



# MindUP SOCIAL EMOTIONAL LEARNING (SEL) PROGRAM

Friday, February 23, 2018

## What is MindUP?

MindUP is an evidence-based social emotional learning (SEL) program for K-8 students. MindUP teaches social and emotional learning skills that link cognitive neuroscience, positive psychology and mindful awareness utilizing a brain centric approach.



For more information on MindUP or SEL:  
[www.mindup.org](http://www.mindup.org) or [www.casel.org](http://www.casel.org)

MindUP lessons align with the Core Competencies in the BC Curriculum. Rigorously researched and accredited by CASEL, MindUP has been proven to:

- Reduce stress, anxiety, and emotional/behavioural problems
- Improve academic performance
- Strengthen abilities for concentration
- Create a positive classroom culture and climate
- Promote greater classroom connectedness
- Increase optimism, empathy and compassion

MindUP has 15 lessons that teach activities around topics such as neuroscience, gratitude, mindfulness, kindness and perspective taking.

In this training you will learn how to implement the 15 lessons in the MindUP Curriculum. You will receive a curriculum guide, chime, and access to power point slides for support teaching MindUP.

This session will be facilitated by Tyler Van Beers.

There is no cost for this training.

**For more information or to register, please contact Tyler Van Beers, [tvanbeers@sd73.bc.ca](mailto:tvanbeers@sd73.bc.ca).**

First priority for the MindUP training will be for teachers who have taken the UBC smartEducation Mindfulness program or who have signed up for the next smartEducation course starting in February in Kamloops. For information, please click [here](#).



February 23

8:30am – 2:30pm  
Lunch is provided



HENRY GRUBE  
EDUCATION CENTRE

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Kamloops, BC

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