



Pure Community



Thank you for joining us!

Calming Strategies for Young Children

Trainer: Gill McClean

Director of Professional Development

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

Email: getmoving@pureedgeinc.org


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Welcoming: **Mindful Minute**




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



Welcoming: **Mindful Minute**



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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**.



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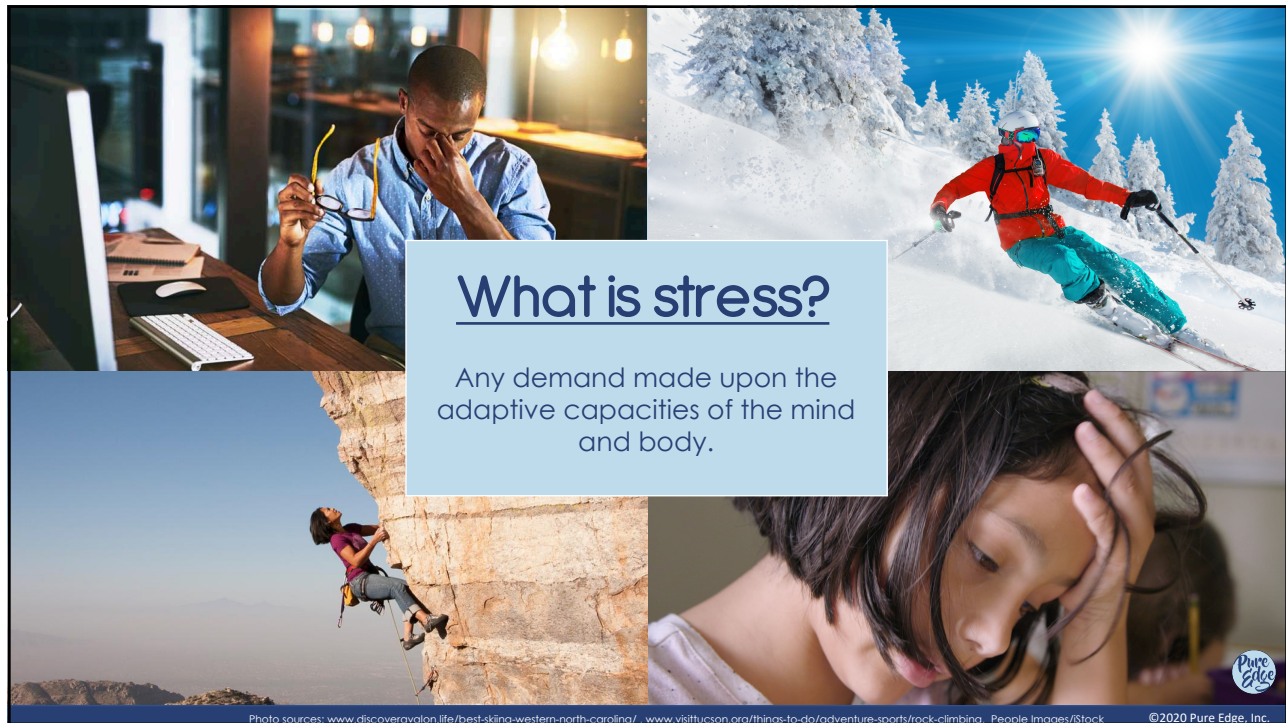
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Welcoming: Mindful Minute



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What is stress?

Any demand made upon the adaptive capacities of the mind and body.

Photo sources: www.discoveravalon.life/best-skiing-western-north-carolina/, www.visitucson.org/things-to-do/adventure-sports/rock-climbing, People Images/Stock. ©2020 Pure Edge, Inc.

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GOOD STRESS	BAD STRESS
<ul style="list-style-type: none"> • Positive challenge • Motivates us • Promotes well-being • Enhances performance 	<ul style="list-style-type: none"> • No relief in sight • Makes us physically sick • Weakens immune system • Impairs performance

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence

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Engaging Activity: Attitude of Gratitude



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Breathe


Move

Rest




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Engaging Activity:

Smell the Rose, Blow Out the Candle



Smell the Rose



Blow Out the Candle

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"Behavior is communication"

Siegel, D., and Bryson, T. (2018). *The Yes Brain*. New York, NY: Random House USA.

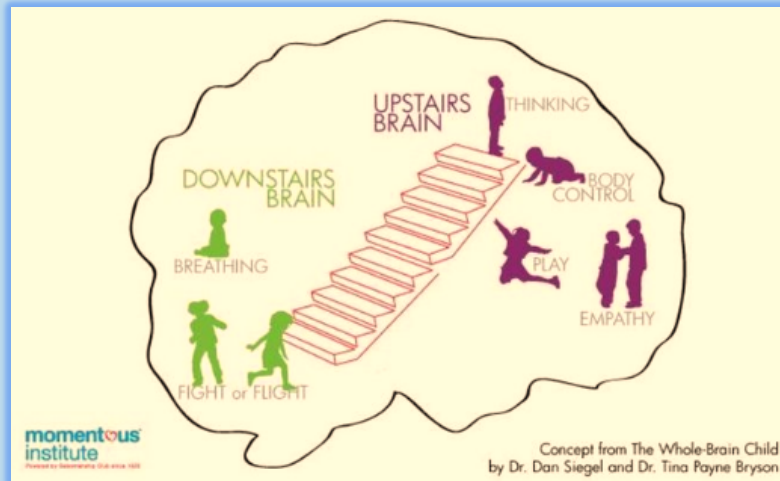




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Upstairs Brain – Downstairs Brain



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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.

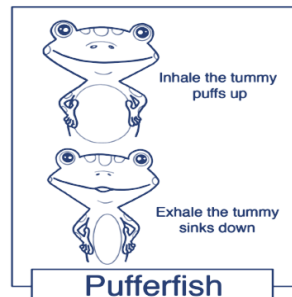
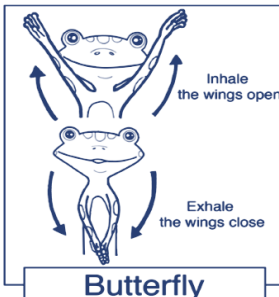
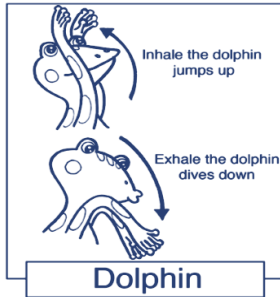
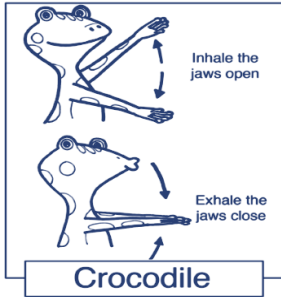


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Engaging Activity: Animal Arms



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Blue Zone Image: <http://theyouthculturereport.com/helping-children-deal-with-tragedy/> Red Zone Image: <https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums>



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Green Zone

Image source: <https://happykids.hu>

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Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

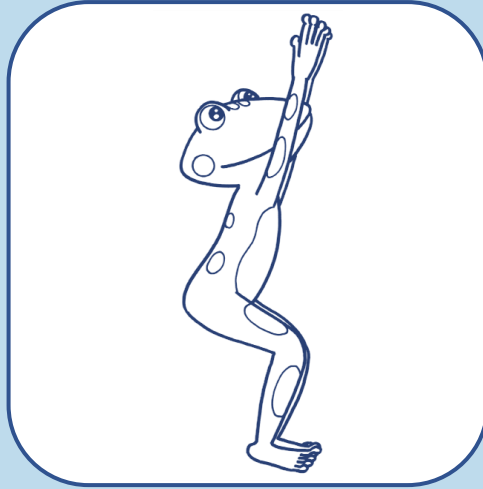
<https://www.ksed.org/mindshift/53681/how-movement-and-exercise-help-kids-learn>

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Engaging Activity: Chair Pose

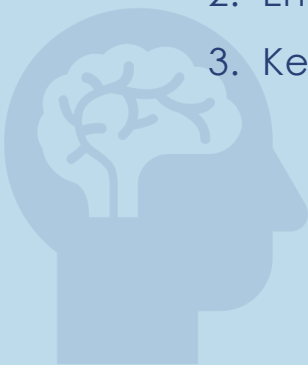


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Brain Breaks For Young Children

1. Props are helpful for engagement.
2. Encourage them to use their imaginations.
3. Keep it playful.

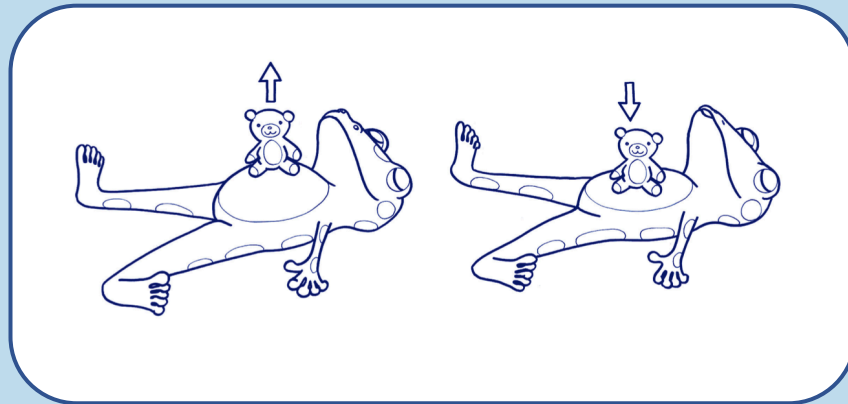


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Engaging Activity: Breathing Buddies



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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

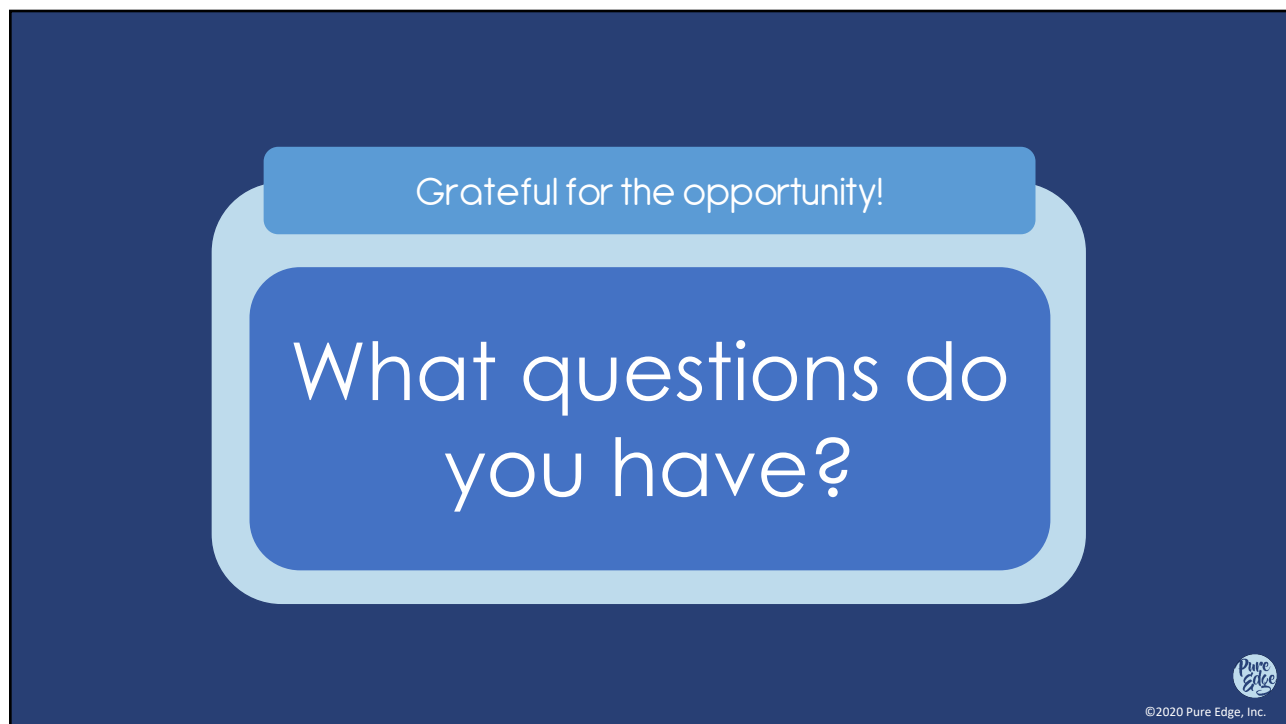


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Thank you for caring for yourself
right now, while you care for others
during this time.

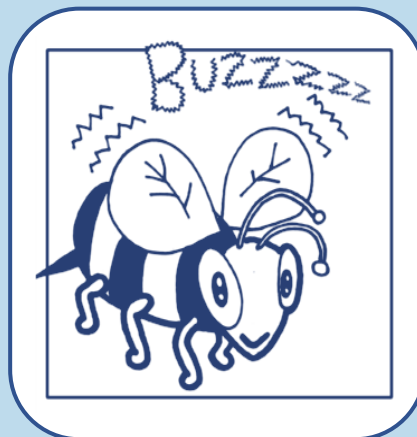


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Engaging Activity: Buzzing Bee Breath



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Engaging Activity: MindJar



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