



# MindUP Booster Lesson

## Lesson C: Positive Vibes Meditation

Grades 4 – 5

**Length of Lesson:** 20 – 30 minutes

**Objective of Lesson C:** Students will reflect on positive thoughts for themselves and others to practice optimism and a positive attitude and mindset.

### Lesson Overview

1. Defining Mindfulness & Optimism (5 minutes)
2. Positive Vibes Meditation (5-7 minutes)
3. Kindness Reflection (5 to 7 minutes)
4. Wrap Up (2 minutes)

### Lesson Materials:

- Handout
- Writing Utensil – option to use any crayons or markers

**Preparation:** Have child seated at a desk or table for the lesson.

### For Parent Review:

#### Choosing Optimism

- **Optimism** is a way of seeing life hopefully and having an expectation of success and well-being. **Practicing optimism increases our brain capacity:** it relaxes our amygdala which creates a chemical balance in our brains which results in our prefrontal cortex in charge.

#### Acts of Kindness

- Studies have shown that our brains are rewarded for generosity with a release of dopamine during acts of kindness. Research shows that **actions that produce feelings of empathy and compassion have several positive benefits** including **boosting the production of dopamine**, increasing the likelihood that students will continue to act on their social concerns, and improving the capacity to take care of themselves.



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### REFERENCES

- Greenland, S. K., & Harris, A. (2016). Chapter 8: A Peaceful Heart. *In Mindful games: sharing mindfulness and meditation with children, teens, and families* (pp. 96–97). Boulder, Colorado: Shambhala.
- The Hawn Foundation. (2011). *In The MindUP Curriculum: Brain-Focused Strategies for Learning and Living* (pp. 103–151). New York, NY: Scholastic.