Getting Started:

1. A Dropbox link of materials will be in the Chat Box at the end of the session - all resources in English and Spanish are free.

2. Complete the very brief feedback form at the end of our virtual meet-up! It will also be posted in the Chat Box.

3. If you have any questions, please type them into the Q&A box!

Follow us @pureedgeinc  📣  📸
Website: www.pureedgeinc.org
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Thank you for joining us!

Calming Strategies for Young Children

Trainer: Gill McClean
Director of Professional Development

Welcome: Mindful Minute

To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.
Mission

Pure Edge, Inc. believes that all educators and learners deserve to be taught strategies that help combat stress and support the development of social, emotional, and academic learning competencies with an open heart and mind.

Welcoming: Mindful Minute
What is stress?
Any demand made upon the adaptive capacities of the mind and body.

GOOD STRESS
• Positive challenge
• Motivates us
• Promotes well-being
• Enhances performance

BAD STRESS
• No relief in sight
• Makes us physically sick
• Weakens immune system
• Impairs performance

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence
Engaging Activity: Attitude of Gratitude

Breathe  Move  Rest

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Engaging Activity:
Smell the Rose, Blow Out the Candle

Smell the Rose

Blow Out the Candle

"Behavior is communication"

Upstairs Brain – Downstairs Brain

Integrating upstairs downstairs strategies:

1. **CONNECT, THEN REDIRECT:** Be present with your child’s feelings, help them get into the “green zone,”

2. **Breathing** will help bring the prefrontal cortex (“upstairs brain”) back online.

3. **Move** it or lose it: Get child moving and their mood will change.
Engaging Activity: Animal Arms

- **Crocodile**
  - Inhale the jaws open
  - Exhale the jaws close

- **Dolphin**
  - Inhale the dolphin jumps up
  - Exhale the dolphin dives down

- **Butterfly**
  - Inhale the wings open
  - Exhale the wings close

- **Pufferfish**
  - Inhale the tummy puffs up
  - Exhale the tummy sinks down

[Blue Zone Image](http://theyouthculturereport.com/helping-children-deal-with traged/)

[Red Zone Image](https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums)
Green Zone

[Image source: https://happykids.hu]

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[Image 223x452 to 389x653]
[Image 525x442 to 541x458]
[Image 165x132 to 447x322]
[Image 525x104 to 541x120]

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[Image 232x99 to 318x99] [Image 317x99 to 339x99] [Image 339x99 to 341x99] [Image 341x99 to 349x99] [Image 349x99 to 350x99] [Image 350x99 to 366x99] [Image 366x99 to 367x99] [Image 367x99 to 376x99] [Image 376x99 to 377x99] [Image 377x99 to 384x99] [Image 384x99 to 386x99]


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Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory


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Engaging Activity: Chair Pose

Brain Breaks For Young Children

1. Props are helpful for engagement.
2. Encourage them to use their imaginations.
Engaging Activity: Breathing Buddies

Brain Breaks Implementation Tips

1. Establish a **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises
What questions do you have?

Grateful for the opportunity!
Thank you for caring for yourself right now, while you care for others during this time.

Engaging Activity: Buzzing Bee Breath
Engaging Activity: Mind Jar