






## SELweb EE and MindUp Program Alignment



**SELweb Early Elementary (EE)** is a direct assessment of key social-emotional competencies in K to 3rd grade, including: emotion recognition, social perspective-taking, social problem-solving, and self-control. **MindUp** lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in MindUp lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.





Unit	MindUp Lesson	 Emotion Recognition	 Perspective- Taking	 Problem- Solving	 Self- Control
Grades K to 3					
1: My Mindful Brain	Creating the MindUp Community	✓	✓		
	My Amazing Brain	✓			✓
	Learning to be Mindful				✓
	Focusing Our Awareness				✓
2: Mindful Senses	Mindful Listening		✓		✓
	Mindful Seeing				✓
	Mindful Smelling				✓
	Mindful Tasting				✓
	Mindful Touch				✓
	Mindful Movement				✓
3: Building Well-Being with a Mindful Mindset	Exploring Feelings	✓			✓
	Building Perspective-Taking and Empathy	✓	✓		
	Practicing Optimism	✓	✓	✓	
	Thinking About Happy Experiences	✓			✓
4: Mindful of Ourselves in the World	Practicing Gratitude				✓
	Acts of Kindness		✓	✓	
	Mindful Actions in Our Community		✓	✓	








## SELweb LE and MindUp Program Alignment



**SELweb Late Elementary (LE)** is a direct assessment of key social-emotional competencies in 4th to 6th grade, including: self-awareness, understanding others' emotions and perspectives, social problem-solving, and self-control. **MindUp** lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in MindUp lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	MindUp Lesson				
		Self-Awareness	Understanding Others	Problem-Solving	Self-Control
Grades 4 and 5					
1: My Mindful Brain	Creating the MindUp Community	✓	✓		
	My Amazing Brain	✓	✓		✓
	Learning to be Mindful				✓
	Focusing Our Awareness				✓
2: Mindful Senses	Mindful Listening		✓		✓
	Mindful Seeing				✓
	Mindful Smelling				✓
	Mindful Tasting				✓
	Mindful Touch				✓
	Mindful Movement				✓
3: Building Well-Being with a Mindful Mindset	So Many Feelings!	✓			✓
	Building Perspective-Taking and Empathy		✓		
	Practicing Optimism		✓	✓	
	Savoring Happy Experiences				✓
4: Mindful of Ourselves in the World	Practicing Gratitude				✓
	Acts of Kindness		✓	✓	
	Mindful Actions in Our Community		✓	✓	

**SELweb Middle School (MS)** is a student survey measuring key social-emotional competencies in 6th through 8th grade, including: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. **MindUp** lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in MindUp lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	MindUp Lesson					
		Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Grades 6 to 8						
1: Building Awareness	Creating the MindUp Community	✓		✓	✓	✓
	Understanding the Brain	✓	✓			✓
	Mindful Awareness and the Brain Break	✓	✓			
2: Mindful of Our Senses	Mindful Awareness Practice: Using Our Senses	✓	✓			
	Mindful Awareness in the Body	✓	✓			
	The Adolescent Brain	✓	✓			✓
3: Mindful of Myself and Others	Getting Granular About Feelings	✓	✓			✓
	Empathy: Relationship Builder			✓	✓	
	Fostering and Optimistic View		✓			
	Practicing Gratitude	✓	✓			
4: Mindful of Ourselves in the World	Acts of Kindness and Compassion	✓		✓	✓	
	Taking Care of Me	✓	✓			✓
	We Are All Connected			✓	✓	
	Mindful Consumption	✓	✓			✓
	Taking Action in Our Community	✓		✓	✓	✓