



Pure Community

Thank you for joining us!

Session: The Power to Be Calm
Trainer: Gill McClean
 Director of Professional Development

Getting Started:

1. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.
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.

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Introductions

Gill McClean

gill@pureedgeinc.org

Director of Professional Development &
National Trainer



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Welcoming Activity

Which Super Power
would you like to have?



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Welcoming Activity

- ❖ Invisibility
- ❖ Superhuman Strength
- ❖ Flying
- ❖ Super Speed
- ❖ Mind Reading
- ❖ Teleportation
- ❖ Talk to Animals
- ❖ I already have a Super Power!



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Engaging Activity: Mindful Minute



- Start in Seated Mountain.
- Bring your attention to the present moment. We are going to start by taking a Mindful Minute.
- Start bringing your attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep...).
- Continue to focus your attention on the breath, and notice how you are feeling. Just notice.



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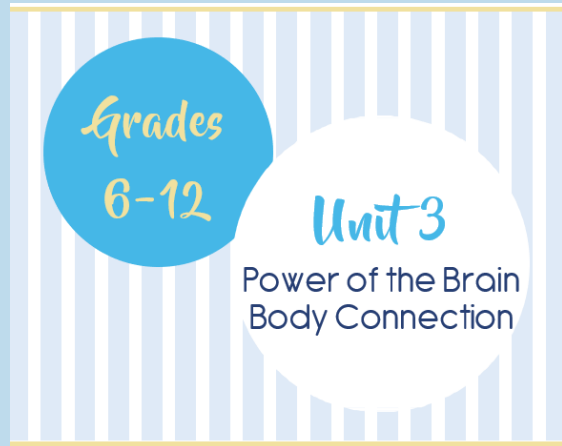
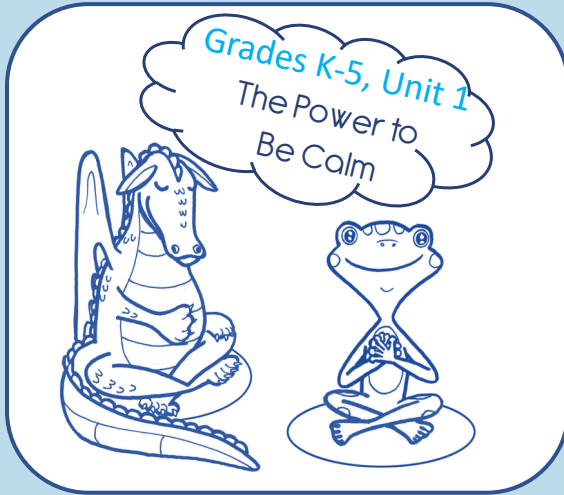
Pure Power Curriculum

<p style="text-align: center;">Grades K-5</p> <ul style="list-style-type: none"> ❖ Unit 1 – The Power to Be Calm ❖ Unit 2 – The Power Tame your Temper ❖ Unit 3 – Power to Laser Focus ❖ Unit 4 – Power to Grow and Stretch ❖ Unit 5 – Power to Lead with Kindness 	<p style="text-align: center;">Grades 6-12</p> <ul style="list-style-type: none"> ❖ Unit 1 – Power to Shine ❖ Unit 2 – Power of Mindfulness ❖ Unit 3 – Power of Brain-Body Connection ❖ Unit 4 – Power of a Balanced Life ❖ Unit 5 – Tool Kit for a Balanced Life
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Pure Power



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Engaging Activity: Attitude of Gratitude



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What we hope to do

Respond

Vs.

React



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Benefits of Nasal Breathing



- ❖ Filters dust and impurities from the air
- ❖ Warms the air to body temperature
- ❖ The diaphragm is more easily controlled, which supports the development of internal core strength
- ❖ More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- ❖ Increased oxygen from nasal breath increases energy and vitality



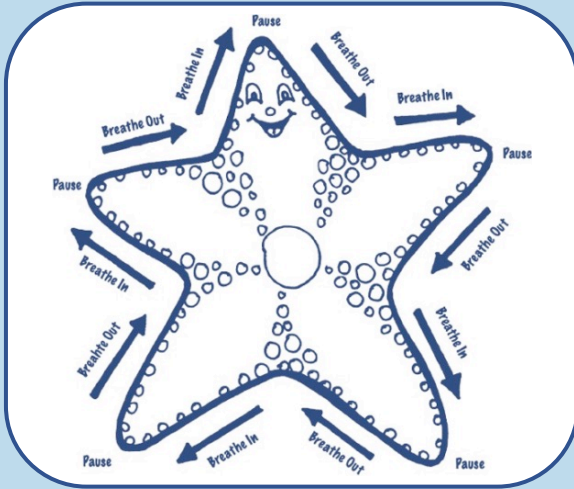
Northwestern University, "Rhythm of breathing affects memory, fear: Breathing is not just for oxygen: It's also linked to brain function, behavior," ScienceDaily, ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207093034.htm>

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Engaging Activity: Starfish Breathing or Take Five



1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.



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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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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/fame-your-kids-tantrums>

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Green Zone




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

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The **Power to be Calm** isn't about avoiding every kind of stressful emotion.

Resilience doesn't mean we'll be happy all the time, but it does mean we have the energy and mindset to help us cope.



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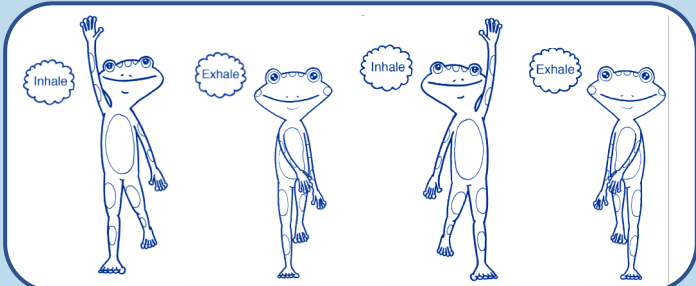
<https://www.kaed.org/mindshift/53681/how-movement-and-exercise-help-kids-learn>





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Engaging Activity: Brain Balance Sequence





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Harness your Power to be Calm...



Notice your heart rate and breath

Do some Mindful Movement

Listen to soothing music

What does calm feel like

Use a Body Scan to help get to sleep

Take 3-5 minutes rest

Self Compassion

Sources: CDC YRBS 2015: <https://www.kidsdata.org/>; Cavanaugh et al., 2016

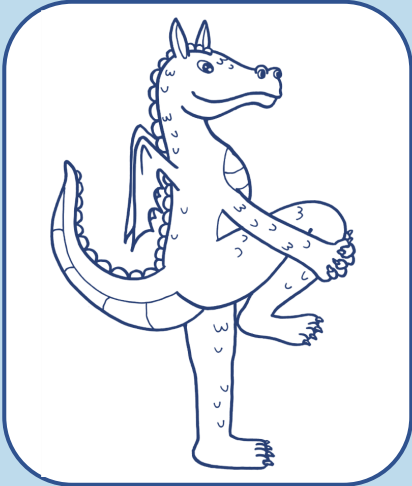




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Engaging Activity: Stork




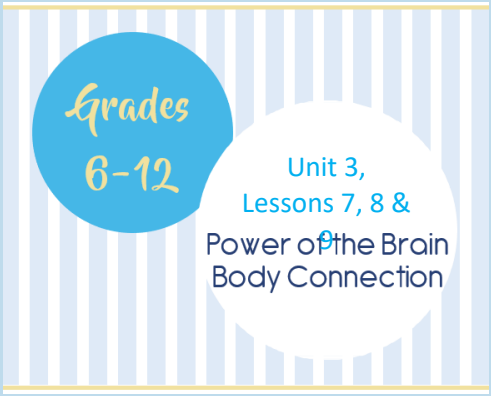
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Pure Power



Grades K-5
Unit 1, Lesson 5



Unit 3,
Lessons 7, 8 & 9

Power of the Brain
Body Connection

- ❖ What does tension feel like in your body?
- ❖ When do you feel tension in your body?
 - ❖ Why is relaxation important?
 - ❖ What is stress?

- ❖ When do you feel exhilarated by stress?
- ❖ When do you feel depleted by stress?
- ❖ Can you name some wellness practices that help build resilience?

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Engaging Activity: Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.



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Takeaways

Circle back:

- Incorporate a mix of breathe, move and rest strategies.
- Behavior is communication.
- Student resources Pure Power Curriculum K-5 & 6-12
- Getting us & kids back to the Green Zone builds resilience, The Power to be Calm.

Brain Breaks Review:

- ❖ Breathe
 - Attitude of Gratitude
 - Starfish Breathing
- ❖ Move
 - Brain Balance Sequence
 - Stork
- ❖ Rest
 - Guided Rest



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