



Pure Community

Thank you for joining us!

Session: The Power Tame Your Temper
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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 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

Please respond to the poll to share
which of the following images reflects
your experience right now.

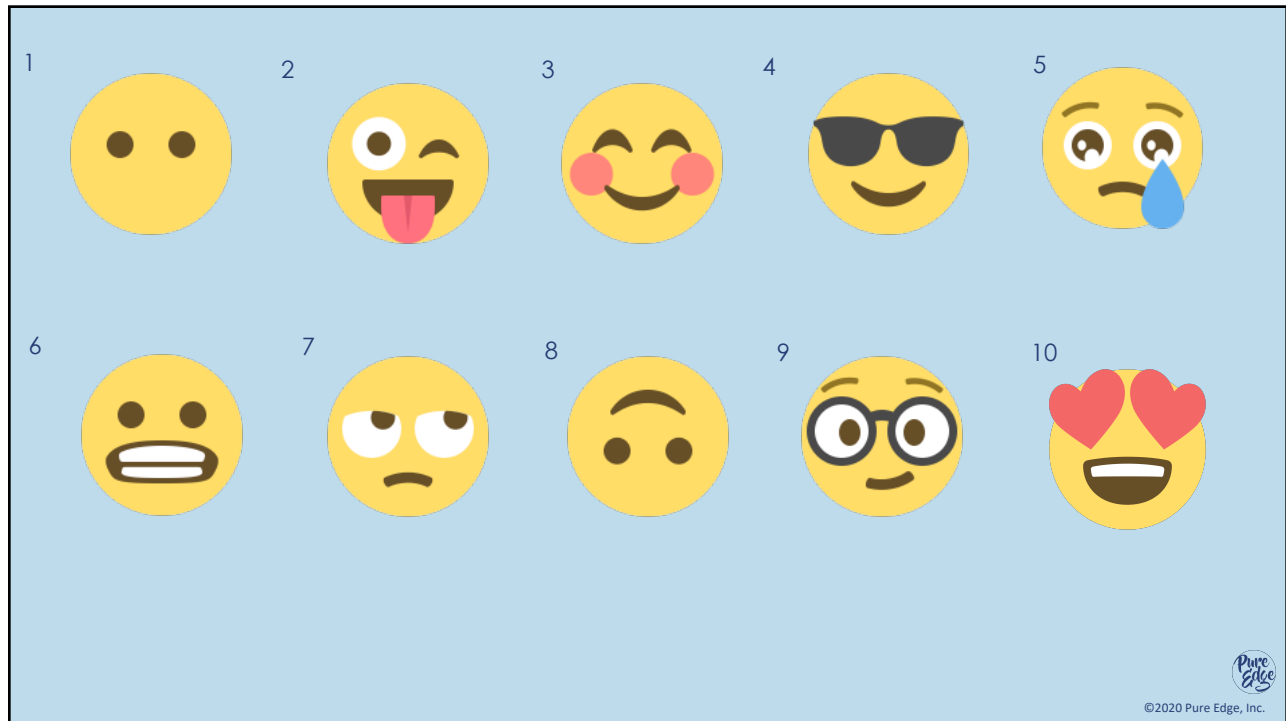


www.casel.org



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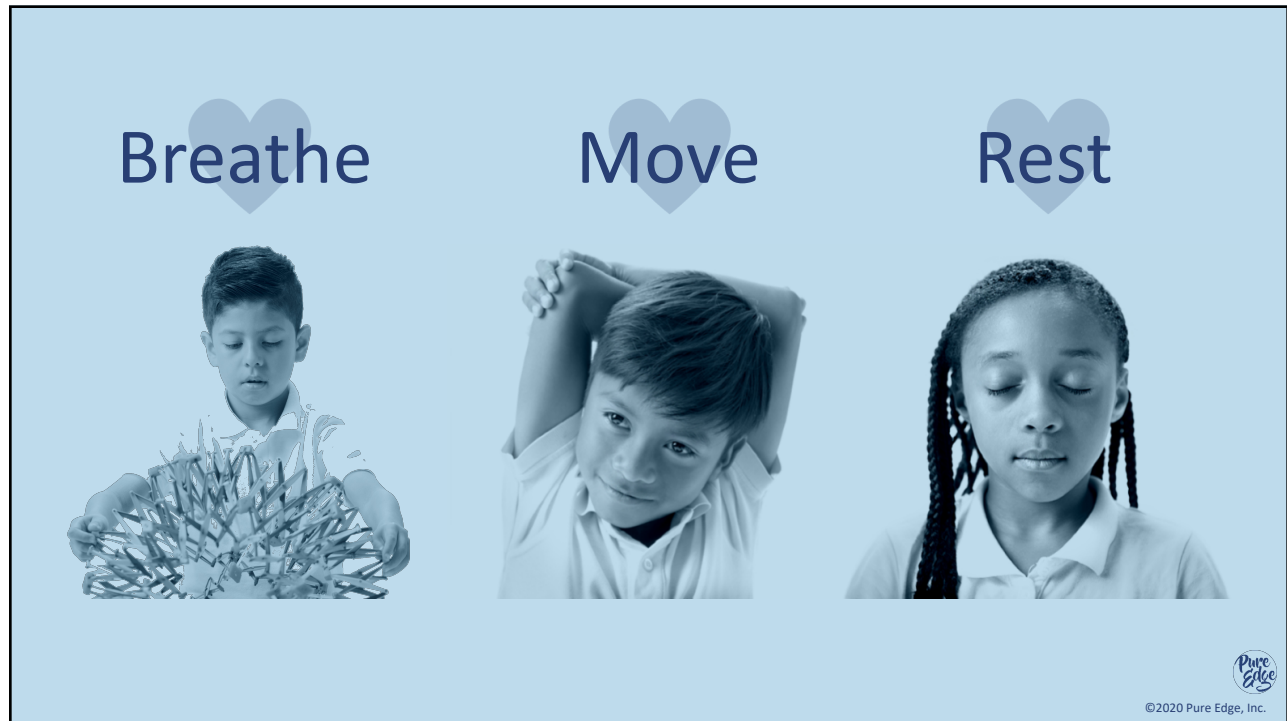
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Engaging Activity: Mindful Minute

- 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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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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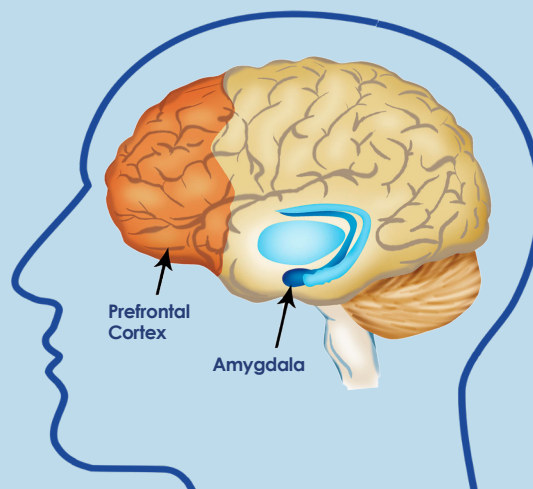
Engaging Activity: Ocean Breath



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Self-regulation & the Brain



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Neurochemicals

Endorphins

Neurotransmitters


Improved mood

Improved memory

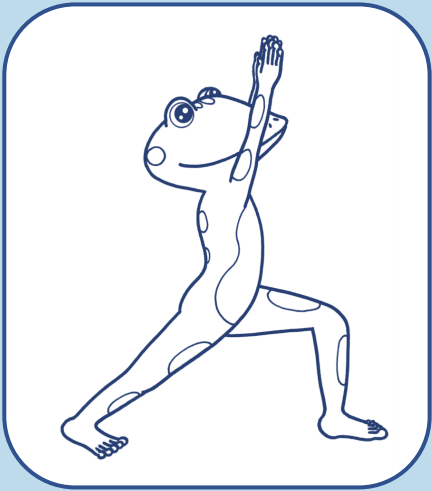

<https://www.kaed.org/mindshift/53681/how-movement-and-exercise-help-kids-learn>

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Engaging Activity: Warrior Pose

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What we hope to do

Respond

Vs.

React



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Strengthen the Connection

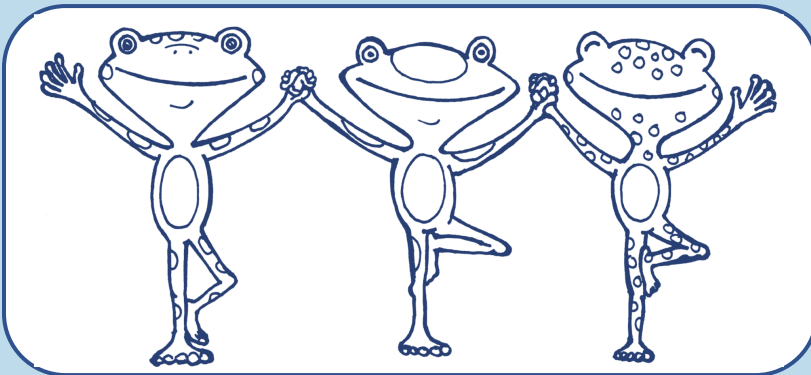


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Engaging Activity: Tree



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Red Zone



Red Zone Image: <https://www.shutterstock.com/search/man+yelling>



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STOP

The **gap** between a reaction and a response.



1. Stop.
2. Take a few breaths.
3. Observe the sensations in your body.
4. Proceed with awareness.¹

- **STOP** offers us a **chance** to respond rather than react.
- It means we are **aware** of our bodies, breath, and our minds.
- We are **better equipped** to behave or act in a way to not further confusion, difficulty or harm.

1: Elisha Goldstein, "Stressing Out? S.T.O.P.," Mindful, 2013. <http://www.mindful.org/stressing-out-stop/>;
Image: <https://virtuallytutoring.co.uk/blog/stop-mindfulness/>



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Green Zone



Image source: <https://www.goodnewsnetwork.org/get-drunk-happiness/>



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“The brain is like Teflon for positive experiences.”

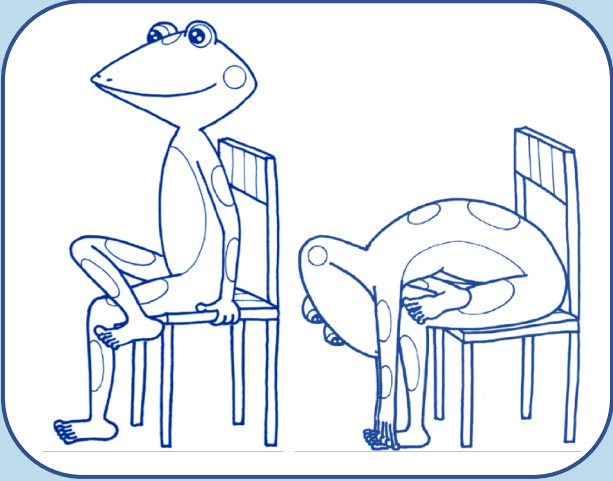


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Engaging Activity: Seated Figure Four



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The **Power to Tame your Temper** isn't about avoiding anger.

It's about understanding that temper and anger are normal emotions. What is important is our ability process these feelings, put them into perspective, and then let them go.



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Pure Power Curriculum

Grades K-5

- ❖ 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

Grades 6-12

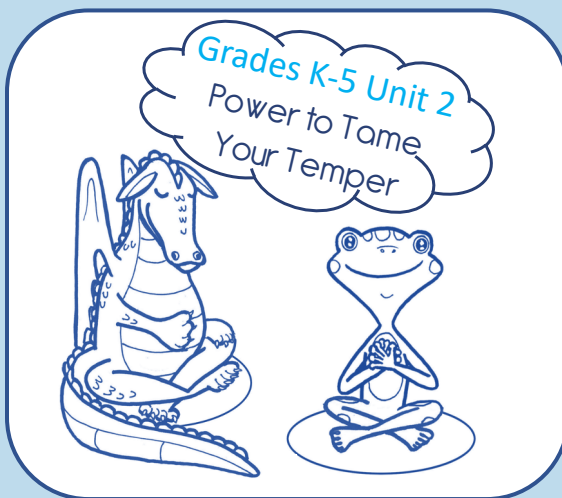
- ❖ Unit 1 – Power to Shine
- ❖ Unit 2 – **Power of Mindfulness**
- ❖ Unit 3 – Power of Brain-Body Connection
- ❖ Unit 4 – Power of a Balanced Life
- ❖ Unit 5 – Tool Kit for a Balanced Life



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Pure Power



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Engaging Activity: 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:

- Anger is natural response.
- Use Brain Breaks to strengthen respond vs react.
- Student resources Pure Power Curriculum K-5 & 6-12
- Training your Temper takes practice.

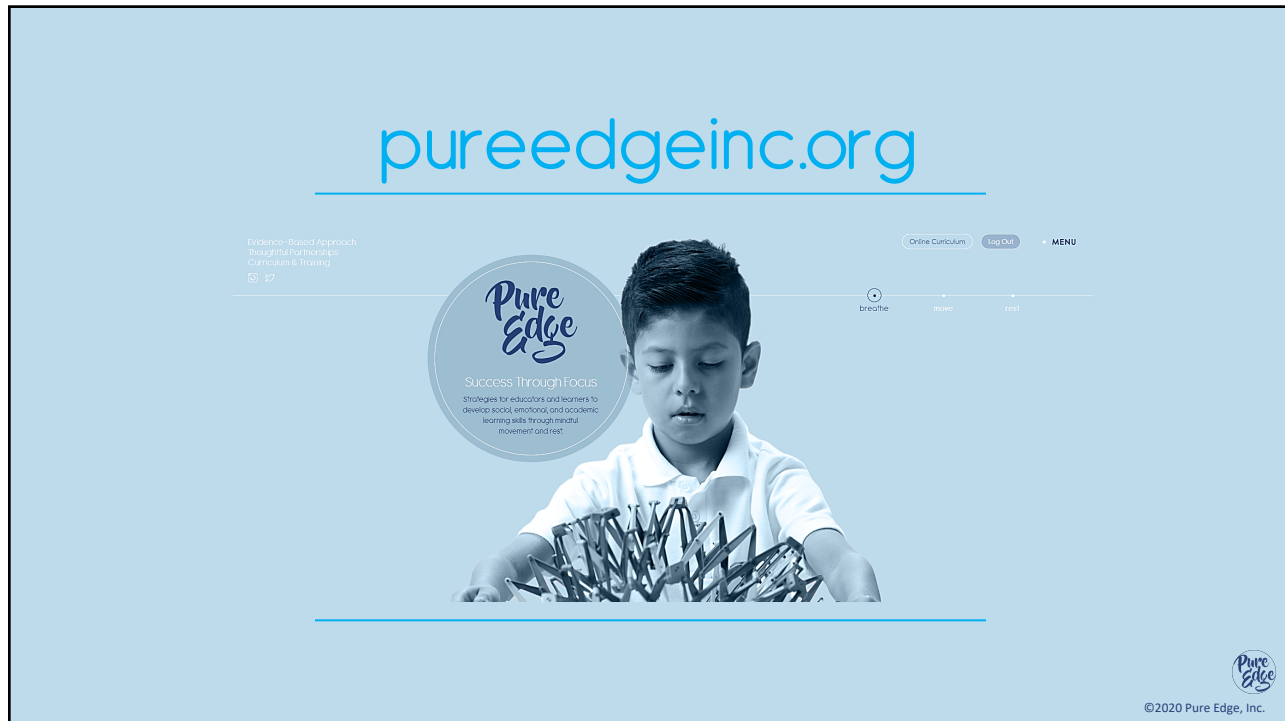
Brain Breaks Review:

- ❖ Breathe
 - Ocean Breath
- ❖ Move
 - Warrior Pose
 - Tree
 - Seated Figure of Four
- ❖ Rest
 - Guided Rest



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