



ABOUT US

Since 2003, MindUP has been helping children develop the mental fitness necessary to thrive in school and throughout their lives.

MindUP is the signature program of The Goldie Hawn

MindUP is the signature program of the Center for the Study of MindUP Foundation, a not-for-profit organization created in response to the global epidemic of childhood aggression, anxiety, depression and suicide. Based firmly in neuroscience,

MindUP gives children the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.

FOUNDER'S MESSAGE



All children in the world are our most precious resource for a happier, healthier tomorrow. They deserve all we can give them to thrive and succeed in this sometimes challenging world. After 9/11, like you, I was shaken to my core, as it seemed the world had changed in an instant. My heart went to our youth, who were already showing signs of silent distress with symptoms of anxiety, depression, aggression and even child suicide. It was unimaginable that our little ones were suffering mental disturbances and being robbed of their joyful childhoods.

I had a call to action to create a program that would help kids learn how to self regulate their emotions, become more resilient and learn about how their brain works to give them a road map out of despair and into a more positive mindset. Combining the brilliance of neuroscientists, teachers, positive psychologists and experts in mindfulness, my dream for kids came true, with the creation of our program MindUP. I am happy to say that 6 millions children have been taught MindUP in schools around the world and growing.

Life can have many chapters and I can say this may be the greatest of my life. To see our children use these tools in their lives brings tears of joy to my eyes. Sharing what we are grateful for is one of our MindUP lessons so I would like to share my gratitude for all of you

who have supported us along the way in helping our youth grow to be happy, healthy, productive adults

productive adults.

With Love,



Goldie Hawn
Founder, The Goldie Hawn Foundation

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