

SMSC/PSHE

[Department for Education - PSHE Guidance](#)

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>

**Mind-Up The Hawn Foundation**

<http://thehawnfoundation.org/>

**MindUP**

MindUP – Our mission is to help young minds by nurturing resilience, hope, and optimism.

Goldie Hawn, The Hawn Foundation

What is MindUP?

**MindUP™ teaches social and emotional learning skills that link cognitive neuroscience, positive psychology and mindful awareness training utilizing a brain centric approach.**

**MindUP is a programme of lessons and activities which every class does through out the year to help children to:**

- learn better
- understand their own emotions and feelings
- be more positive and get on better with each other

Children take part in 15 MindUP lessons over the year, one lesson every two weeks.

Every day children will do three “Brain Breaks” in class. “Brain Breaks” are deep breathing exercises which children do to help them calm down and prepare them for learning in lessons.

MindUP helps to make the classroom a happier and safer place for children.

It reduces bullying and aggression and helps children to be more positive and understanding.

**How our Brain Works?**

**Amygdala (The Guard Dog)**

Our amygdala keeps us safe by reacting quickly if we are in danger. The amygdala is the emotional part of the brain. When we are angry or upset, our amygdala can stop us from making sensible decisions.

### **Prefrontal Cortex or PFC (The Wise Owl)**

Our PFC helps us to think, learn and make good choices.

### **Hippocampus (Memory Saver)**

Our hippocampus stores all our memories. When something happens to make us smile, our hippocampus will save that happy memory!

**Early Years and KS1**     [MindUP Early Year and KS1 Poster](#)

**KS2 Year 3 and 4**     [MindUP Year 3 and 4 Poster](#)

**KS2 Year 5 and 6**     [MindUP Year 5 and 6 Poster](#)

Utilizing MindUP™ in the classroom allows teachers to:

- Help children maintain focused attention
- Form more accurate perceptions of students
- Think more clearly especially under pressure
- Improve communication with pupils, parents and staff
- Improve the overall classroom climate by infusing it with optimism and hope
- Helps to create a stronger, more vibrant school culture
- Be happier, more joyful and grateful — a disposition that ultimately spills out of the classroom and into private life
- Experience greater job satisfaction

### **MindUP Lessons**

There are 15 MindUP lessons in total.

#### **Unit 1: Getting Focused (Lessons 1-3)**

Children are taught about the different parts of their brain and how they work.

They are taught about “Brain Breaks” and how to do them.

#### **Unit 2: Sharpening Your Senses (Lessons 4-9)**

Children learn about how their senses work, their moving bodies and the way they think.

**Unit 3: It's All About Attitude (Lessons 10-12)**

Children learn how to understand each other and how to be more positive.

**Unit 4: Taking Action Mindfully (Lessons 13-15)**

Children learn to show gratitude and small acts of kindness in and outside of the classroom.

To find out more, see the website. <http://thehawnfoundation.org/mindup/>

Watch a video of our Autumn Term [Mindup learning](#)

## Growth Mindset

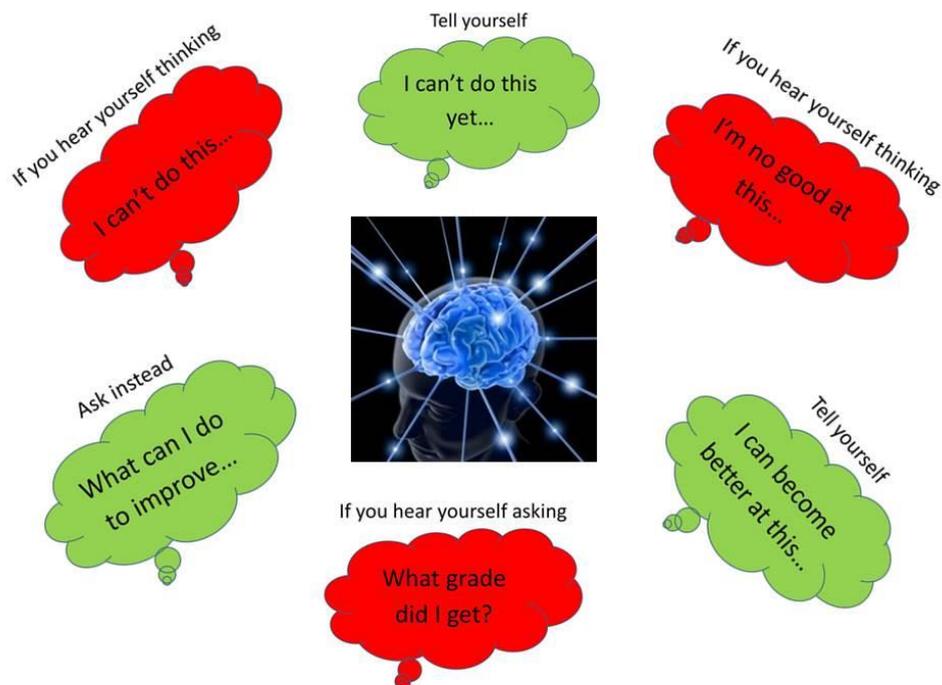


Over the past two years we have been developing a 'Growth Mindset' at school. Every class has been looking at and learning about the two types of mindsets that children and adults can have, a 'fixed' mindset and a 'growth' mindset. At Copenhagen Primary School we value the importance of having the right attitude and Mindset for our learning.

*You must learn to fail intelligently. Failing is one of the greatest arts in the world. One fails forward towards success.' Thomas Edison – He created the light bulb*

*A teachers' job is not to make work easy. It is to make it difficult. If you are not challenged, you do not make mistakes. If you do not make mistakes, feedback is useless. – John Hattie – Visible Learning*

Below is an overview of the traits of each:



## Fixed Mindset

I like my work to be easy.

I don't like to try a challenge.

I want people to praise me for how clever I am.

I believe I cannot change how clever I am.

I don't like to try new things because I won't be very good at it.

I give up easily.

### **Growth Mindset**

I never give up.

I like my work to be difficult – it means I am learning.

I love challenges.

I want people to praise me for the effort I put into my work.

I believe I can get more intelligent by working hard.

I feel clever when I'm learning something new.

I learn from my mistakes.

**Having a growth mindset helps pupils to achieve more because they have resilience, value practice and are not afraid of a challenge.**

**It has been proven that having a Growth Mindset can improve children's progress and attainment. As a result, we are teaching our children that by having a Growth Mindset they can grow their brains and intelligence and achieve anything they want!**

### **How you can help at home**

Praise the amount of effort your child is putting into things rather than how clever they are;

Talk to your children about their brain being like a muscle – the more they use it, the stronger it gets;

- Encourage your children to not give up if they are finding something difficult.
- Challenge your children to try something new or challenging.