

RX to Emotions
Laura Erlig, Instructor

Course Objective: Mindfulness is “a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations”. Using the curriculum developed by the Goldie Hawn Foundation “Mind Up”, we will look at the neuroscience of the brain to develop our focus, mindful awareness to sharpen our skills, and practice positive psychology (which relates to attitude, and social and emotional literacy) to take mindful action. Teens will gain insight about themselves and work on self-regulation. **Some light weekly homework that should take no more than an hour.** Below is a description from the Mind Up Curriculum Guide to add more insight to the class.

“The MindUP classroom is an optimistic classroom that promotes and develops mindful attention to oneself and others, tolerance of differences, and the capacity of each member of the community to grow as a human being and a learner. MindUP’s expansive dynamic is built to a large extent upon routine practices that are inherent to the MindUP Curriculum. Over the course of the MindUP experience, students learn about the brain and how it functions, in the process gaining insight into their own minds and behaviors as well as those of the people around them.” ~Mind Up Curriculum Guide

Course Expectations:

- Attend all classes unless ill. No make-ups will occur.
- Arrive on time and prepare.
- Open to ideas and to work on personal goals.
- Willing to discuss and evaluate your progress open and honestly
- Read all materials assigned
- Bring two pencils and a folder with lined paper inside

Class Syllabus: Lesson 1: How

Our Brain Works –

- Identify three parts of the brain: the amygdala, the hippocampus, and the prefrontal cortex (PFC) on a diagram of the brain.
- Arrive at a simple definition of each of these three parts.

Lesson 2: Mindful Awareness -

- Define and describe the difference between mindful and unmindful thoughts and actions.
- Apply the concept of mindful awareness to your own life.

Lesson 3: Focused Awareness: Core Practice -

- Learn an exercise that combines listening and breathing to calm and focus your mind.
- Discover the importance of practicing focusing exercises regularly.

Lesson 4: Mindful Sound

- Train yourself to attend to specific sounds and try to identify those sounds.
- Learn how mindful listening skills can help you communicate more successfully.

Lesson 5: Mindful Sight

- Practice focusing your attention on an object and describe the visual details observed.
- Strengthen your visual vocabulary and memory through mindful seeing.

Lesson 6: Mindful Smell

- Focus attention through your sense of smell and describe observations.
- Identify thoughts and feelings triggered by various scents.

Lesson 7: Mindful Taste

- Focus your attention on savoring a morsel of food and describe your experience.
- Identify ways that mindful tasting can help you eat healthily.