

Welcome to MindUP™

Welcome to The Hawn Foundation's MindUP™ Parent Workshop. We sincerely hope you enjoy and benefit from this experience.

Originally, the MindUP™ program was developed for the use of teachers in the classroom setting. Research shows that a nurturing classroom within a safe school is an effective learning environment. Students learn best when they are comfortable, confident and have positive feelings for their teachers and peers. The MindUP™ program teaches a set of social, emotional, and self-regulatory strategies and skills developed for pre-kindergarten through eighth grade-aged children to cultivate wellbeing and emotional balance. The MindUP™ Parent Workshop was developed to bring the same relational and emotional intelligence skills into our homes and families. A MindUP™ family embarks on a journey together—a journey that equips us to deepen our relationships with each other and infuses our life with joy, optimism, and meaning. It is a different way of being in the world. It is a way that is informed by understanding how the brain works, cultivating our ability to slow down and savor the present moment, and ensuring the world is a better place because we are in it.

Through a series of easy-to-implement lessons anchored in current brain research and evidence-based practices in social and emotional learning, The Hawn Foundation's MindUP™ Parent Workshop provide you and your family with opportunities to cultivate self-awareness and focused attention. The main purpose of this integrated curriculum is to help children and caregivers become mindful of themselves and their actions. Dr. Daniel Siegel, Clinical Professor of Psychiatry at UCLA's School of Medicine, suggests that the better we understand our own thoughts and feelings, the more we are aware—and in control of—our own behavior. Rather than judging and reacting to what occurs in our lives, we learn to observe and respond thoughtfully. MindUP™ supports what we know about how children learn, and it augments their abilities to become resilient, mindful, optimistic and thriving human beings.

The MindUP™ principles and strategies can be implemented in every area of your day-to-day life with your children. The MindUP™ Parent Workshop is not a separate program delivered in isolation from what you already do as a parent with your children. It is integrative in nature and is an effective approach to parenting and teaching vital social and emotional skills to your children. It does not necessarily replace any part of your parenting strategy, but strengthens how you teach and interact with your children by understanding how they learn and approach life.

Benefiting from MindUP™ will not happen overnight. You must be willing to practice its simple techniques, reinforce learned behaviors, and faithfully promote the program's vision on a daily basis. If you do, your children will become more effective learners, more empathetic people, and truer friends. It will help prepare your children for success in career, family, and life.

We welcome you to explore with us the tremendous benefits of MindUP™ and utilizing it within your family.

Warm Regards,
The MindUP™ Training Staff
The Hawn Foundation

MindUP™ Parent Workshop

MindUP™, The Hawn Foundation's signature educational program, is a set of social, emotional, and self-regulatory strategies and skills developed for pre-kindergarten through eighth-grade aged children designed to cultivate wellbeing and emotional balance. A MindUP™ Family faces the same challenges as any other family will, but they have a wealth of strategies to help them successfully navigate difficulties. Instead of being overwhelmed by life circumstances, they view all experiences as opportunities for growth. When the going gets tough, a MindUP™ Family is able to move toward each other with empathy, compassion and predictability. Incorporating the ideas outlined in this workshop can potentially transform your family.



The MindUP™ program is endorsed by the Collaborative for Academic, Social and Emotional Learning (CASEL). CASEL is focused on advancing the science and evidence-based practice of social-emotional learning and have identified five key competencies, which are reflected in the MindUP™ curriculum:

Assessing our feelings, interests, values, and strengths; maintaining self-confidence

Self-Management: Regulating emotions to handle stress, control impulses, and persevere in overcoming obstacles

Social Awareness: Understanding different perspectives and empathizing with others; recognizing and appreciating similarities and differences; using family, school, and community resources effectively

Relationship Skills: Maintaining healthy relationships based on cooperation; resisting inappropriate social pressure; preventing, managing, and resolving interpersonal conflicts; seeking help when needed

Responsible Decision Making: Considering ethical, academic and community standards when making choices or decisions

Promoting Optimal Learning in the Developing Brain & Enhancing Family Relationships!

Social & Emotional Learning Core Competencies



The MindUP™ Program fosters the “6 C’s” of academic success and emotional wellbeing for the 21st century student:

- Communication
- Creativity
- Collaboration
- Critical Thinking
- Curiosity
- Compassion