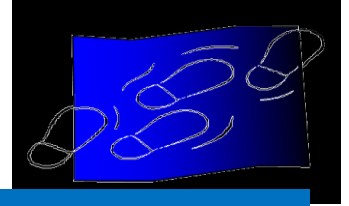


LSS Pathfinder



MindUp Curriculum Resources

2016-17

This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life.

This pathfinder is organized by MindUp lesson. Each lesson includes two kinds of resources. The first section, entitled **MindUp Curriculum Resources**, covers titles specifically recommended for each lesson from the **MindUp Curriculum** books and from MindUp workshop handouts. In the **Related Resources** section, discover additional books, kits and dvds available from the Library Resource Centre that also support student learning on each lesson's objectives.

To borrow these resources, contact the Library Resource Centre at wsslibrary@wsd1.org or call 204-788-0203 ext. 343 (VOIP 101343). These resources can also be booked online by clicking the image of a resource or its title in this pathfinder, then selecting the **Place Hold** button and logging in to the catalogue.

SEARCH TERMS:

Keywords: search under each MindUp lesson name (e.g., MindUp Lesson 1)

Subject Headings: Mindfulness, MindUp, Self-Regulation

RELATED PATHFINDER: [Mindfulness](#)



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INTRODUCTION

MindUp website: <https://mindup.org>

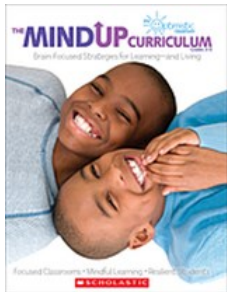
The MindUp framework supports students in learning about how their brains work, and how taking brain breaks can help them focus and tune in to their own creativity and thinking. MindUp also encourages students to mindfully engage with the world around them.



BOOK 370.11 MIN

[The MINDUP curriculum: Brain-focused strategies for learning and living: Grades Pre-K-2.](#) New York: Scholastic, 2011.

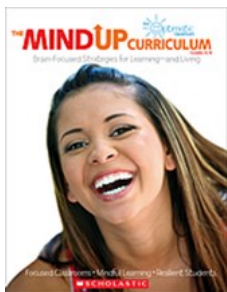
Research-based curriculum that features 15 lessons using the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation, build resilience to stress, and to develop a positive mind-set in both school and life.



BOOK 370.11 MIN

[The MINDUP curriculum: Brain-focused strategies for learning and living: Grades 3-5.](#) New York: Scholastic, 2011.

Research-based curriculum that features 15 lessons using the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation, build resilience to stress, and to develop a positive mind-set in both school and life.



BOOK 370.11 MIN

[The MINDUP curriculum: Brain-focused strategies for learning and living: Grades 6-8.](#) New York: Scholastic, 2011.

Research-based curriculum that features 15 lessons using the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation, build resilience to stress, and to develop a positive mind-set in both school and life.

UNIT I: GETTING FOCUSED (LESSONS 1 – 3)

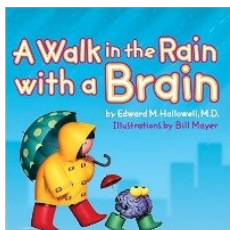
Introduces brain physiology and the concept of mindful attention. Establish daily Core Practice of Focussed Awareness: How Our Brains Work, Mindful Awareness, Focussed Awareness: The Core Practice.



Lesson 1: How Our Brains Work

"Children are fascinated by facts about their brains. Sharing scientific information about how the brain processes information and is wired to react under stress is a great way to introduce a challenge to your children: How can we learn to react differently, helping our brain make wise choices about our words and actions?" (The MindUp Curriculum, Pre K – 2, p. 26)

MindUp Curriculum Resources

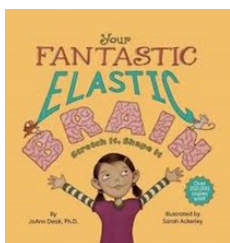


BOOK E HAL

Hallowell, Edward M. M.D. [A walk in the rain with a brain](#). New York: Harper Collins, 2005.

Lucy meets a brain that helps her realize that everyone is smart in their own way. Includes a discussion section for parents and teachers.

Audience: Grades K-3

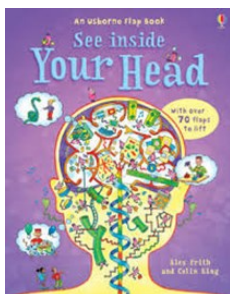


BOOK J 612.82 DEA

Deak, JoAnn M. [Your fantastic, elastic brain: stretch it, shape it](#). San Francisco, CA: Little Pickle Press, 2010.

Introduces the anatomy and functions of the brain; describes how the brain is able to stretch and grow; and explains how mistakes are an essential part of learning.

Audience: Grades 2-6

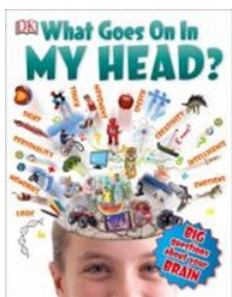


BOOK J 612.82 FRI

Frith, Alex and Colin King. [See inside your head](#). London: Usborne Publishing, 2007.

Take a look inside your head. It's really important, because it protects your amazing brain. Your brain creates your mind, which is what makes you who you are. Find out how your brain controls your senses, and even how to see inside someone else's mind. Lift-the-flap book.

Audience: Grades 3-8



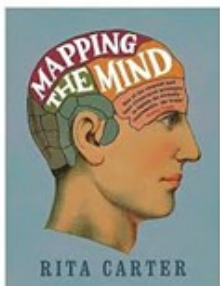
BOOK J 612.82 WIN

Winston, Robert. [What goes on in my head?: Big questions about your brain](#). New York: DK Publishing, 2016.

Introduce children to the most powerful, complicated computer network that exists - their brains. From what the different parts of the brain do and why it changes at different stages in a person's life, to why sleep is so important for us, this illustrated guide is packed with fascinating facts.

Audience: Grades 4-8

Related Resources

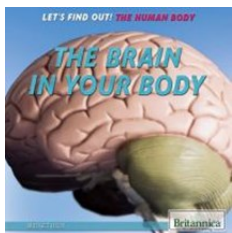


BOOK 612.82 CAR

Carter, Rita. [Mapping the mind](#). London: Weidenfeld & Nicolson, 2010.

The latest brain scans reveal our thoughts, memories - even our moods - as clearly as an X-ray reveals our bones. We can watch a person's brain literally light up as it registers a joke, or glow dully when it recalls an unhappy memory. This book shows how these scans can be used to help explain aspects of our behaviour, and how behavioural eccentricities can be traced to abnormalities in an individual brain. Dyslexia, for example, may be caused by a short-circuit in the messages converting sound to visual cues; addiction, eating disorders and alcoholism stem from dysfunction in the brain's reward system.

Audience: Teachers and Administrators

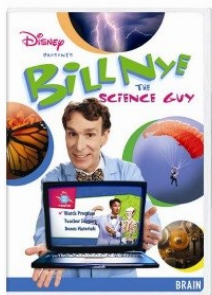


DOWNLOADABLE eBook

Heos, Bridget. [The brain in your body](#). New York: Britannica Educational Publishing, 2015.

What makes up the brain? Vivid illustrations on each page help students understand the various parts of the brain, and how each part offers unique functions.

Audience: Grades 4-8.

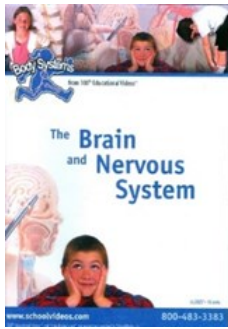


DVD0463

[Brain](#). (Bill Nye the Science Guy series). Elk Grove Village, Ill.: Disney Educational Productions, 2004.

In this thought-provoking episode some very tricky optical illusions show that the brain doesn't always correctly interpret what it sees. Check out Bill Nye from a whole new angle when he gets an M. R. I. of his brain. 23 min.

Audience: Grades 4-8.



DVD0837

[Brain and nervous system](#). Mazzarella Bros. Productions. El Dorado Hills, CA: 100% Educational Videos, 2002.

Explains the functions of the brain and nervous system. 16 min.

Audience: Grades 3 to 8.



DVD1671

[Now that's using your brain](#). The Jim Henson Co, PBS Kids, 2014.

The brain controls all kinds of things in your body including walking, thinking and getting ready for school. (24 minutes)

Audience: K to Grade 2.



KIT1536

[Cross section brain model](#). Vernon Hills, IL: Learning Resources, Inc., 2005.

Learn about the complexities of the human brain with this labeled cross-section model. One half is labeled with the parts of the brain, and the other has letters only for testing purposes. Includes an activity guide with information about the human brain and how it functions.

Audience: All grades with teacher assistance

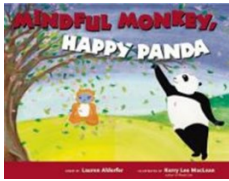


Lesson 2: Mindful Awareness

"Learning to be mindfully in tune with what's happening in the moment prepares children to make sound decisions rather than be ruled by their emotions." (The MindUp Curriculum, Pre K – 2, p. 34)

MindUp Curriculum Resources

BOOK E ALD



Alderfer, Lauren. [Mindful Monkey, Happy Panda](#). Somerville, MA: Wisdom Publications, 2011.

Monkey asks Panda what he does to seem so happy and peaceful all the time, and Panda replies that he brings his attention to whatever he is doing at a given time, whether eating, walking, or resting.

Audience: Grades K-4

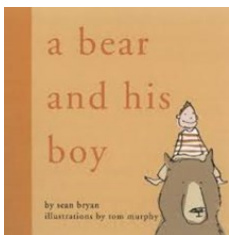


BOOK E ASH

Ashman, Linda. [Rain!](#) Boston: Houghton Mifflin Books for Children, 2013.

As an old man grumbles his way through a rainy morning, spreading gloom, his neighbor, a young child, spreads cheer while hopping through puddles in frog-themed rainwear.

Audience: Grades K-3

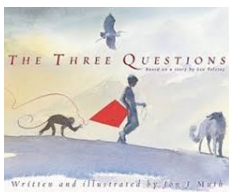


BOOK E BRY

Bryan, Sean. [A bear and his boy](#). New York: Arcade Publishing, 2007.

One morning, Mack the bear wakes up with Zack the boy on his back, but as Mack tries to complete a schedule that is "jam-packed," Zack suggests that he relax and take a second to smell the lilacs.

Audience: Grades K-3

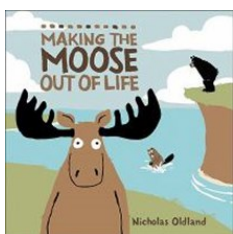


BOOK E MUT

Muth, Jon J. [The three questions](#). New York: Scholastic, 2002.

Nikolai searches for a way to be the best person he can be. By acting mindfully, and listening to himself and his animal friends, he discovers his answer.

Audience: Grades 4-8



BOOK E OLD

Oldham, Nicholas. [Making the moose out of life](#). Toronto: Kids Can Press, 2010.

There once was a moose who lived in the wild but didn't act wild at all. His friends seemed to have fun whatever the occasion. Not this mild-mannered moose. But every now and then he would wonder if he was missing out on something.

Audience: Grades K-3

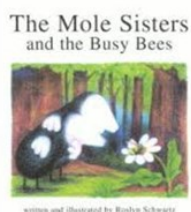


BOOK E ROS

Rosenthal, Amy Krouse and Tom Lichtenheld. [The OK book](#). New York: HarperCollins, 2007.

A character enumerates a great many things that it enjoys doing, although not great at any of them, knowing that someday it will excel at something.

Audience: All ages

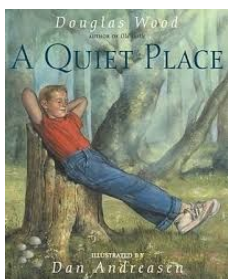


BOOK E SCH

Schwartz, Roslyn. [The mole sisters and the busy bees](#). Toronto: Annick, 2000.

When a busy bee buzzes by, the Mole Sisters stop doing nothing and follow him into a lovely meadow. They begin smelling the flowers and get their noses covered in pollen. An enormous sneeze puts everything right in the end.

Audience: Grades K-2



BOOK E WOO

Wood, Douglas. [A quiet place](#). New York: Simon & Schuster Books for Young Readers, 2002.

In poetic and gently philosophical prose, acclaimed author Douglas Wood explores what it's like to find that special place where we all can think our own thoughts and feel our own feelings.

Audience: Grades K-4

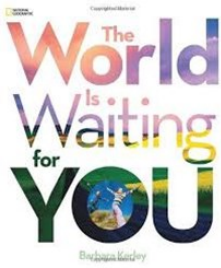


BOOK J 155.418 WIL

Williams, Mary L. [Cool Cats, Calm Kids](#). San Obispo, CA: Impact, 2005.

Cats are the teachers, sharing their own techniques for relaxation and assertiveness, in this practical, humorous guide to stress management for students.

Audience: Grades 2-6



BOOK J 910 KER

Kerley, Barbara. [The world is waiting for you](#). Washington, DC: National Geographic, 2013.

"What do you want to be when you grow up?" is a question kids get asked over and over. But very few connections are made for kids between the present and the future. This book shows kids a pathway from their current interests and talents to a future career or interest. And in so doing, it also encourages adventure, exploration, and discovery.

Audience: All ages

Related Resources

[Mindfulness Pathfinder](#) Winnipeg School Division (WSD) introduced mental health and wellness initiatives to prevent and reduce anxiety in children and youth. The need was clearly identified in the WSD "Tell them from me" student survey. About 20 percent of all students from Grade 4 to 12 reported intense feelings of fear, anxiety and worry; and about 20 percent of all students in Grade 7 to 12 reported prolonged periods of feeling sad, discouraged and inadequate.

Mindfulness approach to support student wellbeing and focused awareness. As students learn to recognize the signs of stress or anxiety, they can apply mindfulness techniques to help them adjust their responses. Through regulating their breath, and becoming aware of their reactions, students can return to a focused state, ready to learn. The resources included in this pathfinder include materials on mindfulness for students, as well as materials for classroom teachers, school counsellors, and clinicians.

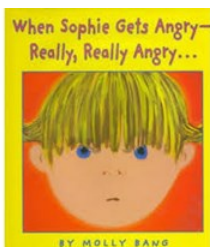
For more information about the Mindfulness initiative and about student mental health and well-being, please contact Jon Olafson, WSD Student Services Consultant, jolafson@wsd1.org



Lesson 3: Focussed Awareness: The Core Practice

“Pause. Listen. Breathe. It can take less than a minute to cue our minds to relax and focus...By concentrating on the sensations of a resonant sound and then of their breathing, children calm their minds and get ready to focus on the next part of their day.” (The MindUp Curriculum, Pre K – 2, p. 42)

MindUp Curriculum Resources

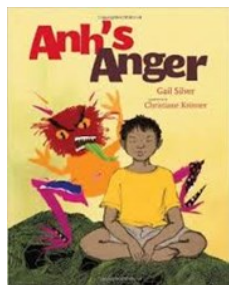


BOOK E BAN

Bang, Molly. [When Sophie gets angry – really, really angry](#). New York: Blue Sky Press, 1999.

Everybody gets angry sometimes. And for children, anger can be very upsetting and frightening. In this book, readers will see what Sophie does when she gets angry. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. What do you do?

Audience: Grades K-4



BOOK E SIL

Silver, Gail. [Anh's Anger](#). Berkeley, CA: Plum Blossom Books, 2009.

When Anh becomes angry and says hurtful things, his grandfather tells him to go to his room and sit with his anger, which allows Anh to feel better.

Audience: Grades 2-5



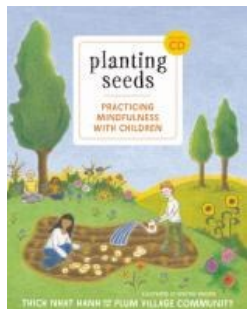
BOOK E WAT (also available as a downloadable [ebook](#))

Watt, Melanie. [Scaredy squirrel](#). Toronto: Kids Can Press, 2006.

Scaredy Squirrel is too afraid to leave his tree, because danger is everywhere! One day, he has to leap out into the unknown, and discovers something amazing!

Audience: Grades K-4

Related Resources

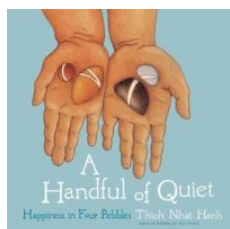


BOOK 294.3 75083 NHA

Nhat Hanh, Thich. [Planting seeds: practicing mindfulness with children](#). Berkeley, CA: Parallax Press, 2011.

Through cooperative games, songs, and simple exercises, children can experience their connection to each other, and develop compassion. Includes accompanying CD.

Audience: Teachers and Grades N-6



BOOK 294.34435 NHA

Nhat Hanh, Thich. [A handful of quiet: happiness in four pebbles](#). Berkeley, CA: Plum Blossom Books, 2012.

Pebble meditation is a unique technique to introduce children to the calming practice of self-awareness. Contains complete instructions for pebble meditation designed to involve children in a hands-on and creative way that touches on their interconnection with nature.

Audience: Teachers and Grades N-6

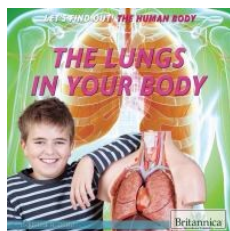


CD1095

Cavanough, Katrina. [Happy little hearts: health & healing meditations for children](#). Glen Waverley, Victoria, Australia: Blue Angel Music, 2013.

These meditations will support children to understand their feelings and experience ways to help and heal themselves with the help of some special friends. Every child feels sad sometimes. Whether it's a hurt knee through to divorce, death of a loved one or even child abuse, children need to feel safe, loved and protected. These meditations will support children as they heal from sadness, grief or trauma.

Audience: Grades K-3

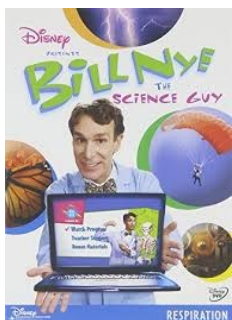


DOWNLOADABLE eBook

Figorito, Christine. [The lungs in your body](#). New York: Britannica Educational Publishing, in association with Rosen Educational Services, 2015.

Take a deep breath and dive right into the ins and outs of what keeps us breathing: our lungs. This bright and informative book offers a lively yet straightforward overview of the parts of the body involved with breathing and how they all work together to keep us alive and kicking.

Audience: Grades 2-6



DVD0486

[Respiration](#). Elk Grove Village, IL : Disney Educational, 2003.

Bill Nye discovers the importance of respiration when he jogs, bikes, swims and SCUBA dives. Kids measure how much air each breath contains and make a model lung. Bill demonstrates how cigarette smoke can infiltrate and injure lungs, and the importance of exercise for the body and lungs. (23 minutes)

Audience: Grades 4-8



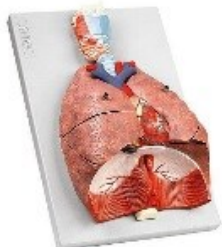
DVD1671

"Sid's amazing lungs" on [Now that's using your brain](#). PBS Kids/Jim Henson Entertainment. Dallas, TX: NCircle Entertainment, 2014.

Sid the Science Kid runs around frantically trying to get ready for school and gets short of breath. How do his lungs work? (21 minutes)

Audience: Grades K-4

KIT1520



Model of the human respiratory system

KIT1520

[Model of the human respiratory system](#).

A life size reproduction of the complete human respiratory system. It is composed of 7 parts showing the larynx (dissected along the sagittal plane), the lungs (dissected along the frontal plane) and a 2-part heart.

Audience: All grades with teacher assistance



UNIT II: SHARPENING YOUR SENSES (LESSONS 4 – 9)

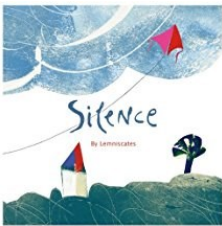
Experience the relationship between our senses, our moving bodies, and the way we think: Mindful Listening, Mindful Seeing, Mindful Smelling, Mindful Tasting, Mindful Movement.



Lesson 4: Mindful Listening

"Sounds are all around us. Mindful listening helps us choose which sounds to focus our attention on and helps us to be thoughtful in the way we hear and respond to the words of others. This work helps prepare children for following directions, resolving conflicts through discussion, building friendship, and listening for important details in texts read aloud." (The MindUp Curriculum, Pre K – 2, p. 52)

MindUp Curriculum Resources

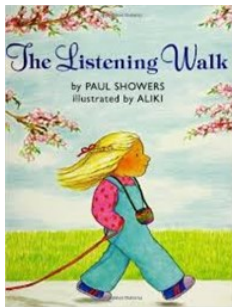


BOOK E LEM

Lemniscates. [Silence](#). Washington, DC: Magination Press, 2012.

Simple text encourages the reader to be silent and listen for sounds often not heard, such as the wind playing with a kite, or the chattering of trees.

Audience: Grades K-4



BOOK E SHO

Showers, Paul. [The listening walk](#). New York: HarperCollins Publishers, 1991.

During her silent walk with her father, a little girl discovers an extraordinary world of sounds in her everyday environment.

Audience: Grades K-3



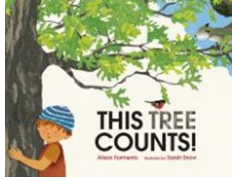
BOOK E UND

Underwood, Deborah. [The quiet book](#). New York: Houghton Mifflin Books for Children, 2010.

From the quiet of being the first one awake in the morning to "sweet dreams quiet" when the last light is turned off, simple text explores the many kinds of quiet that can exist during the day.

Audience: Grades K-3

Related Resources

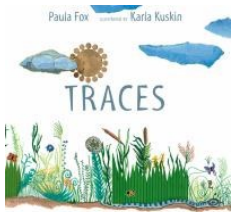


BOOK E FOR

Formento, Alison. [This tree counts!](#) Chicago: Albert Whitman, 2010.

If you listen carefully to the lone tree behind Oak Lane School, it has a story to tell about... one owl, two spiders, three squirrels, four robins, five caterpillars, six ants, seven crickets, eight flies, nine ladybugs, and ten earthworms, all living safe and free in their tree home.

Audience: Grades K-3

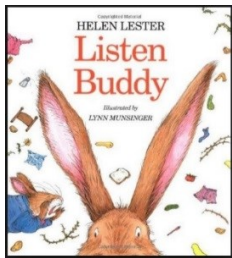


BOOK E FOX

Fox, Paula. [Traces](#). Asheville: Front Street, 2008.

Can you find the traces of what walked before you? Being very still, using all your senses, this lyric poem captures those faint glimpses of things that you see but don't quite recognize; sounds you can almost hear; smells, tastes, and feelings that you can't quite name.

Audience: Grades 2-6

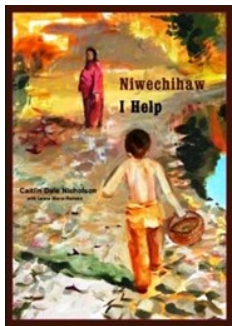


BOOK E LES

Lester, Helen. [Listen, Buddy](#). Boston : Houghton Mifflin Harcourt, 2013,

This funny tale follows Buddy, who almost ends up as bunny stew, because he just never wants to take the time to listen.

Audience: Grades K-4

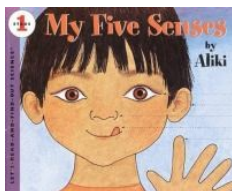


BOOK E NIC

Nicholson, Caitlin Dale. [Niwechihaw = I help](#). Toronto: Groundwood Books, 2008.

This story looks at a very special relationship. A young boy goes for a walk with his kohkom, or grandmother, listening, picking, eating ... just as she does. In doing so, he begins to learn the rich cultural traditions and values of his Cree heritage.

Audience: Grades K-3

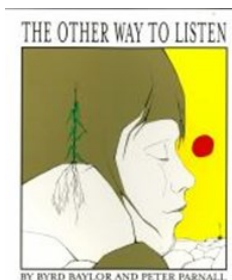


BOOK J 612.8 ALI

Aliko. [My five senses](#). (*Let's read-and-find-out series*). New York: Harper Collins Publishers, 1989.

A young boy learns about the world through the marvels of his five senses.

Audience: Grades K-3



BOOK J 811 BAY

Baylor, Byrd. [The other way to listen](#). New York: Aladdin Paperbacks, 1997.

After hoping and trying, the narrator is finally able to hear the hills singing.

Audience: Grades 2-5

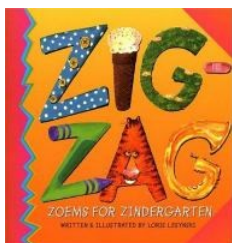


BOOK J 811.08 EVE

[Every second something happens: poems for the mind and senses](#). Honesdale, PA: Wordsong, 2008.

Young readers are inspired to use their senses and creative minds, as they discover the myriad delights of poetry.

Audience: Grades K-4

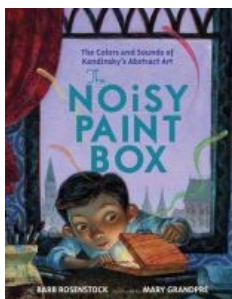


BOOK J 819.1 LES

Lesynski, Loris. [Zig-zag: zoems for Zindergarten](#). Toronto: Annick Press, 2004.

Bursting with zaniness, these poems focus on the pleasure of sound and the rhythm of language. Each contains an inherent invitation to listen closely and then join in. With rhymes about subjects as simple and familiar as school, food and even walking, Zigzag demonstrates how much fun poetry, and everyday life, can be.

Audience: Grades K-5



BOOK J 932 KAN

Rosenstock, Barb. [The noisy paint box: the colors and sounds of Kandinsky's abstract art](#). New York: Alfred A. Knopf, 2014.

Vasya Kandinsky was a proper little boy: he studied math and history, he practiced the piano, he sat up straight and was perfectly polite. And when his family sent him to art classes, they expected him to paint pretty houses and flowers like a proper artist. But as Vasya opened his paint box and began mixing the reds, the yellows, the blues, he heard a strange sound the swirling colors trilled like an orchestra tuning up for a symphony! But was Vasya brave enough to put aside his proper paintings and paint . . . music?

Audience: Grades 3-12

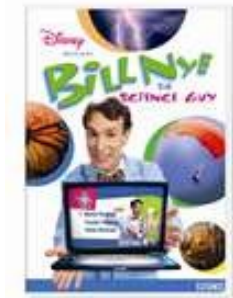


DVD0433

[Our five senses](#). El Dorado Hills, CA: 100% Educational Videos, 2002.

Children explore how the senses enable us to collect information about the sights, sounds, smells, textures, and tastes that form our environment. They also learn about the sense organs connected with every sense. (15 minutes)

Audience: Grades K-2



DVD0478

[Sound](#). Elk Grove Village, IL : Disney Educational, 2003.

Bill Nye joins a rock and roll group in the recording studio for a sneak preview as they track their next song. Bill and pals discover the power of sound as they tap, sing and bang sound waves to eardrums everywhere. (23 mins)

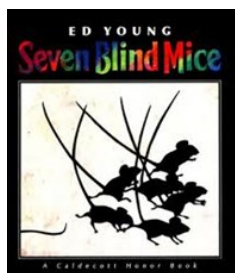
Audience: Grades 4-8



Lesson 5: Mindful Seeing

"Mindful seeing enables us to better observe ourselves, other people, and our surroundings to more fully enjoy and learn from them...We can build on these skills of observation by encouraging children to apply their curiosity and perceptiveness to their academic work. And in the area of social-emotional learning, these skills can be tied to reading social cues and acting perceptively in response to the facial expressions and body language of others." (The MindUp Curriculum, Pre K – 2, p. 60)

MindUp Curriculum Resources



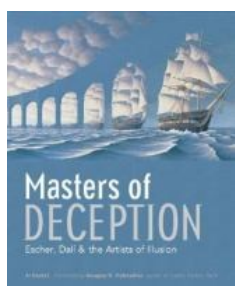
BOOK E YOU

Young, Ed. [Seven blind mice](#). New York: Puffin Books, 2002.

In this retelling of the Indian fable, seven blind mice discover different parts of an elephant and argue about its appearance based on their own perceptions.

Audience: All ages

Related Resources

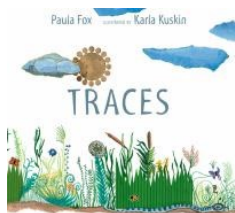


BOOK 701.15 SEC

Seckel, Al. [Masters of Deception: Escher, Dali & the artists of optical illusion](#). New York: Sterling Publishing Co., 2004.

These dazzling and often playful artistic creations manipulate perspective so cleverly that they simply outwit our brains: we can't just take a quick glance and turn away. They compel us to look once, twice, and over and over again, as we try to figure out exactly how the delightful trickery manages to fool our perceptions so completely. Many fascinating reproductions to pore over!

Audience: Grades 4-12

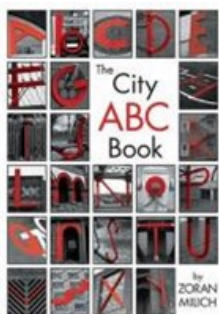


BOOK E FOX

Fox, Paula. [Traces](#). Asheville: Front Street, 2008.

Can you find the traces of what walked before you? Being very still, using all your senses, this lyric poem captures those faint glimpses of things that you see but don't quite recognize; sounds you can almost hear; smells, tastes, and feelings that you can't quite name.

Audience: Grades 2-6

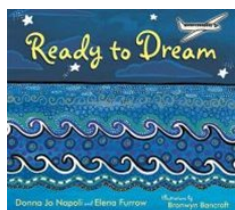


BOOK E MIL

Milich, Zoran. [The city ABC book](#). Toronto: Kids Can Press, 2001.

Features dramatic black-and-white photographs of urban landscapes with hidden letters boldly highlighted in red. Children will be inspired to take a second look at the world around them as their powers of observation are enhanced, and their imaginations are allowed to soar.

Audience: All ages

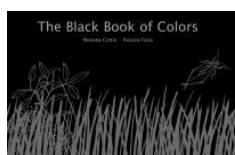


BOOK E NAP

Napoli, Donna Jo. [Ready to dream](#). New York : Bloomsbury Children's Books, 2009.

While drawing pictures of the animals she sees on her trip to Australia, a young girl named Ally meets Pauline, an aborigine woman and fellow artist, from whom Ally learns that art is not always created with just paper and paints, and that mistakes are actually happy accidents.

Audience: All ages

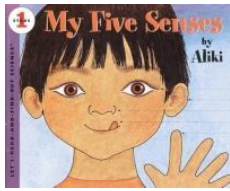


BOOK J 535.6 COT

Cottin, Menena and Rosanna Faria. [The black book of colors](#). Toronto: Groundwood Books, 2008.

It is very hard for a sighted person to imagine what it is like to be blind. This book endeavors to convey the experience of a person who can only see through his or her sense of touch, taste, smell or hearing. Raised black line drawings on black paper, which can be deciphered by touch, complement a beautifully written text describing colors through imagery. Braille letters accompany the text so that the sighted reader can begin to imagine what it is like to use Braille to read.

Audience: All ages



BOOK J 612.8 ALI

Aliki. [My five senses](#). (*Let's read-and-find-out series*). New York: HarperCollinsPublishers, 1989.

A young boy learns about the world through the marvels of his five senses.

Audience: Grades K-3



BOOK J 811.08 EVE

[Every second something happens: poems for the mind and senses](#). Honesdale, PA: Wordsong, 2008.

Young readers are inspired to use their senses and creative minds, as they discover the myriad delights of poetry.

Audience: Grades K-4

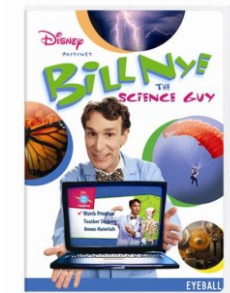


DVD0433

[Our five senses](#). El Dorado Hills, CA: 100% Educational Videos, 2002.

Children explore how the senses enable us to collect information about the sights, sounds, smells, textures, and tastes that form our environment. They also learn about the sense organs connected with every sense. (15 minutes)

Audience: Grades K-2



DVD1633

[Eyeball](#). Aurora, IL: Disney Educational Productions, 2014

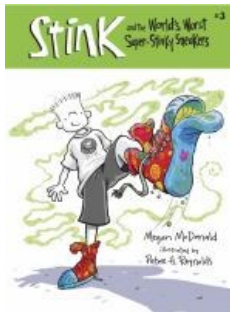
Bill Nye focuses his attention on the body's window to the world--the eyeball. He looks at how the eye focusses, and also interviews a seeing-eye dog trainer and a virtual reality designer, and demonstrates how a 3-D movie works. (23 minutes)

Audience: Grades 4-8

Lesson 6: Mindful Smelling

“Just by catching a whiff of a familiar scent, our brain can call to mind the people, places, or things we associate with it. Mindful smelling – using our sense of smell to be more aware of our environment – can help us to keenly observe our world and sharpen our memory.” (The MindUp Curriculum, Pre K – 2, p. 69)

MindUp Curriculum Resources



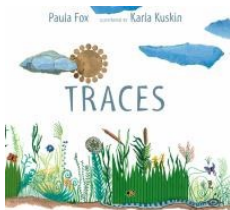
DOWNLOADABLE eBook

McDonald, Megan. [Stink and the world's worst super-stinky sneakers](#). Cambridge, MA: Candlewick Press, 2007.

A class visit to the Gross-Me-Out exhibit at the science museum inspires Stink Moody to create a variety of terrible smells to put on the sneakers he plans to enter in the World's Worst Super-Stinky Sneaker contest.

Audience: Grades 2-6

Related Resources

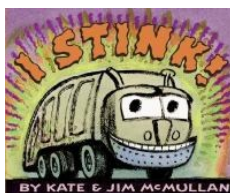


BOOK E FOX

Fox, Paula. [Traces](#). Asheville: Front Street, 2008.

Can you find the traces of what walked before you? Being very still, using all your senses, this lyric poem captures those faint glimpses of things that you see but don't quite recognize; sounds you can almost hear; smells, tastes, and feelings that you can't quite name.

Audience: Grades 2-6

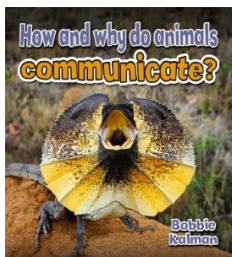


BOOK E MCM

McMullan, Kate. [I Stink!](#) New York: Harper Collins, 2002.

A big city garbage truck makes its rounds, consuming all sorts of stinky things, from apple cores and banana peels to leftover ziti with zucchini. Imagine what the city would smell like if the garbage truck didn't eat all that trash!

Audience: Grades K-3

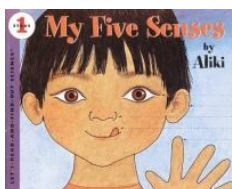


BOOK J 591.59 KAL

Kalman, Bobbie. [How and why do animals communicate?](#) New York: Crabtree Publishing Company, 2015.

Animals communicate to share information, attract mates, or scare away enemies. They sing, growl, howl, spray smelly scents, and make their body parts bigger. Students will have fun learning about these communication skills and be asked to compare their communication methods with those of animals.

Audience: Grades 3-8



BOOK J 612.8 ALI

Aliki. [My five senses](#). (*Let's read-and-find-out series*). New York: HarperCollinsPublishers, 1989.

A young boy learns about the world through the marvels of his five senses.

Audience: K-3



BOOK J 811.08 EVE

[Every second something happens: poems for the mind and senses](#). Honesdale, PA: Wordsong, 2008.

Young readers are inspired to use their senses and creative minds, as they discover the myriad delights of poetry.

Audience: Grades K-4

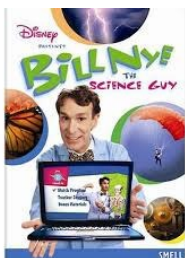


DVD0433

[Our five senses](#). El Dorado Hills, CA: 100% Educational Videos, 2002.

Children explore how the senses enable us to collect information about the sights, sounds, smells, textures, and tastes that form our environment. They also learn about the sense organs connected with every sense. (15 minutes)

Audience: Grades K-2



DVD0484

[Smell](#). (Bill Nye the Science Guy series). Elk Grove Village, Ill.: Disney Educational Productions, 2004.

The human sense of smell helps us interpret our environment and react to things around us by letting us know when new smells are close-by. Other animals like dogs, use their sense of smell even more than humans do. Noses receive a smell, then the olfactory part of the brain decodes the many messages it gets. (23 minutes)

Audience: Grades 4-8

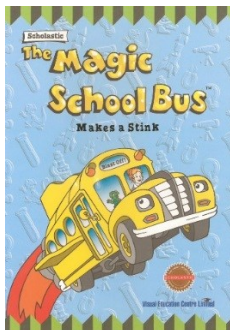


DVD1669

[Sid's Sense-ational adventures! \(Disc 1\)](#) [United States]: Jim Henson Company: Distributed by NCircle Entertainment, 2010.

Sid and his friends are embarking on a quest to explore vision, hearing, touch, smell, and taste! Find out all about Sid's Super Duper Senses and find out about your own senses! (22 minutes)

Audience: Grades K-3



DVD1696

[The magic school bus makes a stink.](#) New York: Scholastic, 1997.

Flora Whiff, the famous expert on smell whose nose knows comes to school to judge the First Annual Smell Search. Ms. Frizzle's class creates a unique smell that is bound to take first prize, but Janet, determined to win herself, changes their smell to an odor only a skunk could love. The kids discover the secret to what makes things smell. Now can they find a way to make sure their creation doesn't make a big stink? 26 mins.

Audience: Grades 2-5

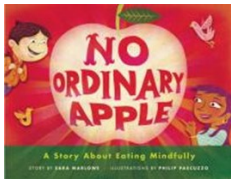


Lesson 7: Mindful Tasting

"Mindful tasting [is] a valuable task for demonstrating mindful awareness. A simple exercise of savoring and describing a morsel of food helps children understand the changes that can occur when an everyday act is performed slowly and with conscious attention to the experience." (The MindUp Curriculum, Pre K – 2, p. 77)

MindUp Curriculum Resources

BOOK E MAR



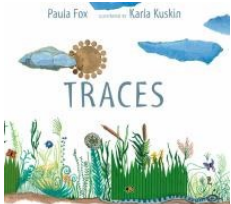
Marlow, Sara. [No ordinary apple: a story about eating mindfully](#). Somerville, MA: Wisdom Pub., 2013.

Elliot stays with his neighbor, Carmen, after school every day and one afternoon she offers an apple as a snack, guiding him to experience it in a new way that makes it "the most appley-apple ever."

Audience: Grades K-3

Related Resources

BOOK E FOX

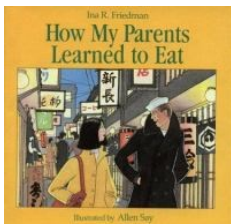


Fox, Paula. [Traces](#). Asheville: Front Street, 2008.

Can you find the traces of what walked before you? Being very still, using all your senses, this lyric poem captures those faint glimpses of things that you see but don't quite recognize; sounds you can almost hear; smells, tastes, and feelings that you can't quite name.

Audience: Grades 2-6

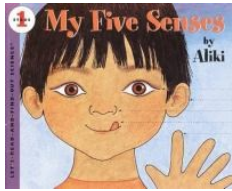
BOOK E FRI



Friedman, Ina R. [How my parents learned to eat](#). Boston, MA: Houghton Mifflin, 1984.

An American sailor courts a young Japanese woman and each tries, in secret, to learn the other's way of eating, from trying different foods, to learning how to eat with different utensils.

Audience: Grades 3-8



BOOK J 612.8 ALI

Aliki. [My five senses](#). (*Let's read-and-find-out series*). New York: HarperCollinsPublishers, 1989.

A young boy learns about the world through the marvels of his five senses.

Audience: Grades K-3

BOOK J 630 HOD

Hodge, Deborah. [Up we grow!: a year in the life of a small, local farm](#). Toronto: Kids Can Press, 2010.



Heartwarming photos invite children into the world of a small, co-operative farm over four seasons. Readers will get to know the hardworking farmers who plow, plant, compost, mulch, harvest and market fruits and vegetables, and care for animals. Children will discover people of all ages and abilities working together to grow and share food, while protecting and respecting the land and animals we depend upon for our sustenance.

See also Deborah Hodge's book [Watch me grow!](#), a down-to-earth look at growing food in the city (J 630.917 HOD).

Audience: Grades 2-6

BOOK J 811.08 EVE

[Every second something happens: poems for the mind and senses](#). Honesdale, PA: Wordsong, 2008.



Young readers are inspired to use their senses and creative minds, as they discover the myriad delights of poetry.

Audience: K-4

DVD0433

[Our five senses](#). El Dorado Hills, CA: 100% Educational Videos, 2002.



Children explore how the senses enable us to collect information about the sights, sounds, smells, textures, and tastes that form our environment. They also learn about the sense organs connected with every sense. (15 minutes)

Audience: Grades K-2



DVD1669

[Sid's sense-ational adventures! \(Disc 2\)](#) Jim Henson Co, PBS Kids, 2010.

Sid and his friends are embarking on a quest to explore vision, hearing, touch, smell, and taste! Find out all about Sid's Super Duper Senses and find out about your own senses! (22 minutes each)

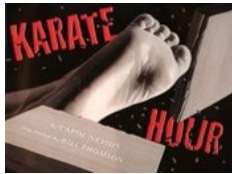
Audience: Grades K-3



Lesson 8 & 9: Mindful Movement I & II

“To move mindfully is to pay close attention to the sensations of our body when it is at rest and when it is active – the body gives us signals we can easily recognize to help us monitor physical and mental states such as exertion and stress.” (The MindUp Curriculum, Pre K – 2, p. 84)

MindUp Curriculum Resources



BOOK E NEV

Nevius, Carol. [Karate hour](#). Tarrytown: Marshall Cavendish Children, 2011.

A dynamic celebration of the martial arts!

Audience: Grades 2-5

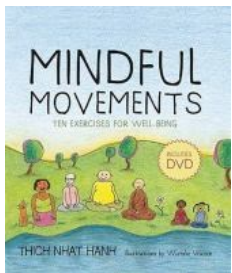


BOOK E RYD

Ryder, Joanne. [Earth dance](#). New York: Square Fish, 2014.

Readers are asked to picture themselves as the earth, turning in space, facing the light, feeling the green things growing and the oceans shifting.

Audience: Grades 1-4

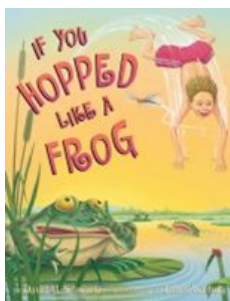


BOOK J 294.4435 NHA

Nhat Hanh, Thich. [Mindful movements](#). Berkeley: Parallax Press, 2008.

Simple, effective exercises reduce mental, physical, and emotional stress. Ten routines are designed to be easily accessible and can be performed by people of all ages and all body types, whether they're familiar with mindful practices or not.

Audience: All ages

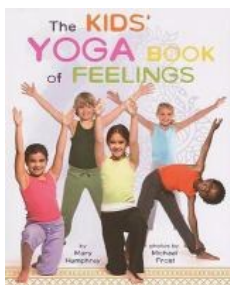


BOOK J 513.24 SCH

Schwartz, David M. [If you hopped like a frog](#). New York: Scholastic Press, 1999.

Compares what humans would be able to do if they had bodies like different animals.

Audience: Grades K-2



BOOK J 613.7 HUM

Humphrey, Mary. [The kids' yoga book of feelings](#). New York: Marshall Cavendish, 2008.

These simple yoga stretches help children release their feelings in a fun, healthy way.

Audience: All ages



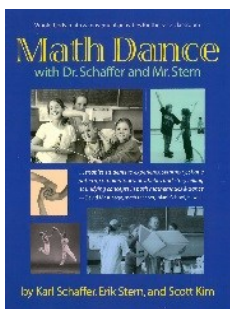
BOOK J 791.34 GER

Gerstein, Mordecai. [The man who walked between the towers](#). New York: Square Fish, 2007.

In 1974, French aerialist Philippe Petit threw a tightrope between the two towers of the World Trade Center and spent an hour walking, dancing, and performing high-wire tricks a quarter mile in the sky. This picture book captures the poetry and magic of the event with a poetry of its own.

Audience: Grades 2-5

Related Resources

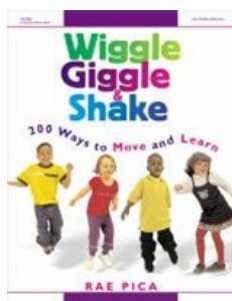


BOOK 372.7 SCH

Schaffer, Karl. [Math dance: whole body math and movement activities for the K-12 classroom](#). MoveSpeakSpin: Santa Cruz, CA, 2001.

Presents a number of mathematical concepts and explains how to teach and explore them using movement.

Audience: Teachers and administrators

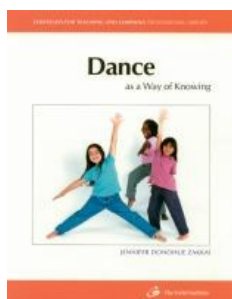


BOOK 372.86 PIC

Pica, Rae. [Wiggle, giggle & shake: 200 ways to move and learn](#). Beltsville, MD.: Gryphon House, 2001.

Enhance your classroom with 200 movement-inspiring activities for children aged four to eight. Encourages children to think and solve problems, to recognize and explore their feelings, and to participate physically in their own learning.

Audience: Teachers and administrators



BOOK 792.8 ZAK

Zakkai, Jennifer Donohue. [Dance as a way of knowing](#). York, ME.: Stenhouse Publishers, 1997.

You don't have to be a dancer to use the detailed model lessons that guide you through warm-ups, movement explorations, rich curricular integrations, culminating activities, observation and reflection.

Audience: Teachers and administrators

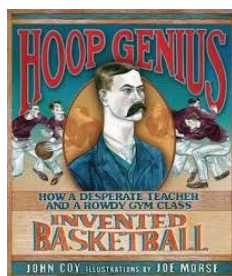


BOOK E DAN

Daniel, Danielle. [Sometimes I feel like a fox](#). Toronto: Groundwood Books, 2015.

Twelve young speakers explain how they would move and sense the world around them, as they identify with a forest animal, such as a fox, deer, beaver or moose. The author includes a simple introduction to the Anishinaabe tradition of clan animals. Soft, colourful illustrations show the children in animal masks, while the text on each page creates a series of simple poems.

Audience: Grades K-6



BOOK J 796.323 COY

Coy, John. [Hoop genius: how a desperate teacher and a rowdy gym class invented basketball](#). Minneapolis: Carolrhoda Books, 2013.

When Canadian James Naismith was faced with a very physical class of students who weren't afraid to knock each other over during gym, he thought carefully of how he could create a fun yet safe and challenging game they would love. The result: basketball!

Audience: Grades 4-8

UNIT III: IT'S ALL ABOUT ATTITUDE (LESSONS 10 – 12)

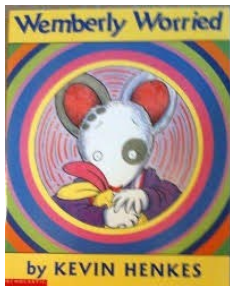
Understand the role of our mind-set in how we learn and progress: Perspective Taking, Choosing Optimism, and Appreciating Happy Experiences.



Lesson 10: Perspective Taking

“As children routinely identify other perspectives, they learn to think with an “open mind” – to pause and consider other viewpoints mindfully. This increasing ability to consider a situation in multiple ways has social benefits, such as reducing conflicts among children, facilitating group work, and cultivating an inclusive peer community. Perspective taking is an essential skill for problem solving in all subject area, from understanding conflict in literature to finding strategies for problem solving in math and science.” (The MindUp Curriculum, Pre K – 2, p. 102)

MindUp Curriculum Resources

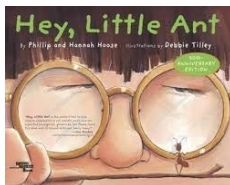


BOOK E HEN

Henkes, Kevin. [Wemberly worried](#). New York; Toronto: Scholastic, 2001.

A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school.

Audience: Grades K-3



BOOK E HOO

Hoose, Philip M. [Hey Little Ant](#). Berkeley, CA: Tricycle Press, c1998.

What would you do if the ant you were about to step on looked up and started talking? Would you stop and listen? That's what happens in this funny, thought-provoking story bound to inspire important discussions. To squish or not to squish?

Audience: Grades K-3

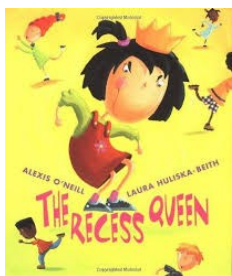


BOOK E MCD

McDonnell, Patrick. [The Monsters' monster](#). New York: Little, Brown, 2012.

Grouch, Grump, and little Gloom 'n' Doom spend much of their time arguing over who is the "biggest and baddest" until they build a monster together that turns out to be very different than what they expect.

Audience: Grades K-3



BOOK E ONE

O'Neill, Alexis. [The Recess Queen](#). New York: Scholastic Press, 2002.

Mean Jean is the biggest bully on the school playground until a new girl arrives and challenges Jean's status as the Recess Queen.

Audience: Grades K-4

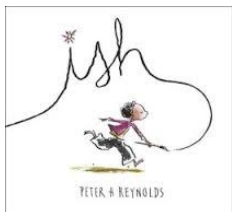


BOOK E OTO

Otoshi, Kathryn. [One](#). San Rafael, CA: KO Kids Books, 2008.

Introduces young readers to numbers, counting, and primary and secondary colors by offering the story of ill-tempered Red who got too powerful for his own good and had to be brought down to size by One--a single entity with the courage to stand up for what was right.

Audience: All ages

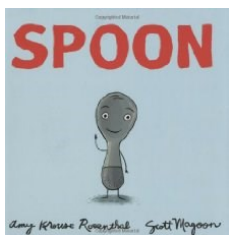


BOOK E REY

Reynolds, Peter. [Ish](#). Cambridge, MA: Candlewick Press, 2004.

Ramon loses confidence in his ability to draw, but his sister gives him a new perspective on things.

Audience: All ages

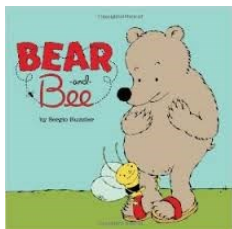


BOOK E ROS

Rosenthal, Amy Krouse. [Spoon](#). New York: Hyperion Books, 2009.

Spoon's always been a happy little utensil. But lately, he feels like life as a spoon just isn't cutting it. He thinks Fork, Knife, and The Chopsticks all have it so much better than him. But do they? And what do they think about Spoon? A book for all ages, Spoon serves as a gentle reminder to celebrate what makes us each special.

Audience: All ages

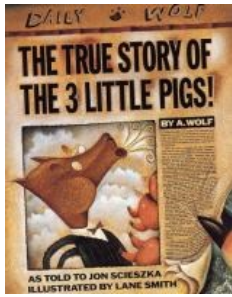


BOOK E RUZ

Ruzzier, Sergio. [Bear and Bee](#). New York: Disney Hyperion Books, 2013.

A hungry bear discovers that bees are not terrible monsters who never share their honey.

Audience: Grades K-2

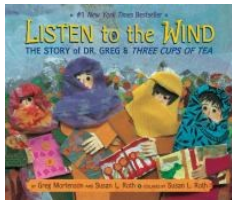


BOOK E SCI

Scieszka, Jon. [The true story of the 3 little pigs by a wolf!](#). New York: Puffin Books, 1996.

The wolf gives his own outlandish version of what really happened when he tangled with the three little pigs.

Audience: Grades 2-8



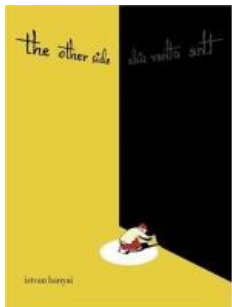
BOOK J 371.009 MOR

Mortenson, Greg. [Listen to the wind: the story of Dr. Greg and three cups of tea](#). New York: Dial Books for Young Readers, 2009.

Lost and delirious, Dr. Greg stumbles into a remote Himalayan village after a failed climb up K2. The villagers saved his life, and he vowed to return and build them a school. The remarkable story of his promise kept is now perfect for reading aloud. Told in the voice of Korphe's children, this story illuminates the humanity and culture of a relevant and distant part of the world in gorgeous collage, while sharing a riveting example of how one person can change thousands of lives.

Audience: Grades 4-8

Related Resources



BOOK E BAN

Banyai, Istvan. [The Other Side](#). San Francisco: Chronicle Books, 2005.

A wordless picture book that shows a series of familiar scenes through many twists in point of view, such as a boy looking down out of a jet's window and another boy on the ground looking up at the same jet.

Audience: All ages

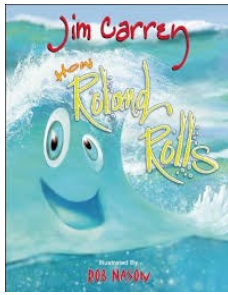


BOOK E BAN

Banyai, Istvan. [Zoom](#). New York: Viking, 1995

A wordless picture book presents a series of scenes, each one from farther away, showing, for example, a girl playing with toys which is actually a picture on a magazine cover, which is part of a sign on a bus, and so on.

Audience: All ages

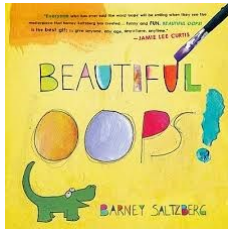


BOOK E CAR

Carrey, Jim. [How Roland Rolls](#). Los Angeles: Some Kind of Garden Media, 2013.

Roland the Wave is afraid that, one day, when he hits the beach, his life will be over. But when he gets deep, he's struck by the notion that he's not just a wave - he's the whole big, wide ocean! A rollicking funny read-aloud story about belonging and finding one's place in the world.

Audience: Grades 2-6



BOOK E SAL

Saltzberg, Barney. [Beautiful oops!](#) New York: Workman Publishers, 2010.

An interactive sturdy board book that shows how what seems to be a mistake, can be turned into something beautiful, if you just look hard enough at it! A smudge becomes a bunny, a crumpled ball of paper turns into a fleecy lamb.

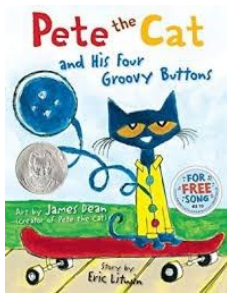
Audience: All ages



Lesson 11: Optimism

"Choosing to view life optimistically can increase our brain capacity; it relaxes our amygdala, creates chemical balance in our brains, and allows our prefrontal cortex to take charge. In this frame of mind, children learn that they can make much better choices than if they take a negative or pessimistic approach, which effectively shuts down their higher-level thinking." (The MindUp Curriculum, Pre K – 2, p. 110)

MindUp Curriculum Resources

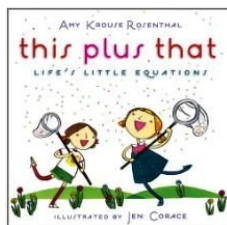


BOOK E LIT

Litwin, Eric. [Pete the Cat and his four groovy buttons](#). New York: Harper, 2012.

Pete the cat loves the buttons on his shirt so much that he makes up a song about them, and even as the buttons pop off, one by one, he still finds a reason to sing.

Audience: Grades K-4



BOOK E ROS

Rosenthal, Amy Krouse. [This plus that: life's little equations](#). New York: Harper, 2011.

Have fun with these unexpected combinations that always add up to something special. Whether it's "wishes + frosting = birthday" or "birds + buds = spring," each equation is a small delight. Life's total experience is always greater than the sum of its parts.

Audience: All ages

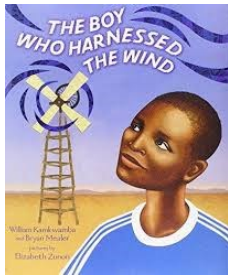


BOOK E WAT (also available as a downloadable [ebook](#))

Watt, Melanie. [Scaredy Squirrel](#). Toronto: Kids Can Press 2006.

Scaredy Squirrel thinks about all the things that could happen to him if he left the safety of his home, but he has no choice when he accidentally drops his emergency kit.

Audience: Grades K-4



BOOK J 621.453 KAM (also available as a downloadable [ebook](#))

Kamkwamba, William. [The Boy Who Harnessed the wind](#). New York: Dial Books for Young Readers, 2012.

When fourteen-year-old William Kamkwamba's Malawi village was hit by a drought, everyone's crops began to fail. Without enough money for food, let alone school, William spent his days in the library... and figured out how to bring electricity to his village. Persevering against the odds, William built a functioning windmill out of junkyard scraps, and thus became the local hero who harnessed the wind.

Audience: Grades 4-8

Related Resources

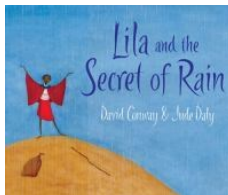


BOOK E BLO

Bloch, Serge. [Reach for the stars: and other advice for life's journey](#). New York: Sterling, 2010.

Setting off in life, a boy receives many words of hopeful advice to inspire him.

Audience: All ages

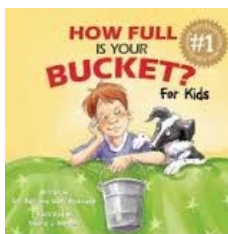


BOOK E CON

Conway, David. [Lila and the secret of rain](#). London: Frances Lincoln Children's Books, 2008.

With the sun baking their Kenyan village for months and no rain in sight, Lila learns the trick for making the rains come from her wise grandfather and so heads out to confront the sky in the hopes of saving everyone and everything in the land she loves.

Audience: Grades 2-5

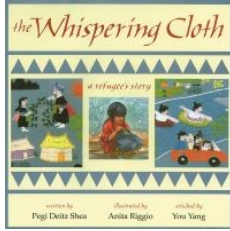


BOOK E RAT

Rath, Tom. [How full is your bucket?: for kids](#). New York: Gallup Press, 2009.

When Felix wakes up one morning, he finds an invisible bucket floating overhead. A rotten morning threatens his mood--and his bucket--drop by drop. Can Felix discover how to refill his bucket before it's completely empty?

Audience: Grades K-6

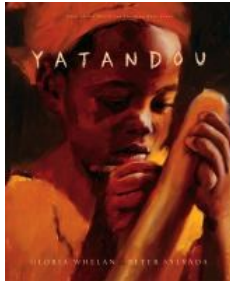


BOOK E SHE

Shea, Pegi Deitz. [The whispering cloth: a refugee's story](#). Honesdale, PA: Boyds Mills Press, 1996

This moving and poignant tale depicts life in a Hmong refugee camp in Thailand. Mai lives there with her grandmother, who helps her as she struggles to perfect her stitchery, to create her own pa'ndau, brightly-coloured story cloth. Only by going back into her own brief and tragic past can Mai find a story to tell—one of hope and faith in the midst of war and confinement.

Audience: Grades 2-6

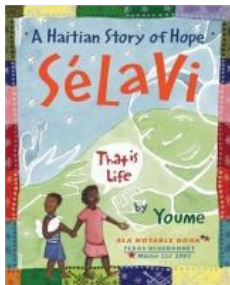


BOOK E WHE

Whelan, Gloria. [Yatandou](#). Chelsea, MI: Sleeping Bear Press, 2007.

Yatandou, an eight year old Mali girl, helps the women of her village with the hard work of pounding millet kernels for each day's food. They dream of buying a machine to grind the millet and free them from their pounding sticks.

Audience: Grades 2-6



BOOK E YOU

Youme. [Selavi, that is life: a Haitian story of hope](#). El Paso, TX: Cinco Puntos Press, 2004.

A homeless boy on the streets of Haiti joins other street children, and together they build a home and a radio station where they can care for themselves and for other homeless children. Includes sections with factual information about Haiti.

Audience: Grades 2-6

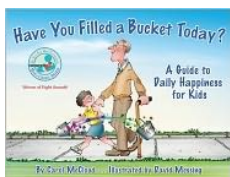


Lesson 12: Happy Experiences

"To remember a happy experience fully and mindfully is to appreciate it and reap the physical, emotional, and cognitive benefits." (The MindUp Curriculum, Pre K – 2, p. 118)

MindUp Curriculum Resources

BOOK J 177.7 MCC



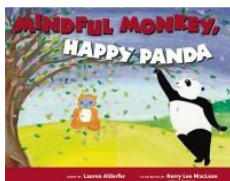
McCloud, Carol. [Have you filled a bucket today?: A guide to daily happiness for kids](#). Northville, MI: Ferne Press, 2010.

Through sweet, simple prose and vivid illustrations, this book encourages positive behavior as children see how very easy and rewarding it is to express kindness, appreciation, and love on a daily basis.

Audience: All ages

Related Resources

BOOK E ALD



Alderfer, Lauren. [Mindful Monkey, happy Panda](#). Somerville, MA: Wisdom Publications, 2011.

Monkey asks Panda what he does to seem so happy and peaceful all the time, and Panda replies that he brings his attention to whatever he is doing at a given time, whether eating, walking, or resting.

Audience: Grades K-4

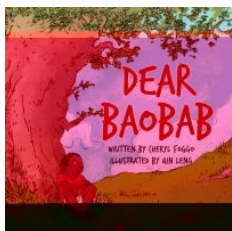
BOOK E BUN



Bunting, Eve. [The memory string](#). Boston, MA: Houghton Mifflin Harcourt, 2000.

Each button on Laura's memory string represents a piece of her family history. The buttons Laura cherishes the most are her mother's button from her prom dress, a white button off her wedding dress, and a single small button from the nightgown she was wearing on the day she died. When the string breaks, Laura's new stepmother, Jane, is there to comfort Laura and search for a missing button, just as Laura's mother would have done. But it's not the same: Jane isn't Mom. Laura discovers that a memory string is not just for remembering the past: it's also for recording new memories.

Audience: Grades 3-6



BOOK E FOG

Foggo, Cheryl. [Dear Baobab](#). Toronto: Second Story Press, 2011.

Seven-year-old Maiko lives in Canada with his aunt and uncle, having recently left Tanzania following the death of his parents. Maiko is a gentle boy who cares for those around him and treats the natural world with a solemn sacredness. He grows to love and talk to a small spruce tree growing outside his family's home; he remembers the massive baobab trees in Tanzania. When Maiko finds out the tree is in the wrong spot, and must be moved, he wonders if there will be room for him too in this new land. Offers encouragement to anyone who has ever felt they are in the wrong place.

Audience: Grades 2-6

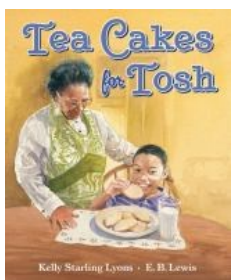


BOOK E HOU

Hout, Mies van. [Happy](#). New York: Lemniscaat, 2012.

Clear, strong lines and radiant colors that seem to smile at the reader characterize Mies van Hout's drawings. Teaches about emotions with illustrations of fish portraying these feelings, including curiosity, sadness, and confusion.

Audience: All ages

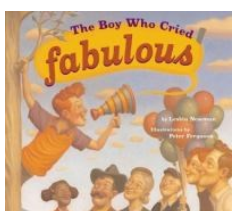


BOOK E LYO

Lyons, Kelly Starling. [Tea cakes for Tosh](#). New York: G. P. Putnam's Sons, 2012.

A young boy helps his beloved grandmother remember an important family story. Tosh has spent many days in the kitchen with his grandmother, Honey, watching her bake cookies and listening to tales of their slave ancestors, so when Honey's memory starts to fail, Tosh is able to help with the cookies and more. Includes a recipe for tea cakes.

Audience: Grades K-4

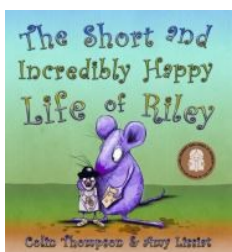


BOOK E NEW

Newman, Leslea. [The boy who cried fabulous](#). Berkeley, CA: Tricycle Press, 2004.

A young boy's fascination with everything he sees around him causes him to be late and upsets his parents, until they come to realize his special gift.

Audience: Grades 2-5

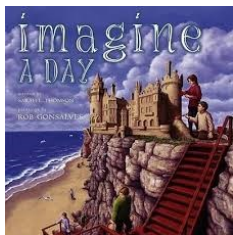


BOOK E THO

Thompson, Colin. [The short and incredibly happy life of Riley](#). South Melbourne: Kane/Miller, 2006.

Human beings live for quite a long time and for a lot of that time are not happy. Rats live for quite a short time and for most of that time they are very, very happy. This picture book--an Australian Picture Book of the Year--presents life lessons with gentle humor and satire.

Audience: All ages



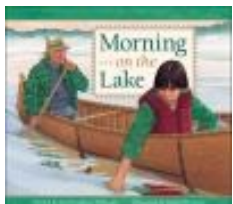
BOOK E THO

Thomson, Sarah L. [Imagine a day](#). New York: Atheneum Books for Young Readers, 2005.

Imagine a day when your swing swings you higher than the highest treetops. Imagine a day when you release a handful of blue balloons into a cloudy, gray sky to create a postcard-perfect day. Imagine a day when the ordinary becomes the extraordinary...a day when anything is possible.

See also Sarah L. Thomson's [Imagine a night](#) (E THO).

Audience: All ages

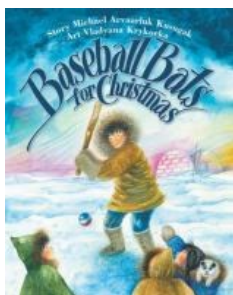


BOOK E WAB

Waboose, Jan Bourdeau. [Morning on the Lake](#). Toronto: KidsCan Press, 1997

A young boy and his grandfather spend the day together on the lake. Under the gentle guidance of his grandfather, the boy gradually comes to respect the ways of nature, and to understand his own place in the world.

Audience: Grades K-4



BOOK FIC KUS

Kusugak, Michael. [Baseball bats for Christmas](#). Toronto: Annick, 1990.

Arvaarluk remembers the Christmas the pastor brought everyone baseball bats as gifts.

Audience: Grades 2-5



UNIT IV: TAKING ACTION MINDFULLY (LESSONS 13 – 15)

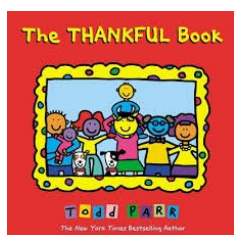
Apply mindful behaviours to our interactions with our community and the world: Expressing Gratitude, Performing Acts of Kindness, Taking Mindful Action in the World.



Lesson 13: Expressing Gratitude

“When we make the expression of gratitude a regular practice...we train our brain to shift to a positive mind-set more efficiently and maintain a healthier, more optimistic perspective.” (The MindUp Curriculum, Pre K – 2, p. 128)

MindUp Curriculum Resources



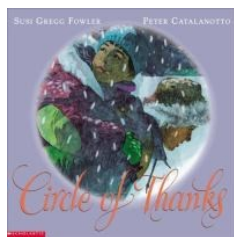
BOOK E PAR

Parr, Todd. [The thankful book](#). New York: Little, Brown and Company, 2012.

Easy-to-read text encourages the reader to find something every day for which to be thankful, from underwear that is just the right size to birthday cakes and the wishes they bring.

Audience: Grades K-3

Related Resources

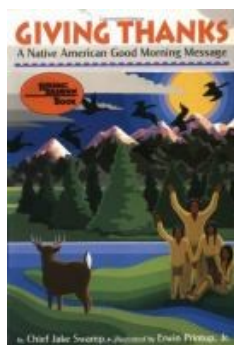


BOOK E FOW

Fowler, Susi Gregg. [Circle of thanks](#). Toronto: Scholastic, 1998.

An evocation of the beauty and power of the Alaskan tundra and the animals and people who live there.

Audience: Grades K-4

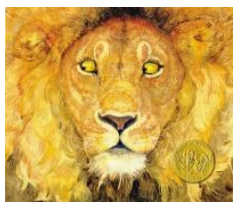


BOOK E PAR (also available as a streaming [video](#))

Swamp, Jake. [Giving thanks: a Native American good morning message](#). New York: Lee & Low Books, 1995.

For as long as anyone can remember, Mohawk parents have taught their children to start each day by giving thanks to Mother Earth. The Good Morning address is based on the belief that the natural world is a precious and rare gift, and as such the whole universe should be addressed as one great family.

Audience: All ages



BOOK E PIN

Pinkney, Jerry. [The lion & the mouse](#). New York: Little, Brown Books for Young Readers, 2009.

After a ferocious lion spares a cowering mouse that he'd planned to eat, the mouse later comes to his rescue, freeing him from a poacher's trap. Vividly illustrated, this wordless picture book speaks volumes about the power of kindness and gratitude.

Audience: All ages



BOOK E WIL

Wilson, Karma. [Bear says thanks](#). New York: Margaret K. McElderry Books, 2012.

Bear thanks his friends for bringing food dishes to his dinner party and finds a way of sharing something of his own.

Audience: Grades K-3



DVD0269

[Something to remember](#). *Wapos Bay series*. Montréal : National Film Board of Canada, 2006.

T-Bear is handed the task of commemorating Wapos Bay's military veterans, and Raven is struggling to express her thanks to a departing teacher. Raven learns the true meaning of the word "appreciate" and T-Bear learns why it's important to remember the past. (24 minutes)

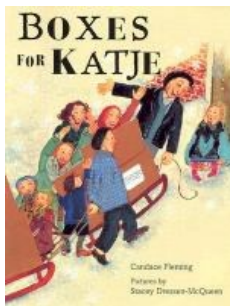
Audience: Grades K-5



Lesson 14: Performing Acts of Kindness

"Practicing compassion and empathy builds the social and emotional competence that children need in order to be resilient and confident." (The MindUp Curriculum, Pre K – 2, p. 137)

MindUp Curriculum Resources

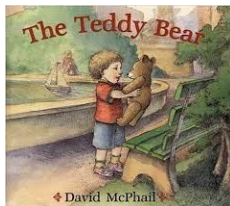


BOOK E FLE

Fleming, Candace. [Boxes for Katje](#). New York: Farrar, Straus and Giroux, 2003.

After a young Dutch girl writes to her new American friend in thanks for the care package sent after World War II, she begins to receive increasingly larger boxes.

Audience: Grades 2-8

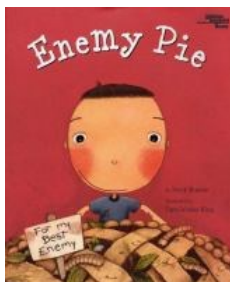


BOOK E MCP

McPhail, David. [The teddy bear](#). New York: Square Fish/Henry Holt, 2002.

A teddy bear, lost by the little boy who loves him, still feels loved after being rescued by a homeless man.

Audience: Grades K-2



BOOK E MUN

Munson, Derek. [Enemy Pie](#). San Francisco: Chronicle Books, 2000.

Hoping that the enemy pie which his father makes will help him get rid of his enemy, a little boy finds that instead it helps make a new friend.

Audience: Grades K-4

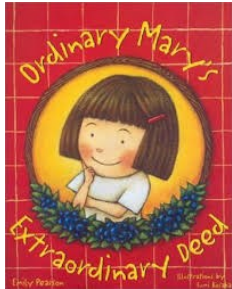


BOOK E OTO

Otoshi, Kathryn. [One](#). San Rafael, CA: KO Kids Books, 2008.

Introduces young readers to numbers, counting, and primary and secondary colors by offering the story of ill-tempered Red who got too powerful for his own good and had to be brought down to size by One--a single entity with the courage to stand up for what was right.

Audience: All ages

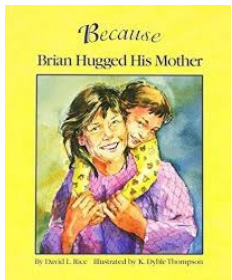


BOOK E PEA

Pearson, Emily. [Ordinary Mary's extraordinary deed](#). Layton, UT: Gibbs Smith, 2002.

A young girl's good deed is multiplied as it is passed on by those who have been touched by the kindness of others.

Audience: Grades K-4

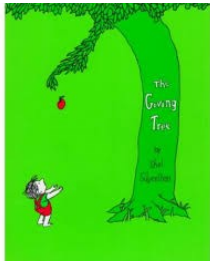


BOOK E RIC

Rice, David L. [Because Brian hugged his mother](#). Nevada City CA: Dawn Publications, 1999.

When Brian hugs and kisses his mother one morning, the act starts a chain reaction of kindness and consideration that spreads throughout the town and eventually comes back to him.

Audience: K-3

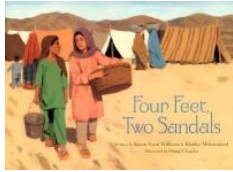


BOOK E SHI (also available as a downloadable [ebook](#))

Silverstein, Shel. [The Giving Tree](#). New York: HarperCollins, 1992.

A young boy grows to manhood and old age experiencing the love and generosity of a tree which gives to him without thought of return.

Audience: All ages

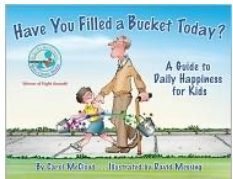


BOOK E WIL

Williams, Karen Lynn. [Four feet, two sandals](#). Grand Rapids, MI: Eerdmans Books for Young Readers, 2007.

When relief workers bring used clothing to the refugee camp, everyone scrambles to grab whatever they can. Ten-year-old Lina is thrilled when she finds a sandal that fits her foot perfectly, until she sees that another girl has the matching shoe. But soon Lina and Feroza meet, each wearing one coveted sandal. Together they solve the problem of having four feet and two sandals.

Audience: Grades 2-6

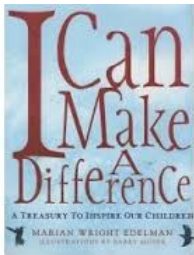


BOOK J 177.7 MCC

McCloud, Carol. [Have you filled a bucket today?: a guide to daily happiness for kids](#). Northville, MI: Ferne Press, 2010.

Through sweet, simple prose and vivid illustrations, this book encourages positive behavior as children see how very easy and rewarding it is to express kindness, appreciation, and love on a daily basis.

Audience: All ages



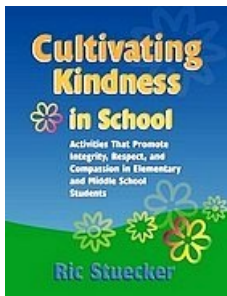
BOOK J 179.9 ICA

[I can make a difference: a treasury to inspire our children](#). New York: HarperCollins, 2005.

Timeless stories, poems, songs, quotations, and folktales from a variety of cultures and traditions, that speak to all children to let them know that they can make a difference in today's world.

Audience: All ages

Related Resources



BOOK 177.7 STU

Stuecker, Ric. [Cultivating kindness in school: activities that promote integrity, respect, and compassion in elementary and middle school students](#). Champaign, IL: Research Press, 2004.

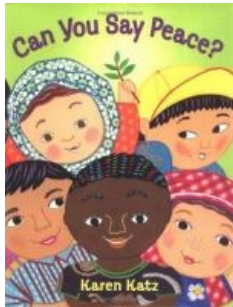
Sequential lessons show students how to apply the principles of kindness to their lives at school and to their community.

Audience: Teachers and administrators

Lesson 15: Taking Mindful Action in the World

Through taking mindful action in the world, “children are able to see themselves as part of a larger community – they glimpse the big picture of the world around them, and link their own peace of mind to a more generalized sense of peace. Their role as active participants in building that community fosters a sense of comfort, belonging, and optimism and increases their desire to make thoughtful, ethical decisions both independently and with others.” (The MindUp Curriculum, Pre K – 2, p. 144)

MindUp Curriculum Resources

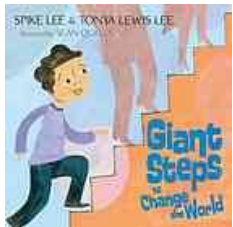


BOOK E KAT

Katz, Karen. [Can you say peace?](#) New York: Henry Holt, 2006.

Every September 21 on the International Day of Peace, children around the world wish in many different languages for peace.

Audience: Grades K-4

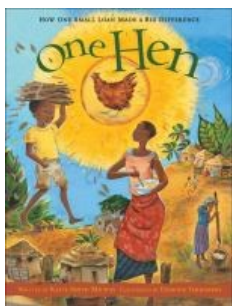


BOOK E LEE

Lee, Spike. [Giant steps to change the world.](#) New York: Simon & Schuster Books for Young Readers, 2011.

Pursuing one's own path in life takes courage, strength, and perseverance, as demonstrated by such inspirational leaders as Barack Obama, Albert Einstein, and Muhammad Ali. Using examples like this of people throughout history who have taken "giant steps", this book urges kids to follow in their footsteps and not be hindered by fear or a sense that you are not good enough. Despite the challenges, even the smallest step can change the world. So, what's your next step going to be?

Audience: All ages

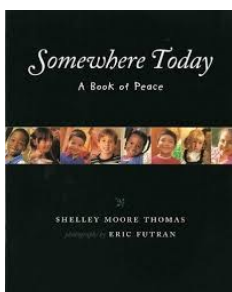


BOOK E MIL

Milway, Kate Smith. [One hen: how one small loan made a big difference](#). Toronto: Kids Can Press, 2008.

Inspired by true events, *One Hen* tells the story of Kojo, a boy from Ghana who turns a small loan into a thriving farm and a livelihood for many.

Audience: Grades 2-6

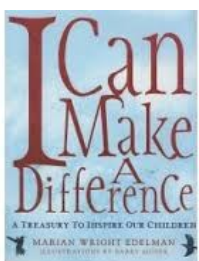


BOOK E THO

Thomas, Shelley Moore. [Somewhere today: a book of peace](#). Morton Grove, IL: Albert Whitman, 1998.

Somewhere in the world each day, people just like you are acting in kind, peaceful, loving ways. Perhaps they are visiting someone who is old, teaching a little sister to ride a bike, or sharing an experience with a friend from a different culture.

Audience: All ages

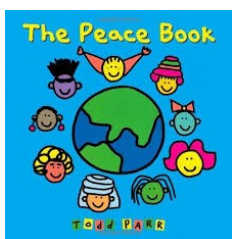


BOOK J 179.9 ICA

[I can make a difference: a treasury to inspire our children](#). New York: HarperCollins, 2005.

Timeless stories, poems, songs, quotations, and folktales from a variety of cultures and traditions, that speak to all children to let them know that they can make a difference in today's world.

Audience: All ages

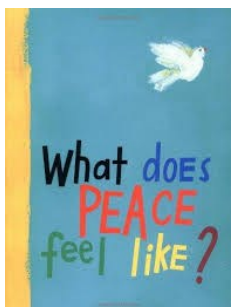


BOOK J 303.66 PAR

Parr, Todd. [The peace book](#). New York: Little, Brown, 2005.

This simple text describes peace in ways that young students can understand and imagine, like peace is making new friends, sharing a meal happily together, feeling good inside, and more.

Audience: Grades

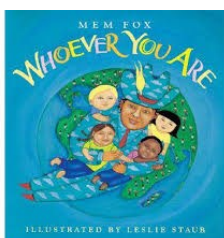


BOOK J 303.66 RAD

Radunsky, Vladimir. [What does peace feel like?](#) New York: Atheneum Books for Young Readers, 2004.

Simple text and illustrations portray what peace looks, sounds, tastes, feels, and smells like to children around the world.

Audience: All ages

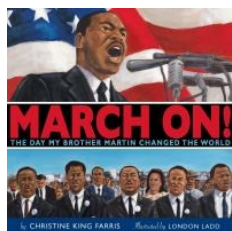


BOOK J 305.8 FOX

Fox, Mem. [Whoever you are](#). Orlando: Voyager Books/Harcourt, 2001.

Every day all over the world, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same. But inside, they are alike.

Audience: Grades K-4

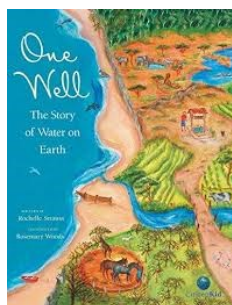


BOOK J 323.092 FAR

Farris, Christine King. [March on!](#) the day my brother Martin changed the world. New York: Scholastic Press, 2008.

From Dr. Martin Luther King's sister, the definitive tribute to the man, the march, and the speech that changed a nation

Audience: Grades 2-6

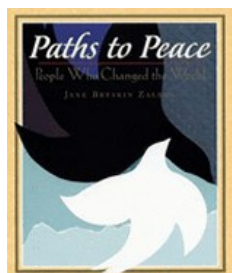


BOOK J 553.7 STR

Strauss, Rochelle. [One well: the story of water on Earth](#). Toronto: Kids Can Press, 2007.

All living things depend on Earth's One Well. Life would be impossible without it. But the water in the Earth's well is threatened by our growing population and increased demands. What can we do to protect it? This book encourages students to find their own way to stand up and protect water.

Audience: Grades 2-6

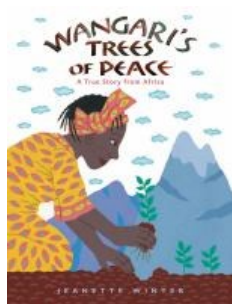


BOOK J 920 ZAL

Zalben, Jane Breskin. [Paths to peace: people who changed the world](#). New York: Dutton Children's Books, 2006.

The sixteen people profiled in this book come from different times, different countries, and different walks of life, but all of them were brave enough to try to make the world a better place.

Audience: Grades 4-6



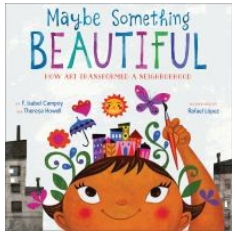
BOOK J 921 MAA

Winter, Jeanette. [Wangari's trees of peace: a true story from Africa](#). Orlando, FL: Harcourt, 2008.

This true story of Wangari Maathai, environmentalist and winner of the Nobel Peace Prize, is a shining example of how one woman's passion, vision, and determination inspired great change.

Audience: Grades 2-y6

Related Resources

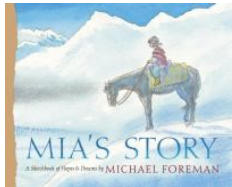


BOOK E CAM (also available as a downloadable [ebook](#) and streaming [video](#))

Campoy, F. Isabel. [Maybe something beautiful: how art transformed a neighborhood](#). Boston: Houghton Mifflin Harcourt, 2016.

Mira lives in a gray and hopeless urban community until a muralist arrives and, along with his paints and brushes, brings colour, joy, and togetherness to Mira and her neighbours.

Audience: Grades 2-6

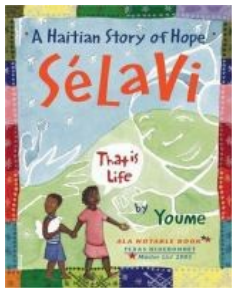


BOOK E FOR

Foreman, Michael. [Mia's story: a sketchbook of hopes and dreams](#). Cambridge, MA: Candlewick Press, 2006.

On a walk through the Andean mountains near her family's shanty, Mia finds some beautiful white flowers that become the start of a floral business that helps her family move beyond their subsistence life in contemporary Chile.

Audience: Grades 2-5

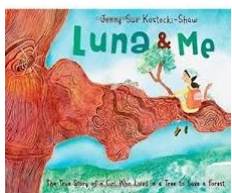


BOOK E YOU

Youme. [Sel'avi, that is life: a Haitian story of hope](#). El Paso, TX: Cinco Puntos Press, c2004.

A homeless boy on the streets of Haiti joins other street children, and together they build a home and a radio station where they can care for themselves and for other homeless children. Includes sections with factual information about Haiti.

Audience: Grades 2-6



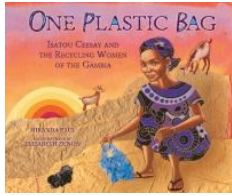
BOOK J 303.75 KOS

Kostecki- Shaw, Jenny Sue. [Luna & me: the true story of a girl who lived in a tree to save a forest](#). New York: Henry Holt, 2015.

Butterfly has always loved forests, but when she wanders into the heart of an old-growth Redwood forest, she realizes she has never seen such magnificent trees! She discovers that Luna, a thousand year old tree, is about to be logged, so with the help of her friends, she decides to live in Luna's leafy branches, to keep her safe.

Audience: Grades 2-6

DOWNLOADABLE eBook



Paul, Miranda. [One plastic bag: Isatou Ceesay and the recycling women of Gambia](#). Minneapolis: Millbrook Press, 2015.

Plastic bags are cheap and easy to use. But what happens when a bag breaks or is no longer needed? People simply dropped the bags and went on their way. One plastic bag became two. Then ten. Then a hundred. The bags accumulated in ugly heaps alongside roads. Something had to change. Isatou Ceesay was that change. She found a way to recycle the bags and transform her community. This inspirational true story shows how one person's actions really can make a difference in our world.

Audience: Grades 3-6

