



Thank you for joining us!

Session: The Power to Grow & Stretch
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



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

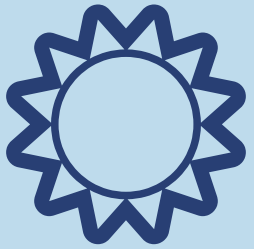
Director of Professional Development &
National Trainer



Welcoming Activity

Respond to the poll to share your response with our group.

Describe Your Mood Today



Sunshine



Rainy



Thundery



Cloudy



Rainbow



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.

Breathe



Move



Rest



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

Pure Power

Grades K-5 Unit 4
Power to Grow
and Stretch



Grades
6-12

Unit 4
Power of a
Balanced Life



Engaging Activity: Alternate Nostril Breathing



Notes:

**The hand movements will take some practice to feel comfortable.*

**If thumb and pinky are too hard for learners to coordinate, you could use right thumb to close right nostril and left thumb to close left nostril.*

**Once your learners have mastered the hand movements, helpful verbal cues are: inhale right, close, exhale left. Inhale left, close, exhale right.*

**This exercise can take 1 to 3 minutes.*

1. Let's start with a few deep breaths through the nose.
2. Inhale, close the right nostril by pressing the side of the nose with the right thumb.
3. Exhale out the left nostril.
4. Inhale through the left nostril.
5. Close the left nostril by pressing the side of the nose with your right pinky and fourth finger. At the same time, take your thumb off of your right nostril.
6. Exhale out the right nostril.
7. Inhale through the right nostril.
8. Close the right nostril with your thumb again and exhale through the left (removing the pinky and fourth finger).
9. This is one round. Complete 2 or 3 rounds by repeating steps 2-8. End on a left exhalation.
10. Take a few regular breaths.
11. Notice how you feel.

The Mind



Research shows
that the average
person has
50,000 to 70,000
thoughts per day.¹

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916

Image: <https://www.quora.com/How-can-imaginations-be-made-reality>

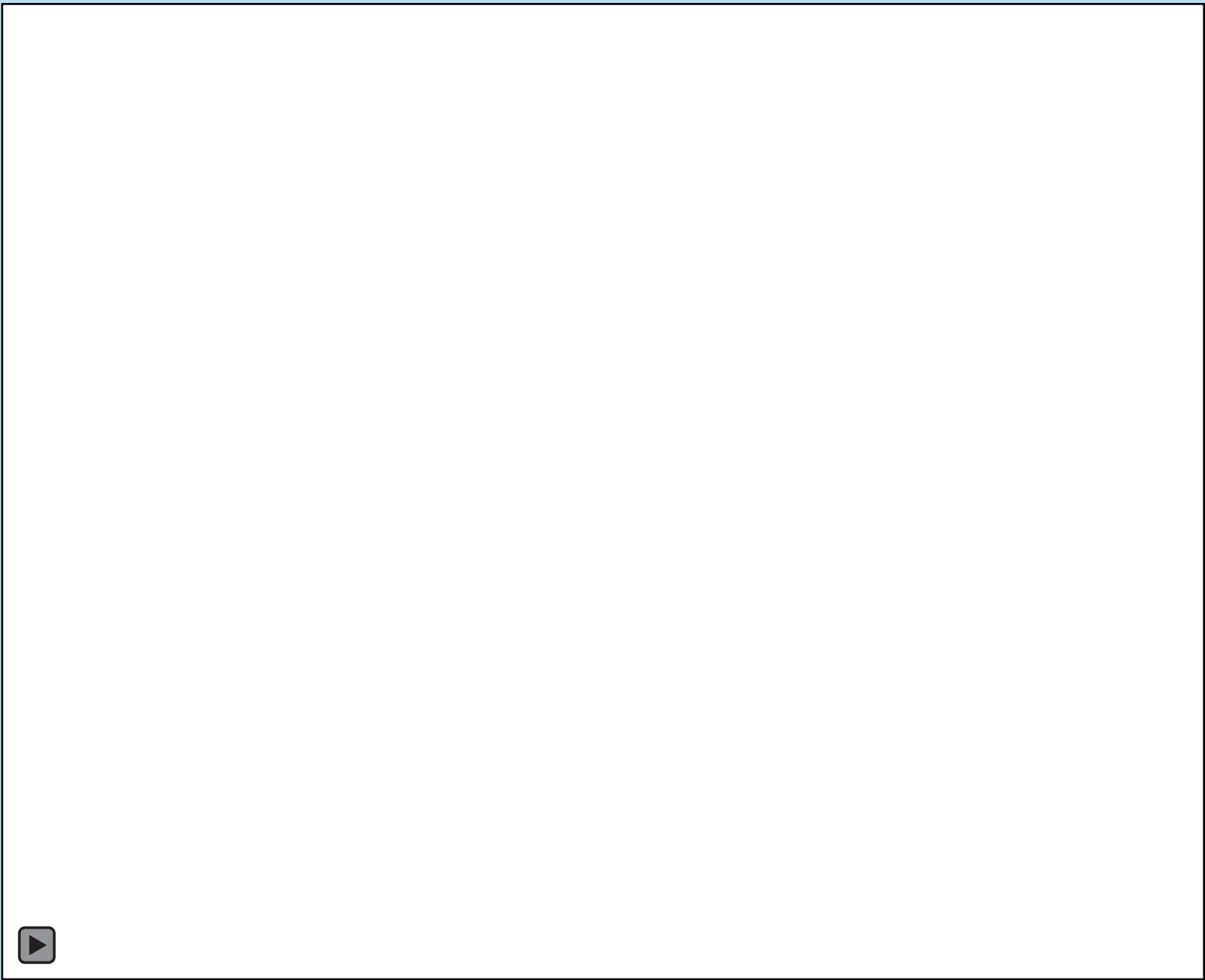
What is mindfulness?



Mindfulness



Mindfulness means noticing what is happening as it is happening. Mindfulness is about paying attention on purpose, with a sense of kindness and curiosity.



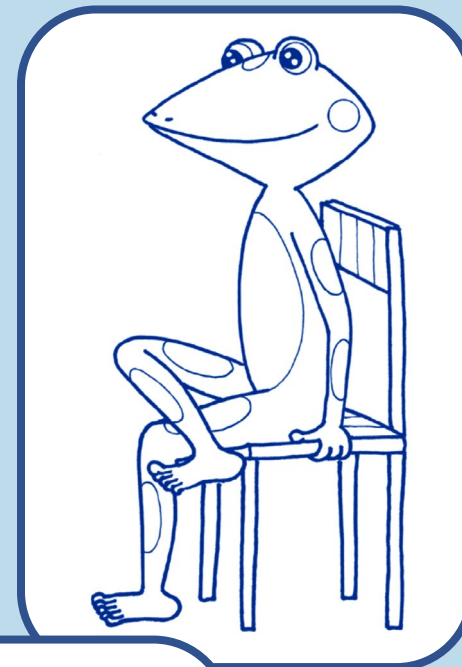


Engaging Activity: Seated Figure Four

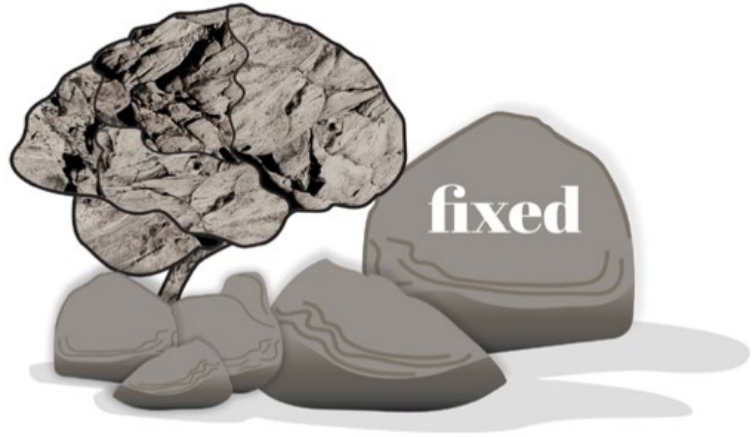


1. Begin in Seated Mountain Pose.
2. Inhale, cross the right ankle over the left thigh, just above the knee. Place the right hand on the right thigh and left hand on the right foot.
3. Exhale, fold torso forward and relax the head down. Take 2-3 breaths here.
4. If it's easier, you can hold the legs of the chair as you fold forward.
5. Inhale, come back to Seated Mountain Pose.
6. Switch legs and repeat on the other side.

*Use this sequence to release the back which can get tired from sitting.



MINDSETS



versus



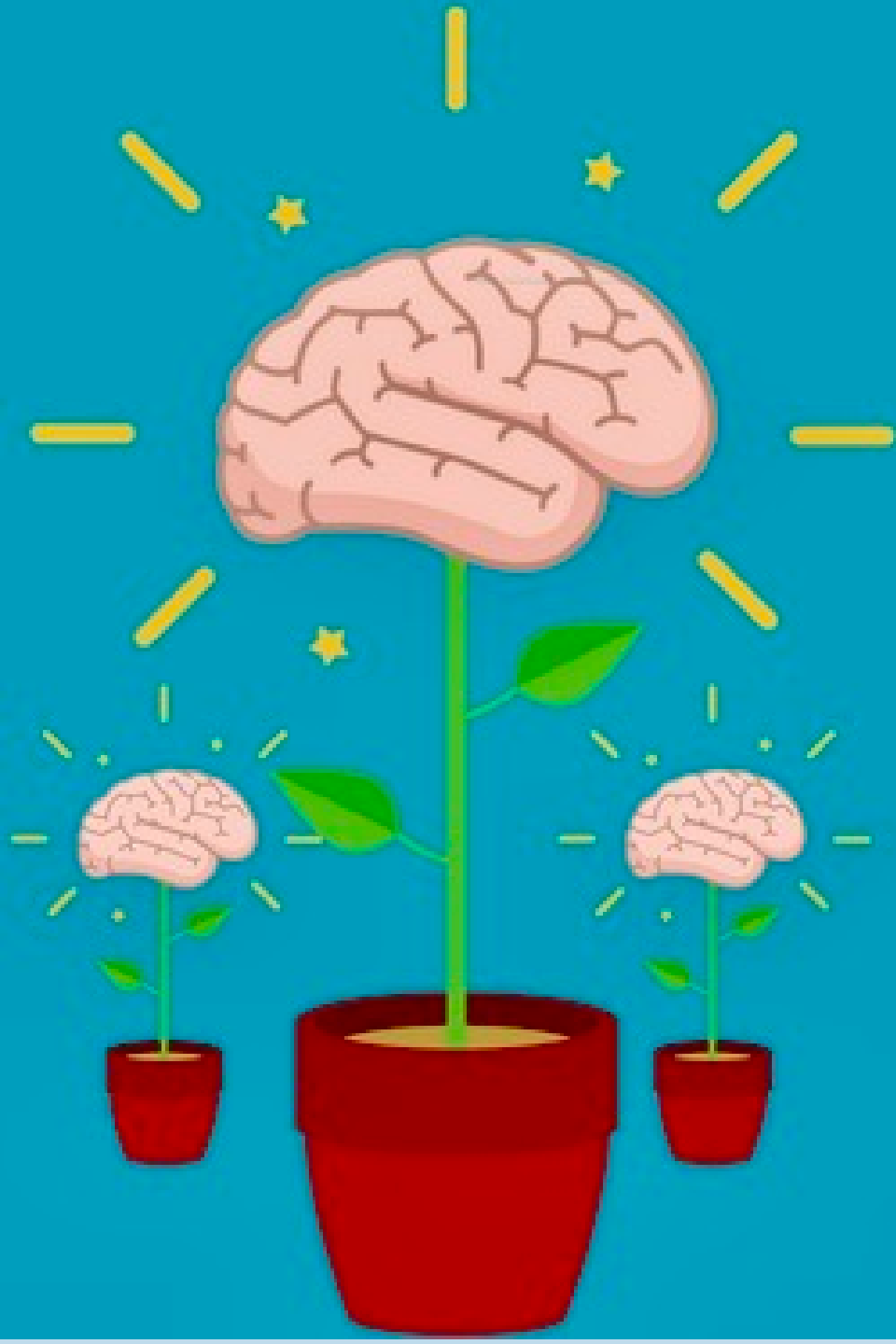
A growth mindset inspires the necessary ingredients for achievement: a love of learning, perseverance, courage, and resilience. Neuroscientists have proven that the growth mindset works because our brains are constantly changing and growing, enabling us to learn new things.

The Power To Grow and Stretch teaches the principle of resilience and cultivating a “growth mindset.”

Attitude affects behavior and the ability to succeed in different environments.

Focus on how to recognize negative self-talk, or a fixed mindset, and develop the positive self-talk of a growth mindset.

Developing a growth mindset empowers us to face daily frustrations with more mindful responses and maintain effort despite setbacks.



Power to Grow and Stretch



Why do many sports professionals, such as tennis players, frequently talk to themselves during a competition encouraging themselves to stay focused and that they can do it?

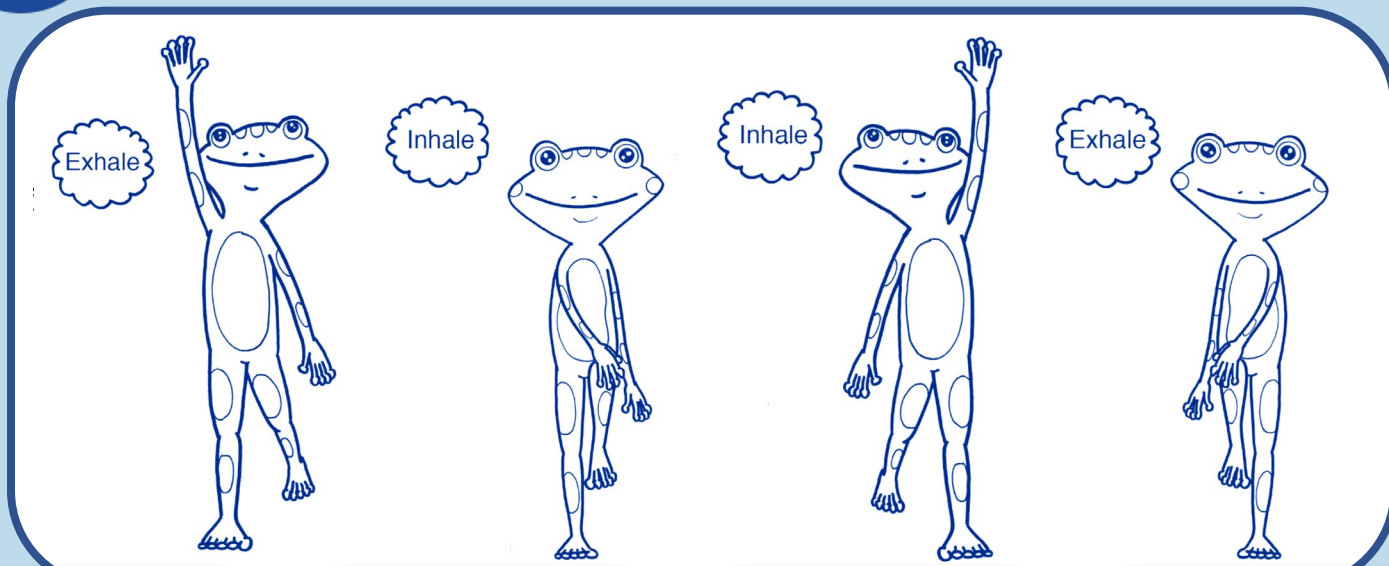
“Be Careful When You Talk To Yourself,
Because You Are Listening”¹



¹ - <http://pureedgeinc.org/start-with-the-heart/>



Engaging Activity: Brain Balance Sequence



1. Inhale, take the right arm overhead and the left foot slightly behind, placing only your toes on the floor.
2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
3. Inhale, return the right arm overhead and the left foot slightly behind placing only your toes on the floor.
4. Exhale and again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
5. Repeat on the other side.



SHIELD YOURSELF



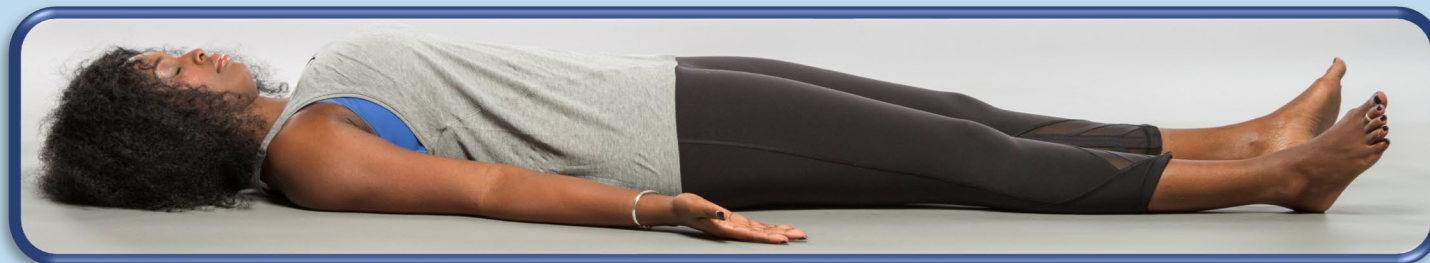
What are ***Mind Pirates***?

Negative thoughts are like
Mind Pirates, who try to
steal your positive thoughts
and confidence



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.



Takeaways

Circle back:

- The Brain is like a muscle, it needs “exercise” to become stronger.
- Brain Breaks help develop positivity.
- Student resources Pure Power Curriculum K-5 & 6-12
- A Growth Mindset is essential for us to continue learning and developing resilience.

Brain Breaks Review:

- ❖ Breathe
 - Mindful Minute
 - Alternate Nostril Breathing
- ❖ Move
 - Seated Figure Four
 - Brain Balance Sequence
- ❖ Rest
 - Guided Rest/Body Scan

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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest





Pure Community

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