the books are very helpful! The brain poster is great, and the kids respond well to the examples and activities inside. A great way to bring Mindfulness to the classroom.

I bought this to use with my 6th graders and the lessons are great. It references these student work pages on page 156 however, the book doesn't have page 156. It doesn't have the student work pages at all. I even went online to their website and I can not find them anywhere. I have also emailed them and have received no response. I was so excited about this book and now I'm just disappointed.

Working as a school counselor where we are implementing Mindfulness in the classrooms, I was looking for resources for teachers to use with their kids. There was good information in here, but the way they suggest implementing it is not what works for the students in our school setting. That being said, I could see in maybe other school settings this being something individual teachers could use if they have some background in Mindfulness.

I am a middle school counselor and used this curriculum in a multi age classroom last school year. I have been trying to introduce mindfulness to students in my school and this book is a great resource. It is a great comprehensive curriculum. I love how it describes the brain and it's functions to students so they understand how their body processes their emotions. I will use every year in my school! Highly recommend for anyone working with youth!

Goldie Hawn really has helped to create a great program! Helps kids think before they react to problems. They do need to continually practice this, however, especially middle school level kids

who are so impulsive.

[Download to continue reading...](#)

The MindUP Curriculum: Grades PreK–2: Brain-Focused Strategies for Learning—and Living The MindUP Curriculum: Grades 6–8: Brain-Focused Strategies for Learning—and Living The MindUP Curriculum: Grades 3-5: Brain-Focused Strategies for Learning—and Living Soccernomics: Why England Loses, Why Spain, Germany, and Brazil Win, and Why the U.S., Japan, Australia—and Even Iraq—Are Destined to Become the Kings of the World’s Most Popular Sport Soccernomics: Why England Loses, Why Spain, Germany, and Brazil Win, and Why the U.S., Japan, Australia—and Even Iraq—Are Destined to Become the Kings of the World's Most Popular Sport Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain–for Life Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios) Debugging the Development Process: Practical Strategies for Staying Focused, Hitting Ship Dates, and Building Solid Teams The Olympic Experience in Your School Grades K-3 (United States Olympic Committee Curriculum Series) The American in Canada: Real-Life Tax and Financial Insights into Moving to and Living in Canada — Updated and Revised Second Edition Collins Easy Learning Age 7-11 — Fractions and Decimals Ages 7-9: New Edition "You Look Great!": Strategies for Living Inside a Brain Injury Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance Home Learning Year by Year: How to Design a Homeschool Curriculum from Preschool Through High School The Complete Guide to Service Learning: Proven, Practical Ways to Engage Students in Civic Responsibility, Academic Curriculum, & Social Action Living as a Young Man of God: An 8-Week Curriculum for Middle School Guys (Youth Specialties (Paperback)) Forex: Strategies - Best Forex Trading Strategies For High Profit and Reduced Risk (Forex, Forex Strategies, Forex Trading, Day Trading Book 2) Trading: 6 Manuscripts + 8 Bonus Books - Forex Guide, Day Trading Guide, Options Trading Guide, Forex Strategies, Day Trading Strategies, Options Trading Strategies Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies Book 2)

[Dmca](#)