




Pure Community




Thank you for joining us!

Session: Adapting Brain Breaks for Young Learners with Special Needs

Trainer: Erin Cooney
Director of Curriculum & Instruction

Getting Started:

1. If you have any questions, please type them into the Q&A box!
2. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion/attendance record.

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Website: www.pureedgeinc.org

Email: getmoving@pureedgeinc.org



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1

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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2

Introductions

Erin Cooney, M.Ed.
Director of Curriculum & Instruction
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3

Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.



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4

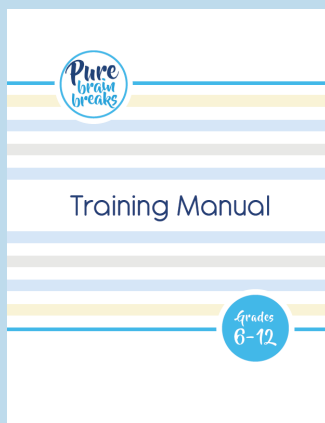
Welcoming Activity: Mindful Minute



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5

Training Manuals



Implementation Guides

Grade 6-12	
Pure brain breaks	Here are a few suggestions for when to implement Brain Breaks for Pre-K. The suggested exercises are meant to support the educator in getting started with Brain Breaks. Once the learners are familiar, other exercises from the manual can be incorporated. Check our website, www.pureedgeinc.org , for video tutorials and access to the Brain Breaks manual.
Arrival/Departure	Attitude of Gratitude is a nice way to start off or wrap up the day by remembering something or someone that makes us feel thankful.
Large Group/ Circle Time	Simple breathing exercises and exercises that engage learners visually and hold attention in the large group setting. Try Breathing Ball, Animal Arms, and Listen to the Chime. When learners are comfortable, adding in some balance postures like Tree can bring focus and fun.
Small Group	Small group offers time to give feedback and answer questions. Try Another Breathing to build breath awareness and focus. Introduce Move exercises like Burrito/Twists, Chair and Brain Balance Response. Give each learner a turn to share the Mind set.
Free Choice	Have Mind Jar and Breathing Ball available for learners to access in a quiet area. Have posture cards printed available on www.pureedgeinc.org for learners to practice postures on their own.
Outdoor Time	Use Mountain and Tree postures to help learners stay calm during transition from inside to outside. Remember to focus on breathing! Breathing Ball is a good way to help calm down and focus if learners have a lot of energy after they have played outside.
Rest Time	Practice Balloon Breathing while learners are lying on their backs. If you have small stuffed animals, students can place on their belly, like cat those "Stretching Buddies" and they help young children focus on the breath as it moves their Breathing Buddy up and down. Guided Rest is also helpful at rest time.
Meals/ Snacks	Starfish Breathing is a great way to do some breathing, and make sure hands are clean! Chair Pose is a good exercise to help calm down and get ready to eat.

Card Decks

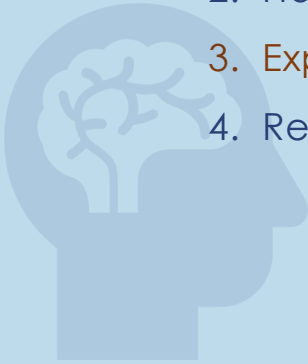


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6

Brain Breaks For Children with Special Needs

1. Model self-regulation & self care.
2. Have a consistent routine.
3. Experiment.
4. Reach out for support.




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7

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.visitfucson.org/things-to-do/adventure-sports/rock-climbing, People Images/Stock



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8




"Behavior is communication"

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




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9




Breathe



Move



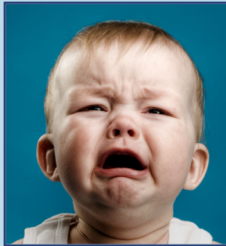
Rest



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10

Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

Parasympathetic Nervous System:
Rest and Digest



<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>



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11



Engaging Activity:

Smell the Rose, Blow Out the Candle



Smell the Rose

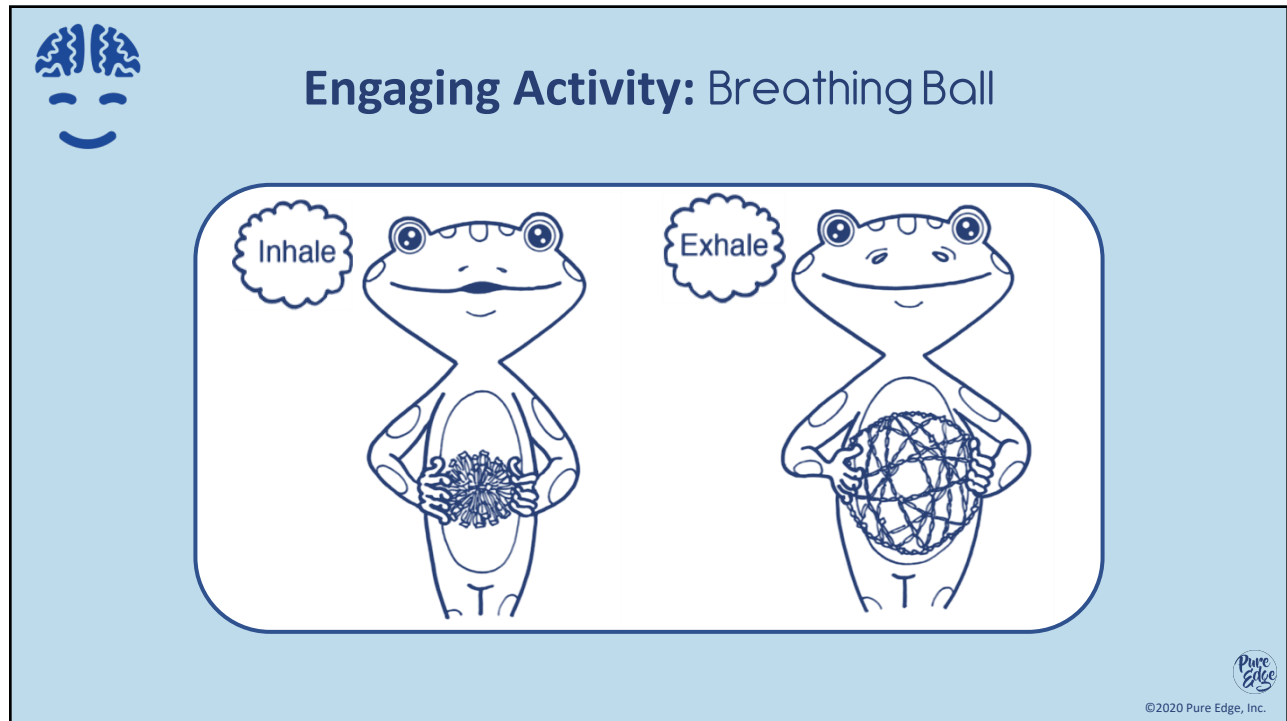


Blow Out the Candle

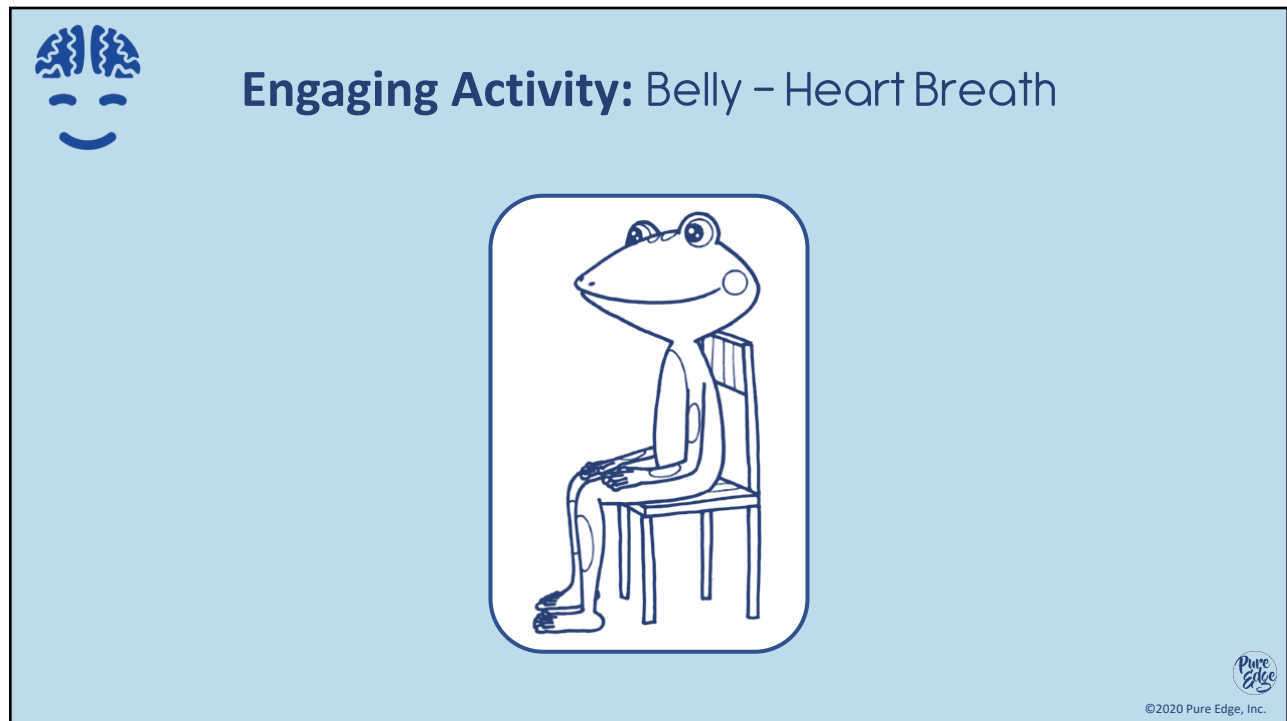


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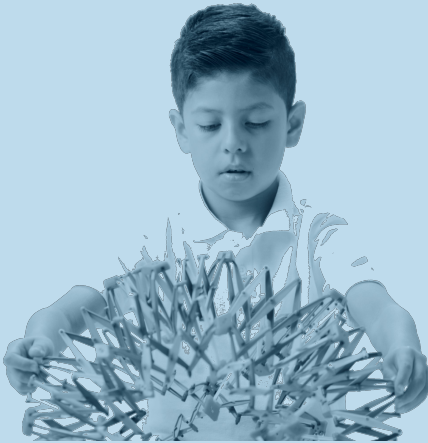


13



14

Breathe



- Breath is how we effect change in the nervous system
- Use props to make breath concrete
- Take the time to work with the breath– it pays off



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15



Engaging Activity: Chair Pose

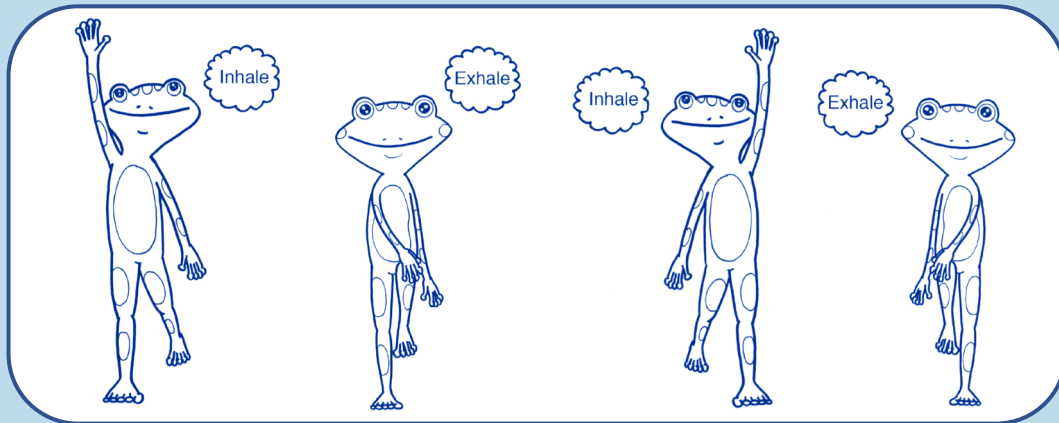


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Engaging Activity: Brain Balance Sequence



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Engaging Activity: Chair Boat



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18

Move



- To help with motor planning, break down poses step by step (the manual does this)
- Provide physical modeling and visual supports
- Manual assists if allowed/if at home with your own child
- Activities that cross the midline are beneficial, and need to be taught step by step.



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19



Engaging Activity: MindJar

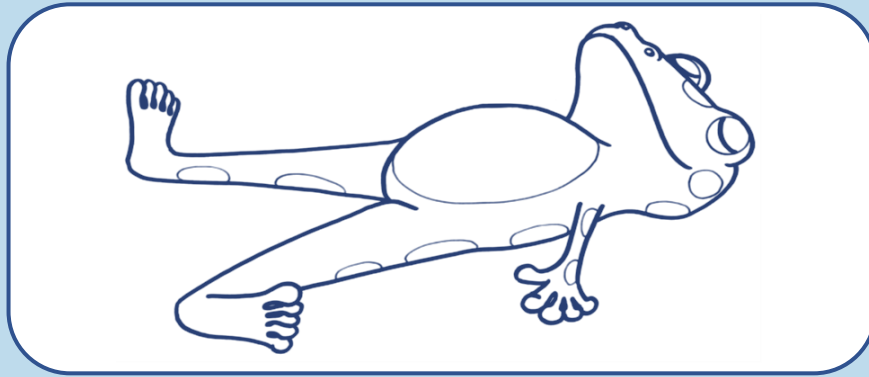


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Engaging Activity: Guided Rest



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Rest



- Being still is a skill that requires practice—some movement is okay
- Lower lights and decrease other stimulation as much as possible
- Use manipulatives for learners who have trouble lying still
- At home, blankets can help



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22



Engaging Activity: Taking in the Good

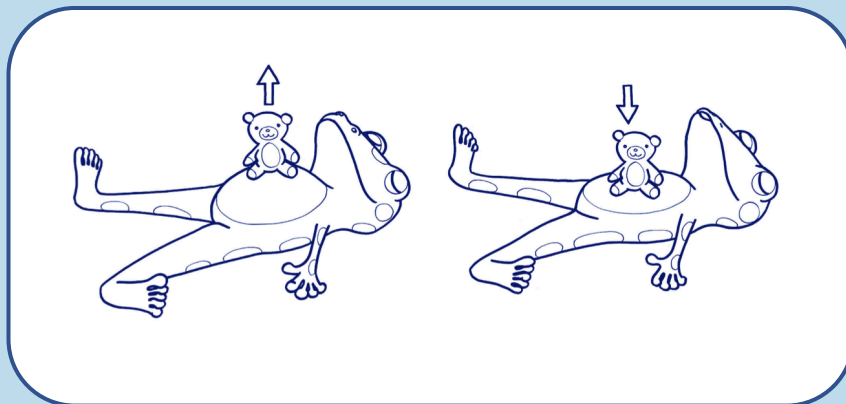


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Engaging Activity: Breathing Buddies

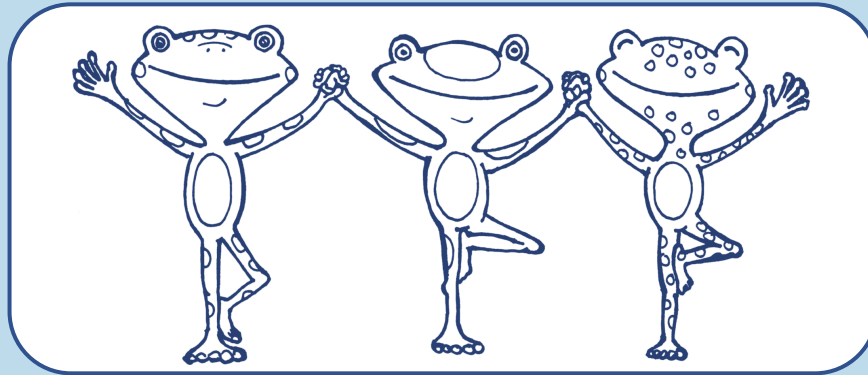


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24



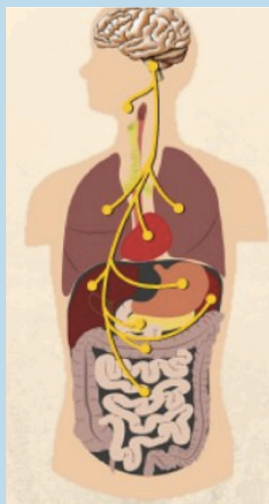
Engaging Activity: Tree



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Neuroscience: Self-care & Vagal Tone



THE VAGUS NERVE

How to Hack Your Nervous System

The vagus nerve, the tenth cranial nerve, is the superhighway of the nervous system that connects the body and brain. We can tone the **vagus nerve** through deep breathing exercises.



<http://depressedisorder.blogspot.com/2015/09/7-ways-to-stimulate-your-vagus-nerve-to.html> <https://www.yogauonline.com/yogau-wellness-blog/vital-vagus-what-vagus-nerve-and-what-does-it-do>

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26



27



28


Grateful for the opportunity!

What questions do you have?



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29



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30