


Pure Community





Thank you for joining us!

Session: Calming Strategies for Young Children, Part 2


Trainer: Gill McClean
Director of Professional Development

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. This serves as your confirmation of attendance. **You will not receive a certificate, it will just be the confirmation of attendance email.**





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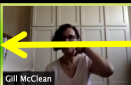

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Welcoming: **Mindful Minute**




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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Who We Are

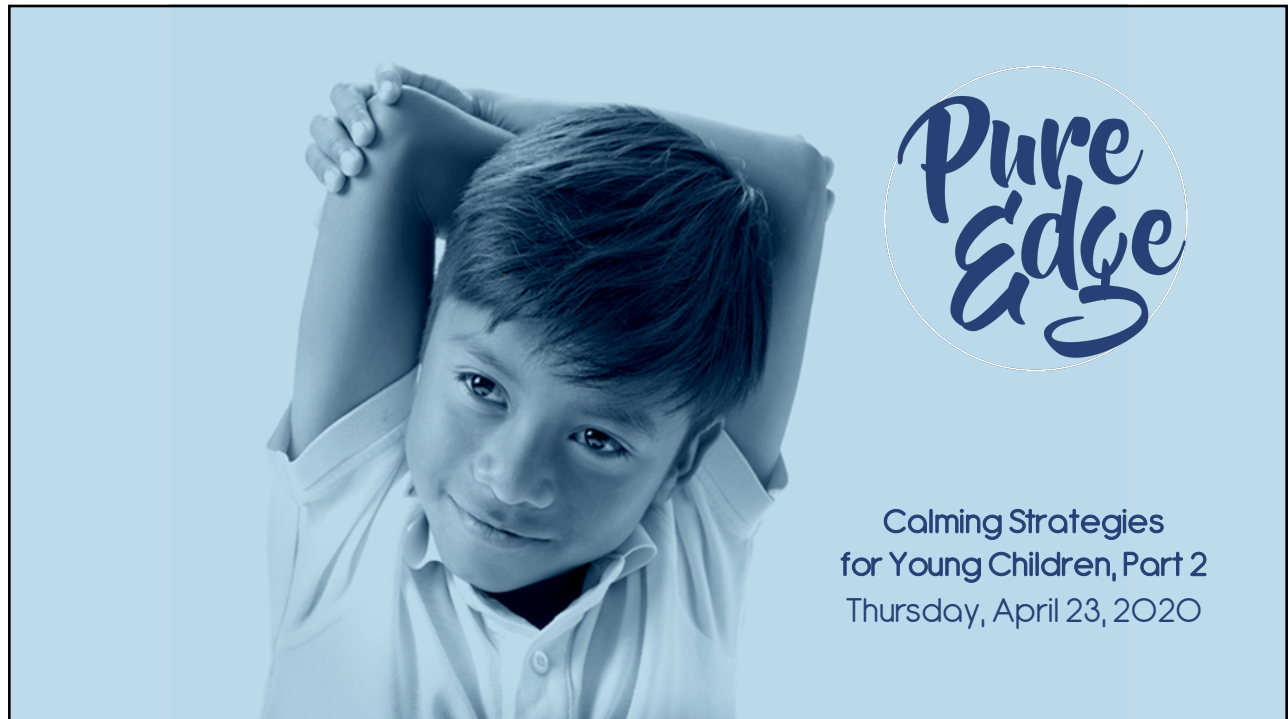
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PEI also provides grants to national organizations that advance the work of whole child development & SEL.



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Introductions

Gill McClean

gill@pureedgeinc.org

Director of Professional Development &
National Trainer



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Who are you?

1. Parent with young kids
2. Educator of young kids
3. Educator of other age group
4. Administrator
5. None of the above



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Welcoming Activity: Mindful Minute

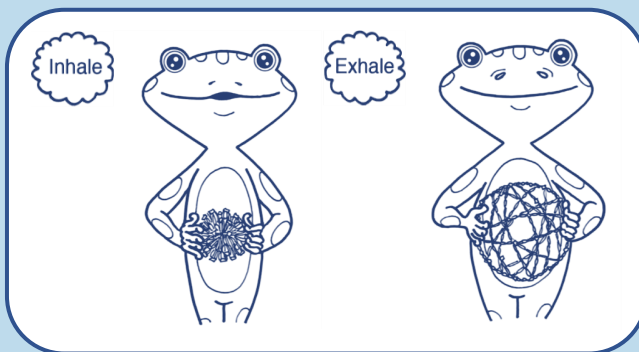


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Engaging Activity: Breathing Ball

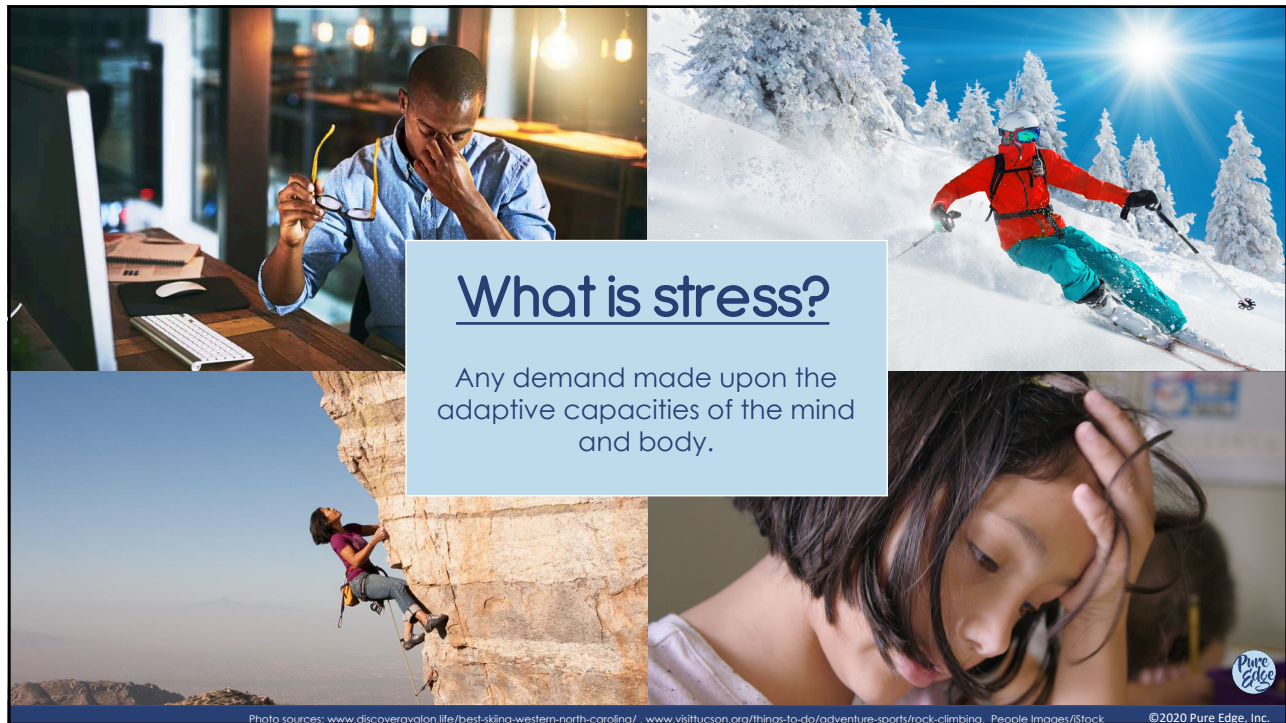


1. Start in seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the Breathing Ball?



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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.

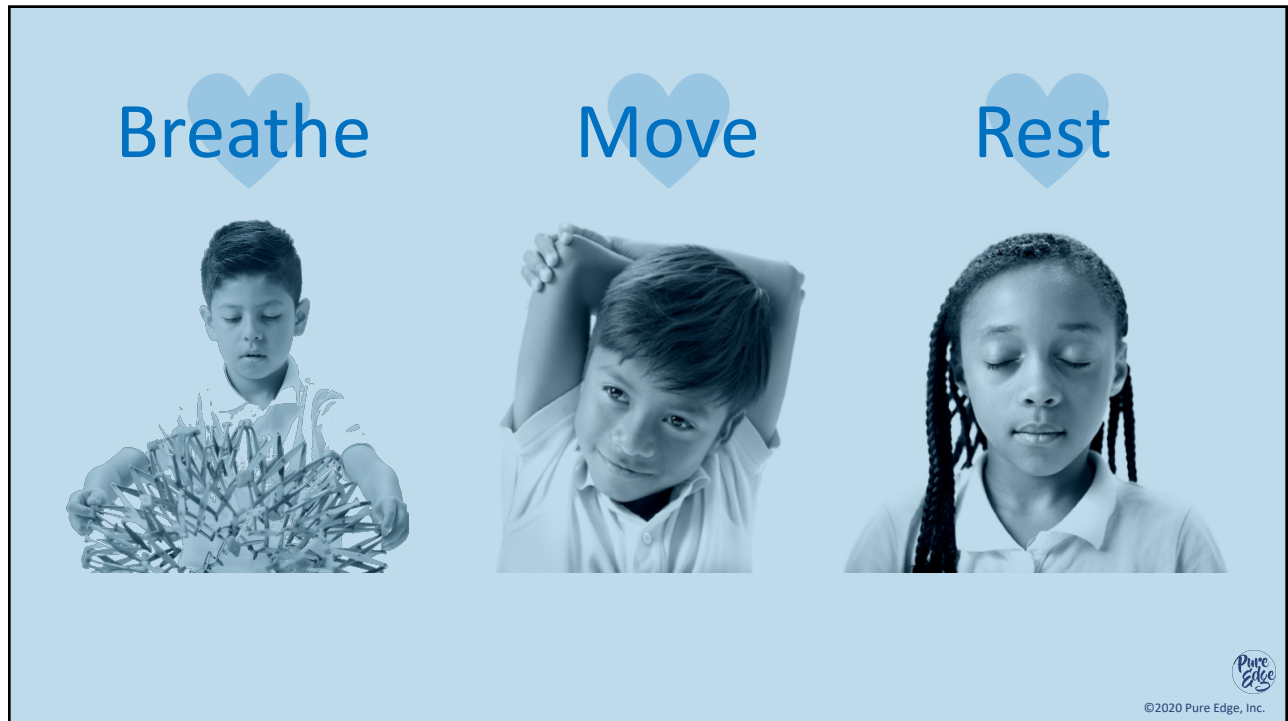
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GOOD STRESS	BAD STRESS
<ul style="list-style-type: none"> • Positive challenge • Motivates us • Promotes well-being • Enhances performance 	<ul style="list-style-type: none"> • No relief in sight • Makes us physically sick • Weakens immune system •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

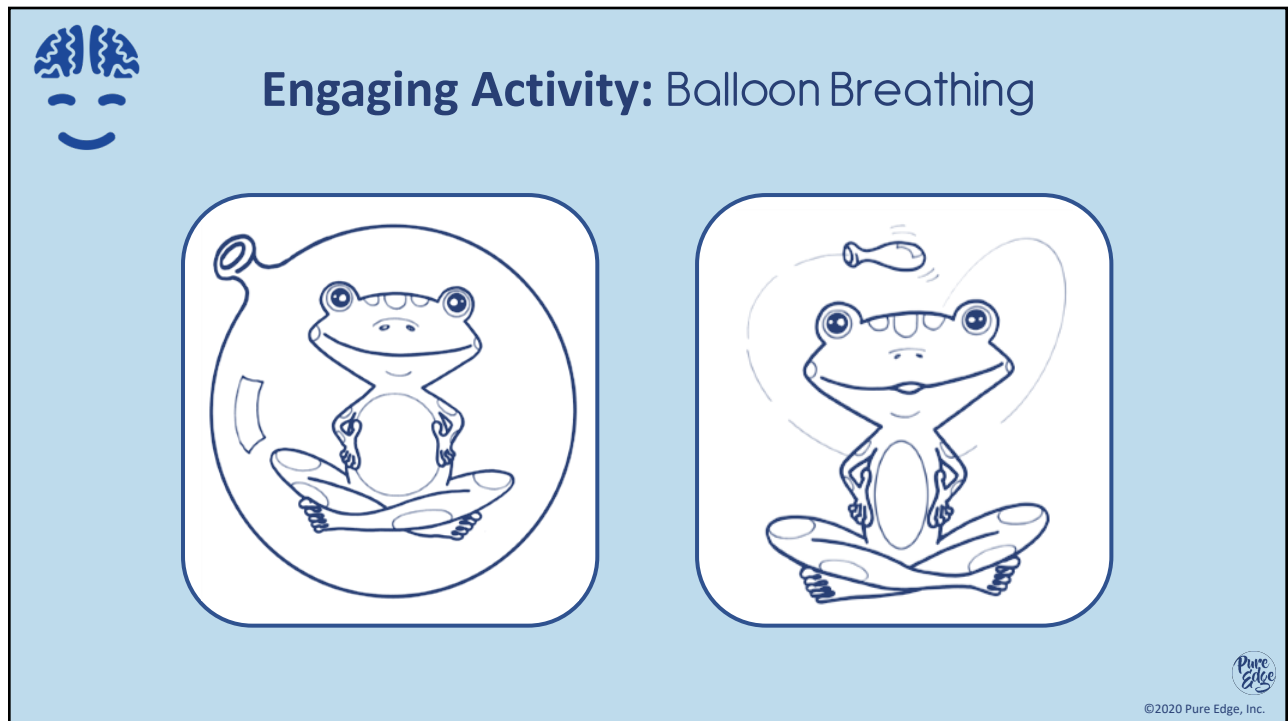
Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence

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"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.

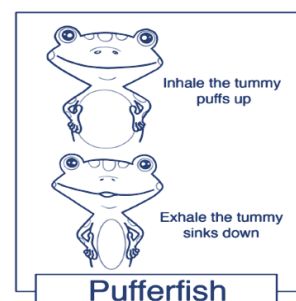
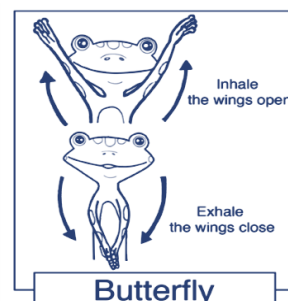
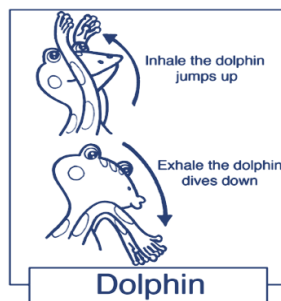
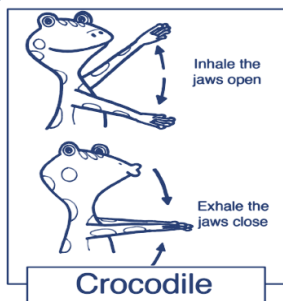


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Engaging Activity: Animal Arms



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Blue Zone



Red Zone



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

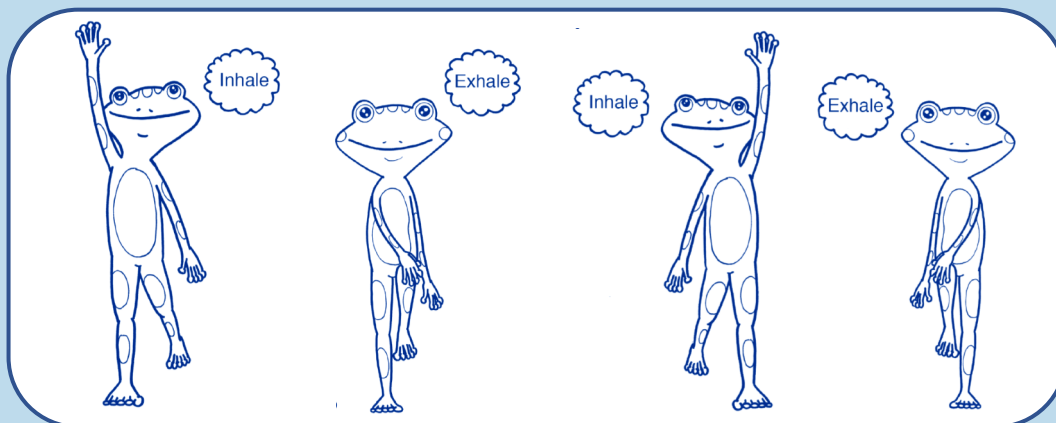


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Engaging Activity: Brain Balance Sequence

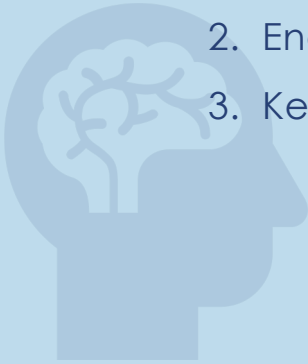


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Brain Breaks For Young Children

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

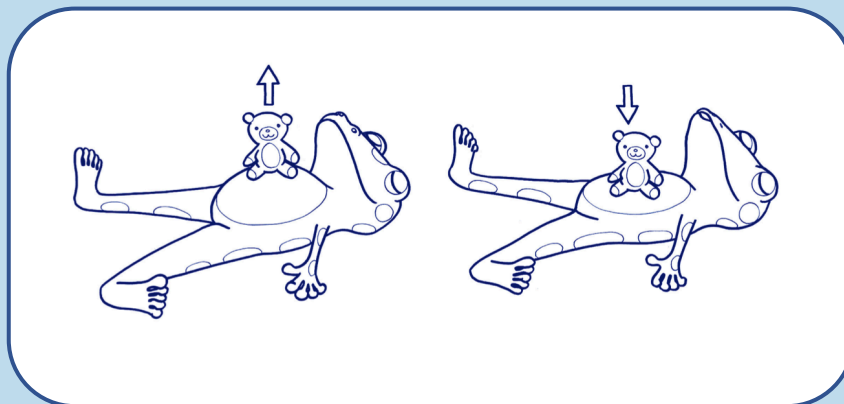


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Engaging Activity: Breathing Buddies



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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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Takeaways

Circle back:

- Incorporate a mix of breathe, move and rest strategies.
- Behavior is communication.
- Props are helpful for engagement
- Getting kids back to the Green Zone builds resilience.

Brain Breaks Review:

- ❖ Breathe
 - Breathing Ball
 - Balloon Breathing
 - Animal Arms
- ❖ Move
 - Brain Balance Sequence
- ❖ Rest
 - Breathing Buddies



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