

The MindUP Lessons



MindUP™ Lessons and the Core Practice of focused breathing (practiced three times a day), active listening and mindful awareness can be easily integrated into daily routines and require minimum preparation.

MindUP™ works to promote a whole school approach, supporting effective teaching and learning. Within the framework there are suggestions for cross curriculum applications and opportunities for personal journaling to support learning and development.

MindUP™ is designed to enhance the school's curriculum and to positively impact on the whole school community. The core practices, tools and techniques become embedded into teaching and learning.