

Mind-Up Lesson Suggested Calendar 2018-19

Week of Implementation	Lesson Title
Week of October 1 st	Lesson 1: How Our Brains Work
Week of October 15 th	Lesson 2: Mindful Awareness
Week of November 5 th	Lesson 3: Focused Awareness: The Core Practice
Week of November 13 th	Lesson 4: Expressing Gratitude*
Week of December 3 rd	Lesson 5: Mindful Listening
Week of January 7 th	Lesson 6: Mindful Seeing
Week of January 22 nd	Lesson 7: Performing Acts of Kindness*
Week of February 5 st	Lesson 8: Mindful Smelling
Week of February 19 th	Lesson 9: Mindful Tasting
Week of March 4 th	Lesson 10: Mindful Movement I
Week of March 18 st	Lesson 11: Mindful Movement II
Week of April 15 th	Lesson 12: Perspective Taking
Week of May 6 th	Lesson 13: Choosing Optimism
Week of May 20 th	Lesson 14: Appreciating Happy Experiences
Week of June 3 rd	Lesson 15: Taking Mindful Action in the World