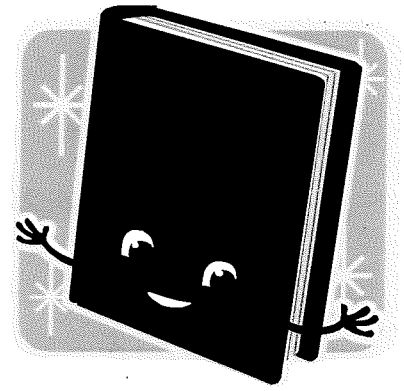


**Professional Book Club Summary Report**



Date: June 17, 2015

School: Lockside Elementary

Contact Person:

Cindy Heppell

Book Title:

Mind Up Curriculum Grades K-2  
Grade 3-5

Team Members:

Helena Tachar, Delaney Hawley, Cindy Heppell,  
Stephanie Kenny, Glenn Kachmar, Sarah Ewart,  
Carolyn McDonnell, Geraldine Cavallin

**Please attach copies of notes from Book Club sessions for our records.**

Suggestions/ideas/comments:

The use of this program in our school  
is making a big difference to our students.  
Teachers are finding ways to either use  
the mindful breathing techniques or  
the lessons outlined in the curriculum.  
We took this a step further and had a  
one day pro d day where we explored  
the topic of mindfulness in depth.  
Cindy Heppell & Helena Tachar attended a  
four session workshop series that →

explored mindful habits to create happiness.

In the library learning commons there are now 2 resource bins that house all of the masters for each lesson as well as the book resources to support each lesson.

## Summary of Initial Meeting

As discussed, our first meeting will be on Wednesday, Jan. 28th at lunch in the library.

At this point the plan is to have each teacher teach a selected lesson from the Senses lessons and report back to the group. The lessons have been divided up as follows:

Delaney (Sarah)- Seeing  
Jenicka- Listening  
Stephanie- Tasting  
Carolyn- Movement  
Helena- Smelling

There was also some discussion about coordinating a group lunch to make it fun I can send out a sign up in the third week of January.

I will email the other teachers who expressed interest in joining us but were not at the meeting today.

Enjoy the rest of your day!  
Cindy

## Summary of Mind Up Meeting Feb. 4, 2015

All members in attendance

We discussed how each of the selected lessons went for each class.

Teachers found the lessons to be straightforward and easy to follow. Each teacher made some adaptations to suit their teaching style.

All teachers could see how these lessons will benefit their students.

A resource that was suggested- Yoga Kids DVD by Marsha Wenig

Suggestion: to create a bin of resources that would be accessible to all teachers with materials necessary to complete each lesson. For example- create a bin that has items for the sound lesson so that teachers aren't gathering materials that could be shared.

Mind Up Book Club- Discussing it with an expert

good app: Daily Optimism

Remember the activities from Linda Lantieri

Lots of resources and ideas on [hawnfoundation.org](http://hawnfoundation.org)

Remember the program is based on four pillars – organized into 15 lessons

- neuroscience is one of them: how the brain works, mindful awareness, focused awareness
- self-awareness and mindful awareness,: mindful listening, mindful seeing, mindful smelling
- SEL and Positive Psychology: perspective taking, choosing optimism, appreciating happy experiences
- SEL and Social Action: expressing gratitude, performing acts of kindness, taking mindful action in the world
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Nich dat Hahn – Title : Sitting still like a frog – good book to intro mindful, also: Planting Seeds; these are good resources to expand the core practice

a good idea is to have a travelling chime for kids to take home for a night and use the breathing practice at home

Remember that brain science is only about 30 years old – beginning with the diaries re: Phineas Gage and his brain injury

See Sentis: Welcome to your brain – video online – very informative with good graphics that are simple

See usborne books online – [www.usborne-quickinks.com](http://www.usborne-quickinks.com) Kids can build and design a brain, helps the kids construct their own mental framework for what they are learning about the brain

Dr. Tye Biffet: started a mindful centre at UBC and studies random acts of kindness

Use a blank paper and draw or write what is in the brain, like a drawer – using the kids conceptions as starting point, then learn about the brain, then introduce the core breathing, some schools are using the chime at whole school assembly, others are sometimes doing the core breathing over the PA system...

BC Children's is using mindfulness in their anxiety clinics

Also: The Greater Good Center: lots of resources and activities

Maxi taxi dog: there are tv shows [www.taxidog.org](http://www.taxidog.org)

Remember that the MindUP lessons are things that you already do in the classroom. Eg, the mindful tasting lessons goes along with our Fruit and Veggie program.

Dr. Dan Siegel – uses the phrase “inspire to rewire”

Remember to blame the brain, not the child! Over time kids' brains will engage in changing in response to lessons and learning

Link: good video: The Emotional Brain, from Sentis: we can learn to manage our emotions through conscious thinking

Jon Kabat-Zinn: mindfulness

Good book: If You Find a Rock;

Website: [kindovermatter.com](http://kindovermatter.com)

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Intermediate Session:

Tip: start the mindful core breathing with a small group on the carpet who are sure to self-regulate and model the behaviour, then expand from there.

Invite those who are uncomfortable with the practice to be the leaders