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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Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org

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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.
Introductions

Gill McClean

gill@pureedgeinc.org

Director of Professional Development &
National Trainer

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
Welcoming Activity: Mindful Minute

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?
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: Balloon Breathing
"Behavior is communication"


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

- **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
Engaging Activity: Brain Balance Sequence

Neurochemicals
Endorphins
Neurotransmitters
Improved mood
Improved memory


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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

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
What questions do you have?

Grateful for the opportunity!
Thank you for joining us!

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