This year in partnership with Synergy services, your child’s classroom will have social and emotional lessons using the MindUp curriculum. Topics include getting focused, identifying your senses, having a positive outlook, and being kind. As part of the lessons, students will be given a pre/post test. The pre/post test does NOT include identifiable student information. This will be given electronically and students may skip any questions they do not wish to answer.

### Mind Up Pre Post Test 23-24 PK-2nd

1. The amygdala (guard dog) helps me with my memory.
   - True or False
2. The hippocampus (elephant):
   - Helps me learn and remember
   - Helps me focus
   - Keeps me safe
3. The prefrontal cortex (wise owl) helps me to focus on a task
   - True or False
4. An unmindful action is when
   - You take a nap
   - You respond quickly to things that hurt you or upset you
   - You take calming breaths
5. If we don’t practice calming strategies (like taking deep breaths) what might happen?
   - You respond mindfully
   - You stay in control
   - You could hurt others
6. The R.A.S.
   - Helps me stay focused on one thing
   - Helps me multitask
   - Helps me talk to others
7. Gratitude is
   - When you think negative thoughts about everything
   - When you notice or see things that you are “lucky”, thankful, or happy to have
   - Something we only use during Thanksgiving
8. I can use kindness to make new friends
   - True or False

### Mind Up Pre Post Test 23-24 3rd-8th

1. The amygdala (guard dog) is important because it helps me with my memory.
   - True or False
2. The hippocampus (elephant) is important because it
   - Helps me learn and remember
   - Helps me focus
   - Helps me safe
3. The prefrontal cortex (wise owl) is important because it helps me to focus on a task
   - True or False
4. An example of an unmindful action is when
   a. Taking a nap
   b. Walking away from a situation
   c. Pushing someone because they pushed you
5. Why is it important to learn how to calm your body?
   a. To help you process events
   b. To help you respond mindfully
   c. To help you take care of your body
6. The R.A.S.
   a. Blocks information from coming into your brain
   b. Filters important information that is coming into your brain
7. Gratitude is
   a. When you think negative thoughts
   b. When you notice or see things that you are “lucky, thankful or happy to have”
   c. When you show someone support
8. I can use kindness to make new friends
   a. True or False
9. What did you like most about the MindUp classroom lessons?
   a. Open Ended Question – Optional