



Thank you for joining us!

Session: Virtual Boot Camp for Health & PE Teachers – Elementary Education, Part 2

Trainer: Gill McClean & Edwina Soto

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.**



Follow us @pureedgeinc
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

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Director of Professional Development &
National Trainer

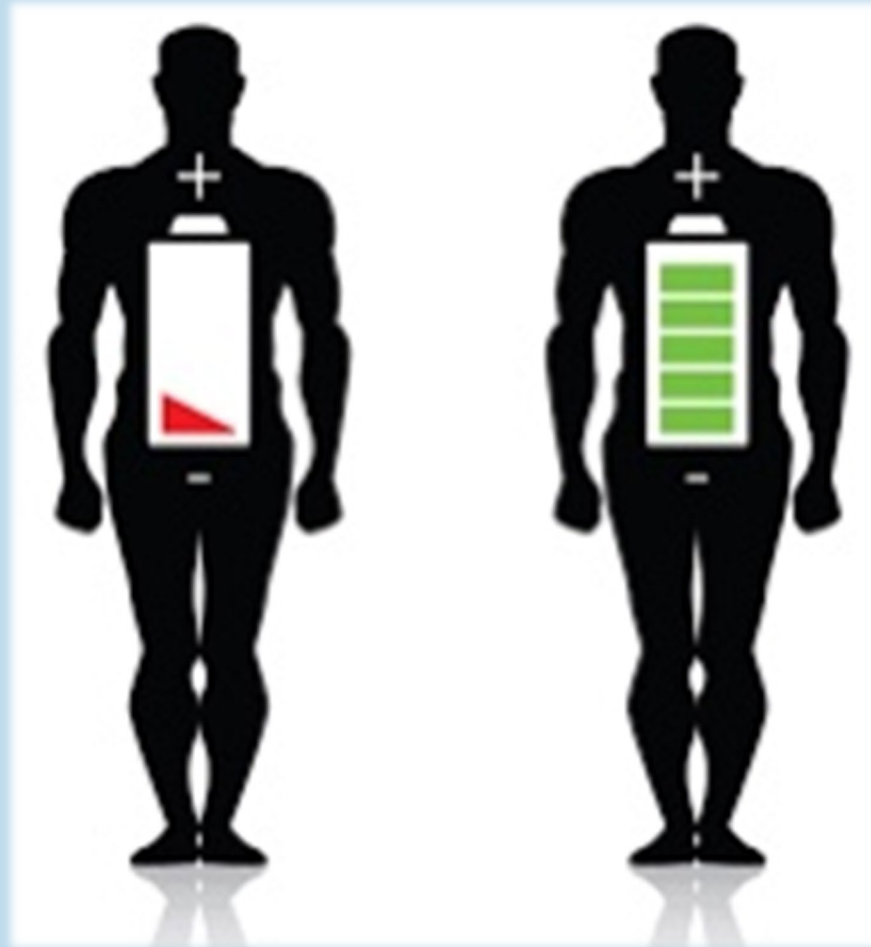
Edwina Soto

getmoving@pureedgeinc.org

National Trainer



What is your Energy Level right now?





PE MindfulMovement K-5

PE MindfulMovement 6-12

Implementation Guide Pre-K-2

Implementation Guide 3-5

Implementation Guide 6-12

Pure PE offers Mindful Movement sequences for delivery in the physical education setting at grade levels K-5 and 6-12.

Pure PE helps build strength, flexibility, balance, coordination, focus and relaxation.

A Mindful Movement sequence includes three main elements: breathe, move, and rest. These sequences can be easily integrated into an existing physical education program





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.

Learning Objectives

- ❖ Why Breathe, Move, and Rest?
- ❖ Understand the effects of stress on scholars and educators.
- ❖ Experience a Mindful Movement practice.
- ❖ Understand the basic neuroscience and research behind Pure Edge exercises.
- ❖ Practice & Teach Pure Edge Mindful Movement Sequences.

Breathe



Move



Rest



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



Engaging Activity: Even in – Even out





K-2: Smell the Rose, Blow out the Candle

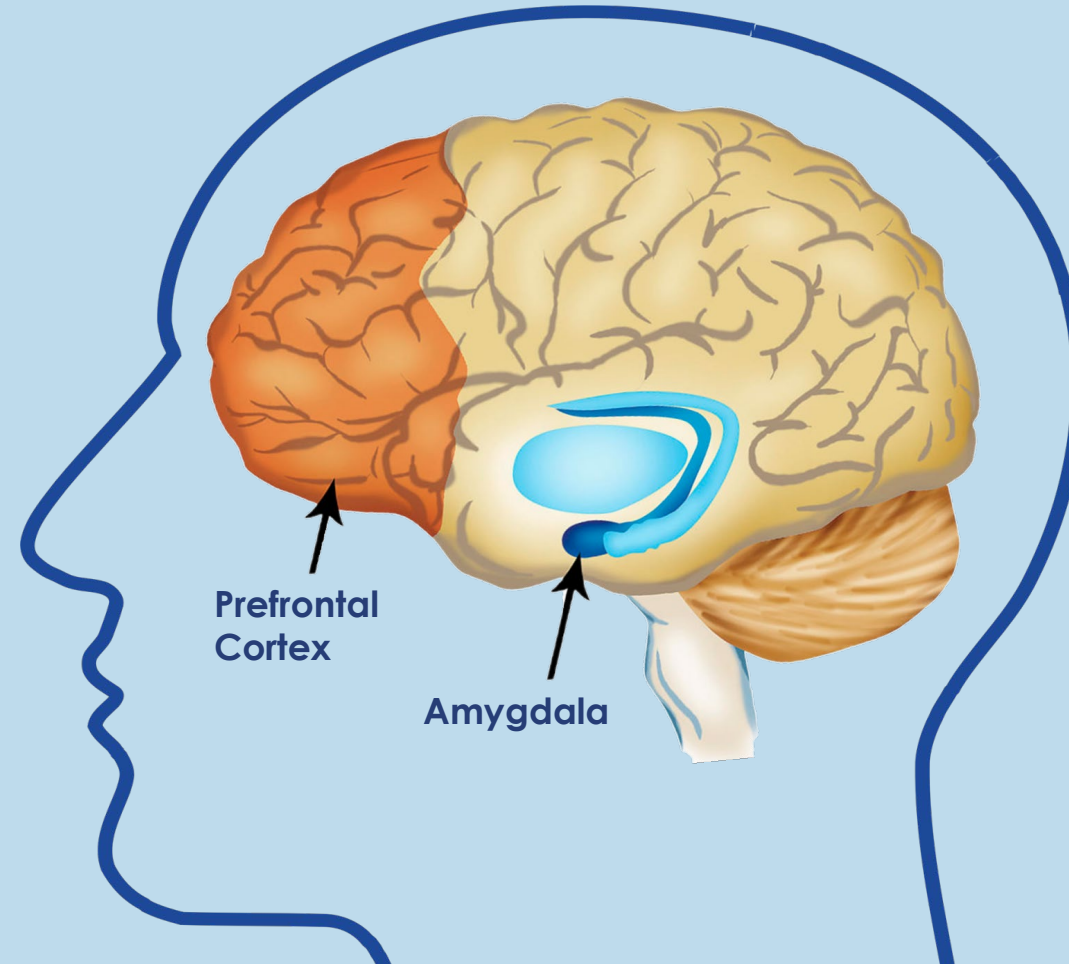


Smell the Rose

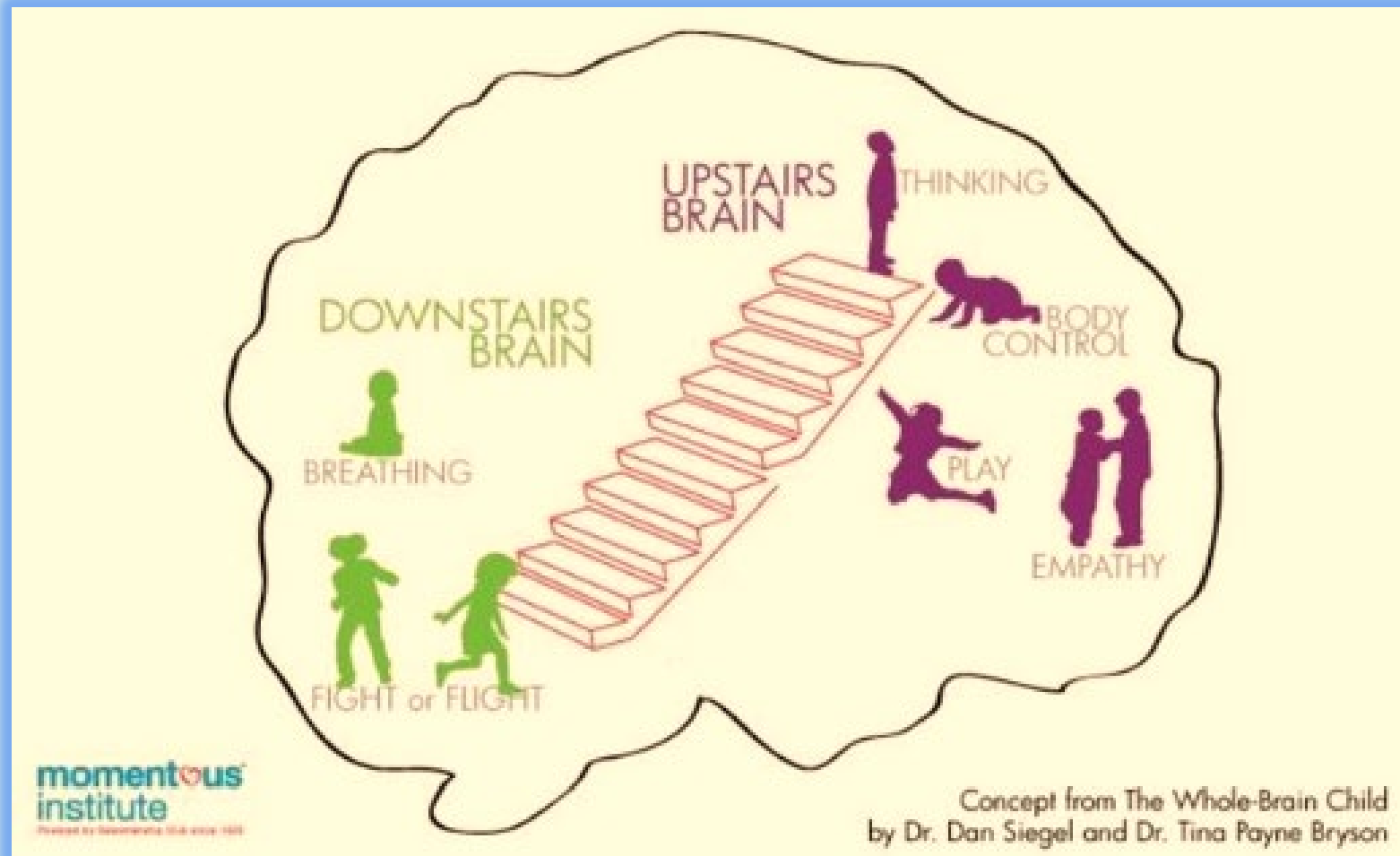


Blow Out the Candle

Self-regulation & the Brain



Upstairs Brain – Downstairs Brain

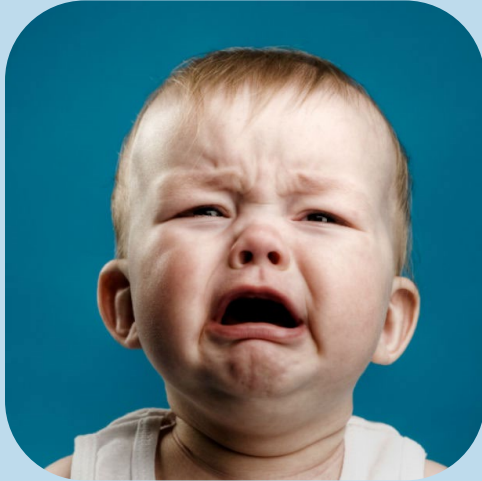


Upstairs Brain – Downstairs Brain

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.

Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

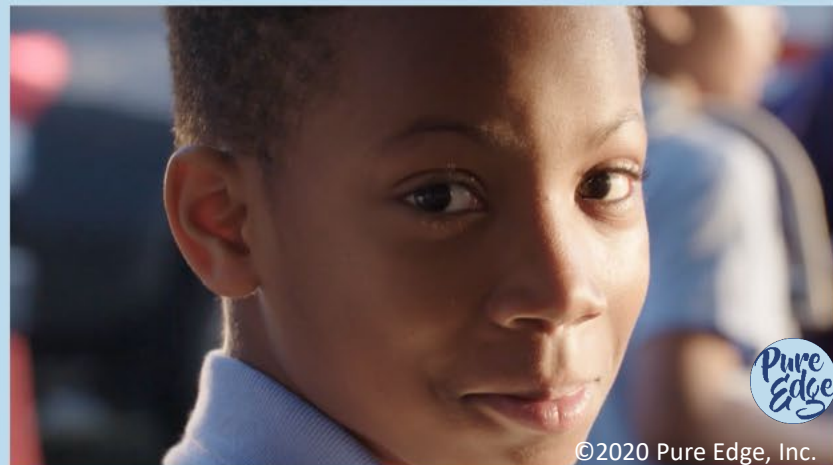
Parasympathetic Nervous System:
Rest and Digest





"Behavior is communication"

Siegel, D. and Bryson, T. (2018). *The Yes Brain*. New York, NY: Random House USA.



Self-care Practice







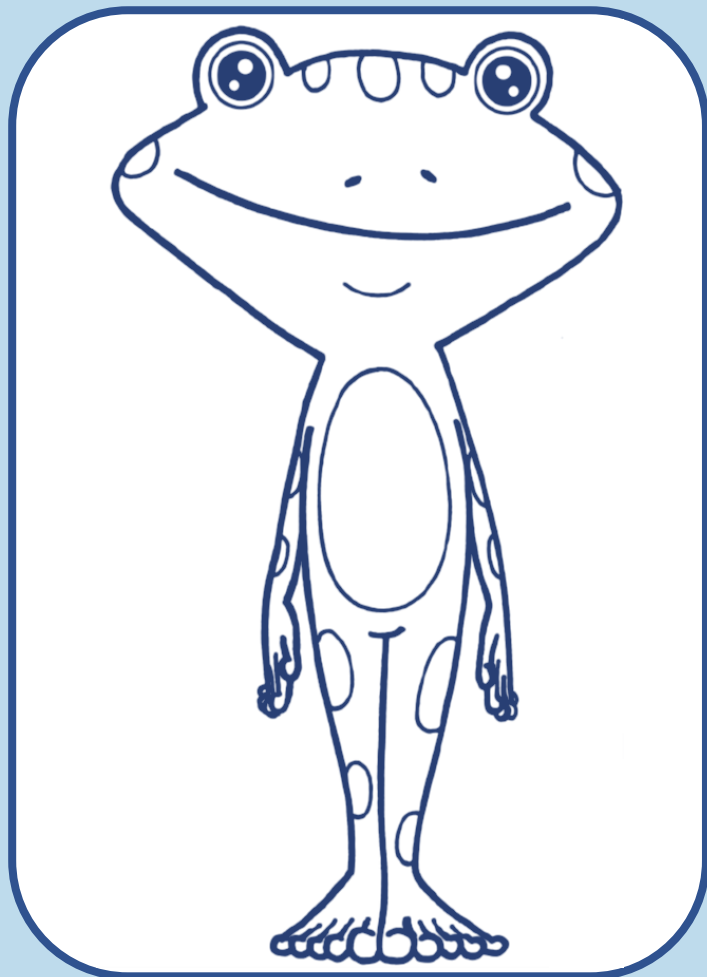
Reflection

Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

What is on your mind?
or
How are you feeling?

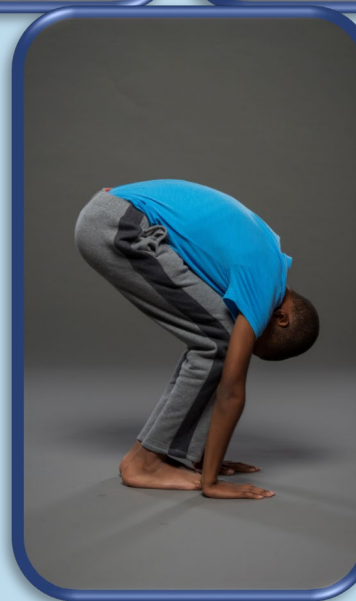
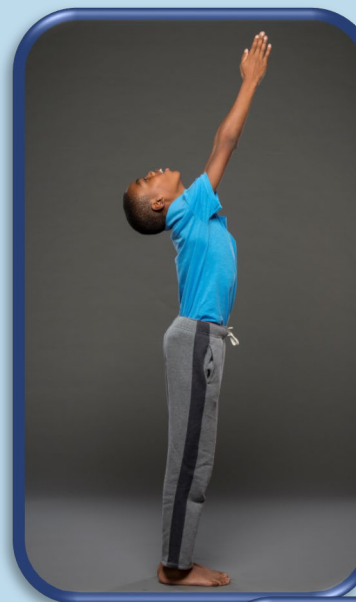
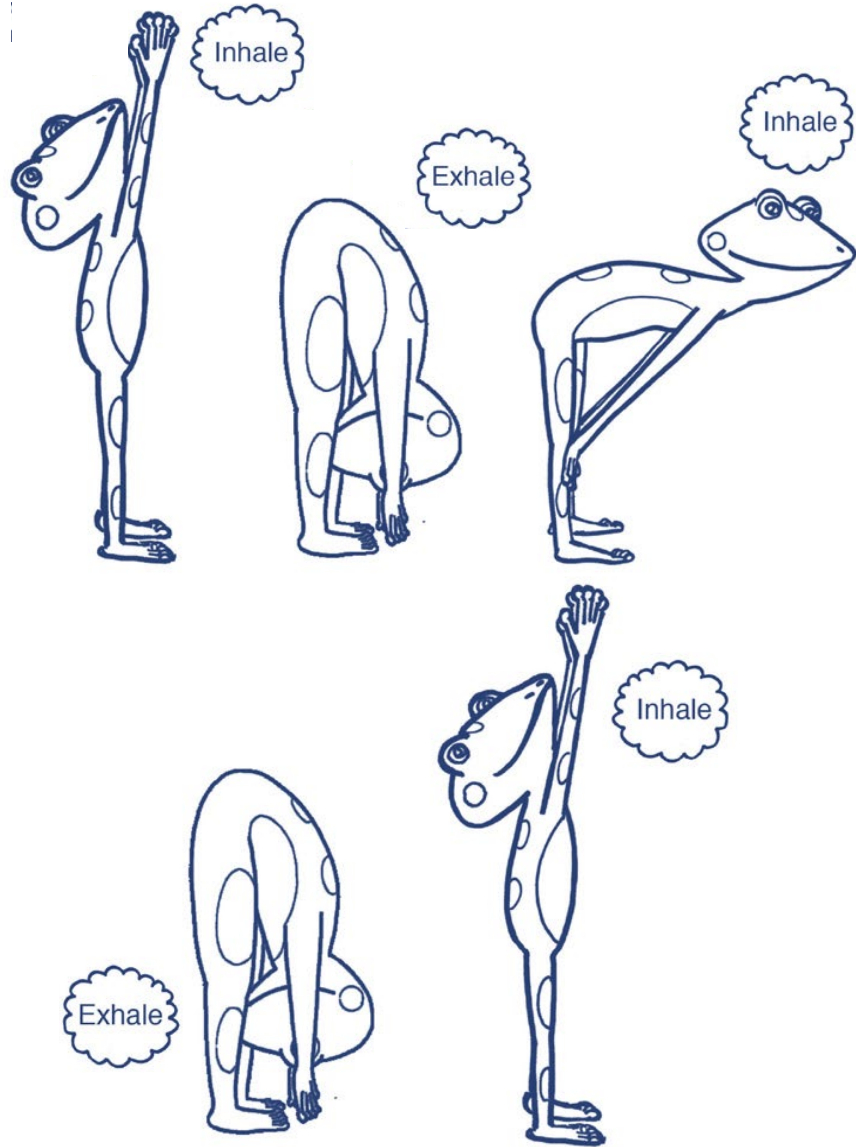


Mindful Movement: Mountain



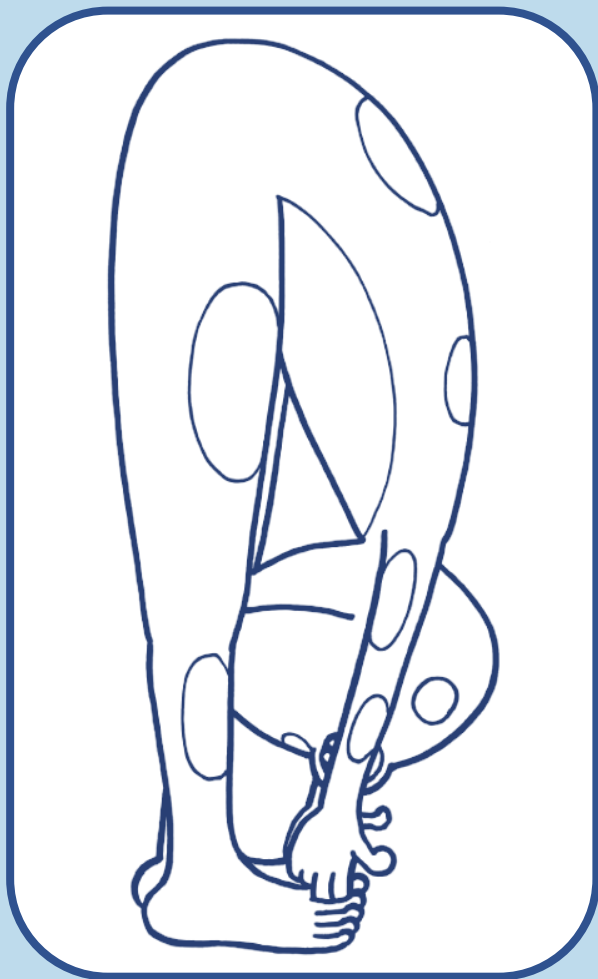


Mindful Movement: Half Opening Sequence A



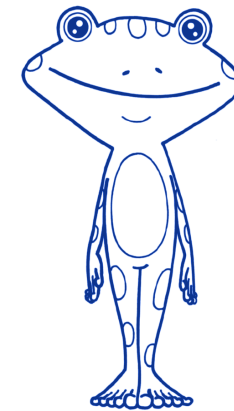
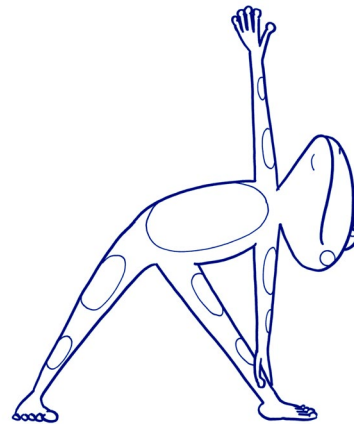
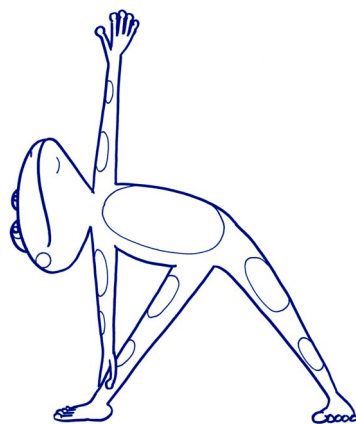
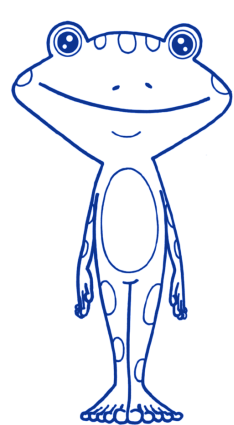


Mindful Movement: Big Toe



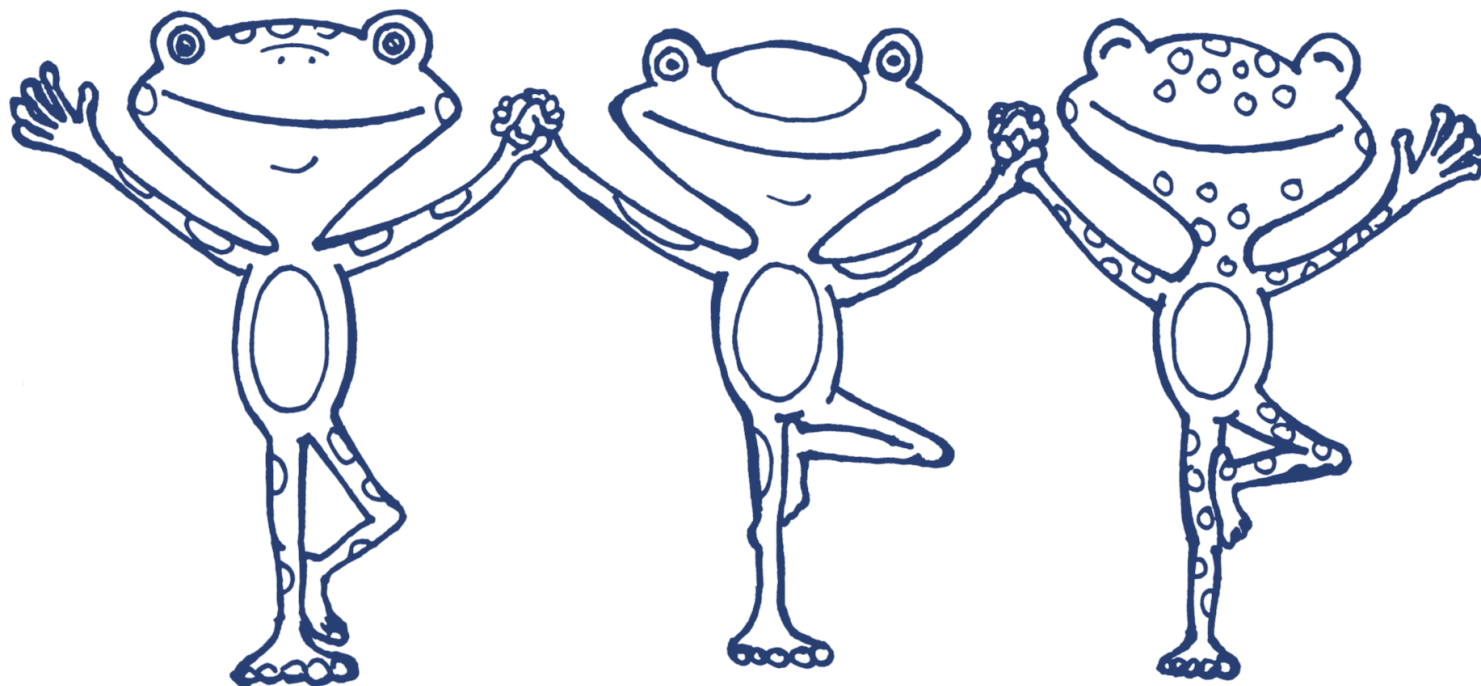


Mindful Movement: Star into Triangle



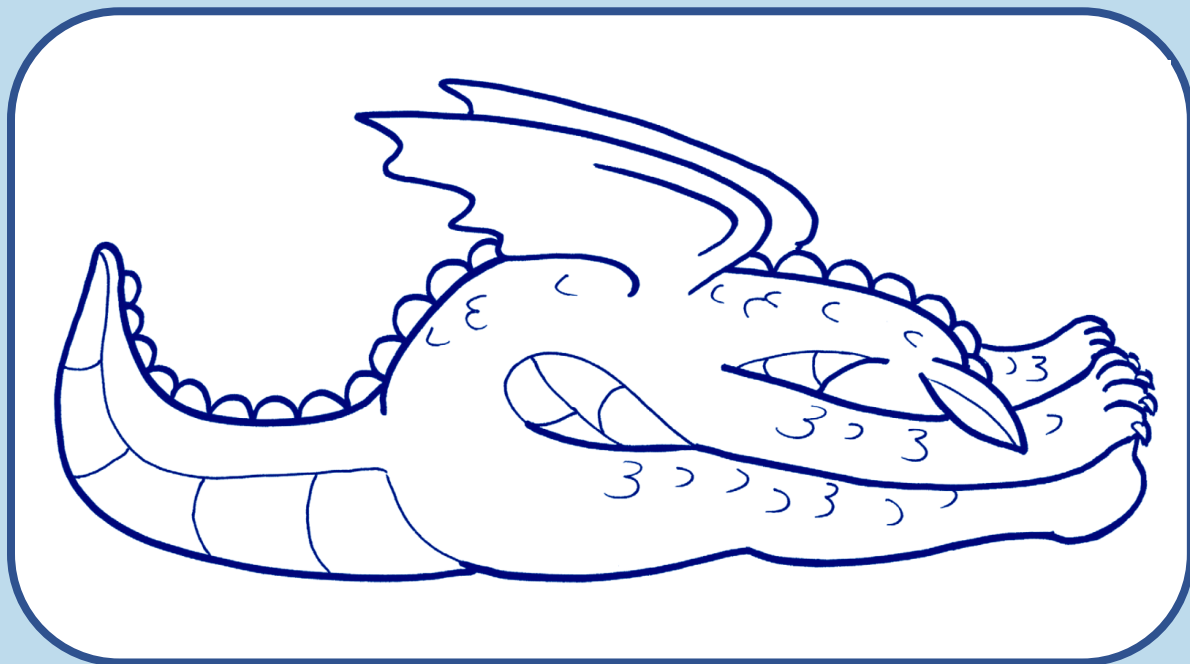


Mindful Movement: Tree



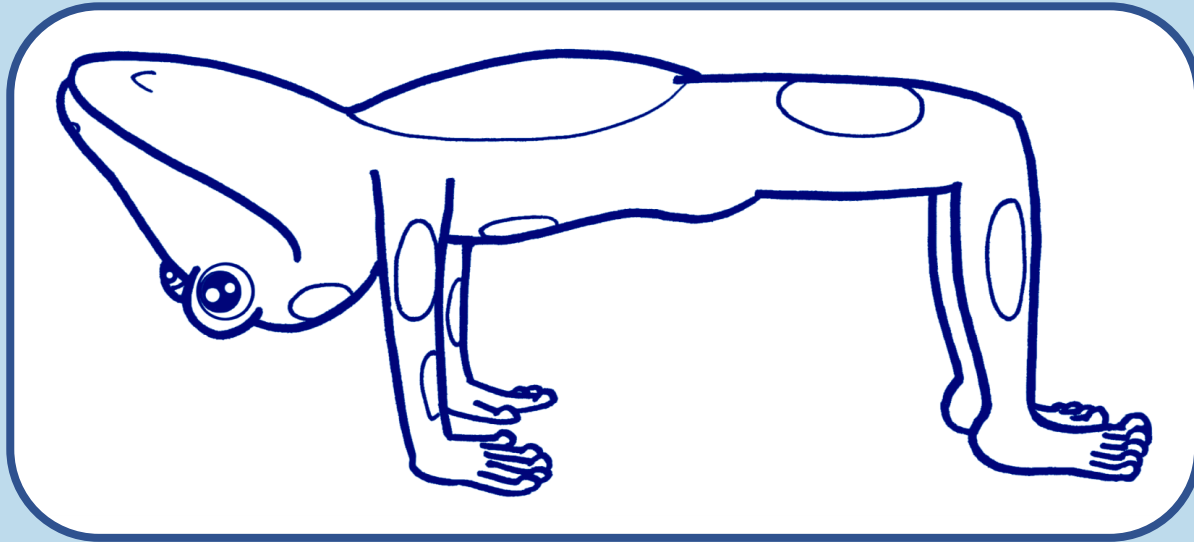


Mindful Movement: Sandwich



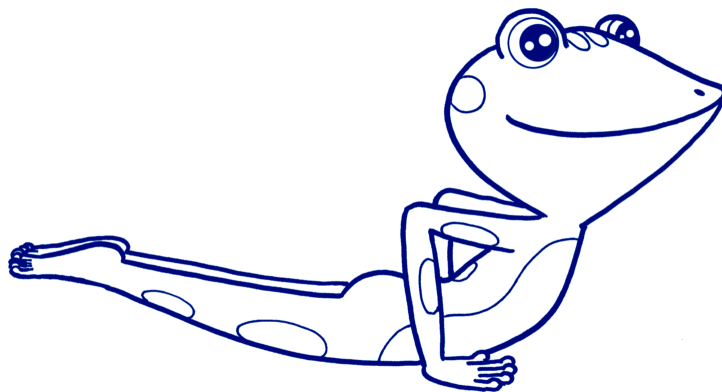
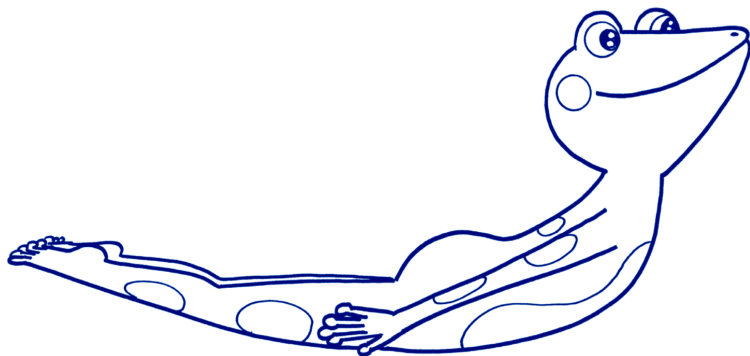


Mindful Movement: Table



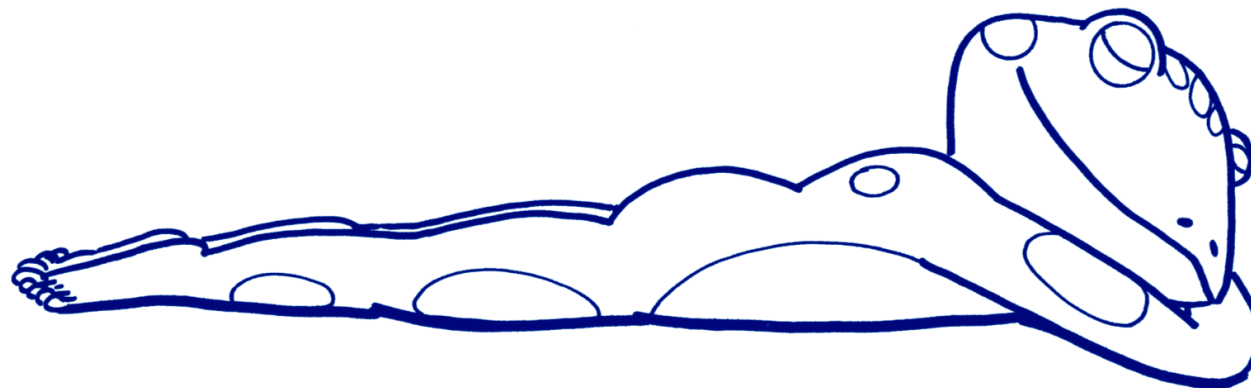


Mindful Movement: Seal 1 & Seal 2





Mindful Movement: Sleeping Crocodile



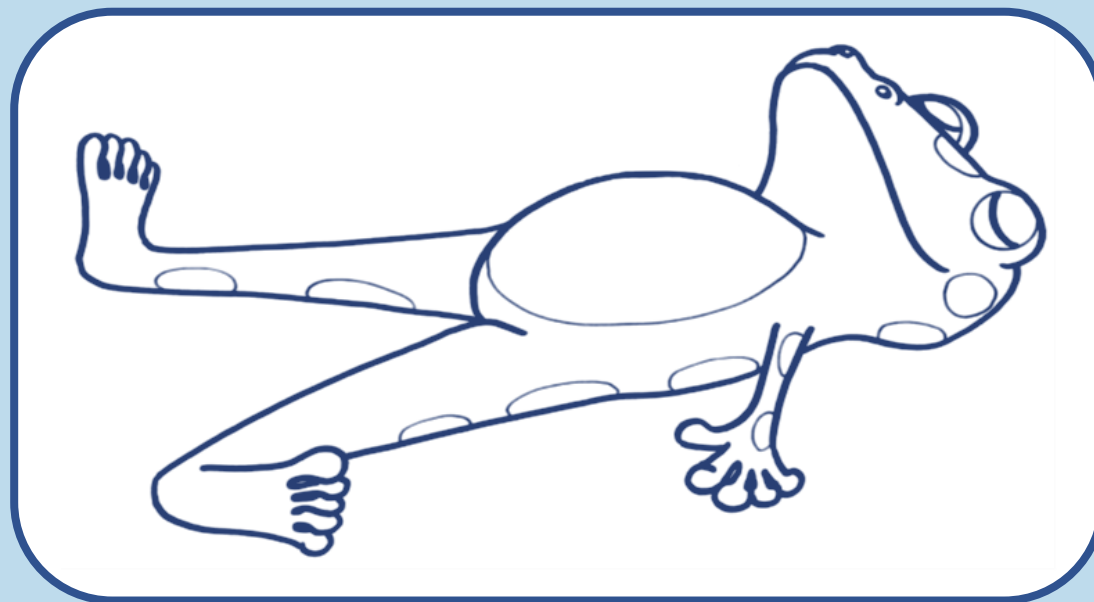


Mindful Movement: Seated Mountain





Mindful Movement: Guided Rest / Body Scan





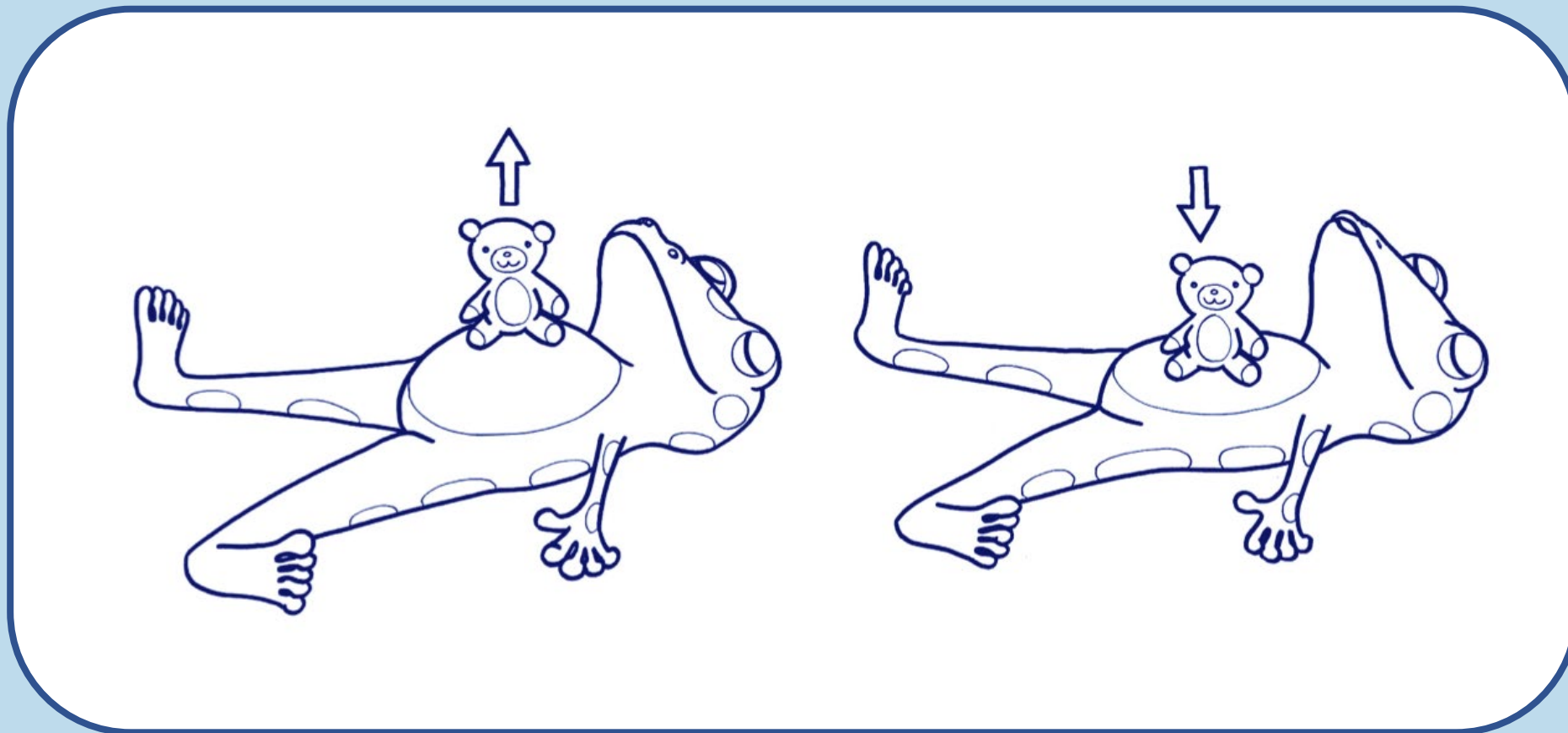
Reflection

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Mindful Movement: Breathing Buddies



Blue Zone



Red Zone



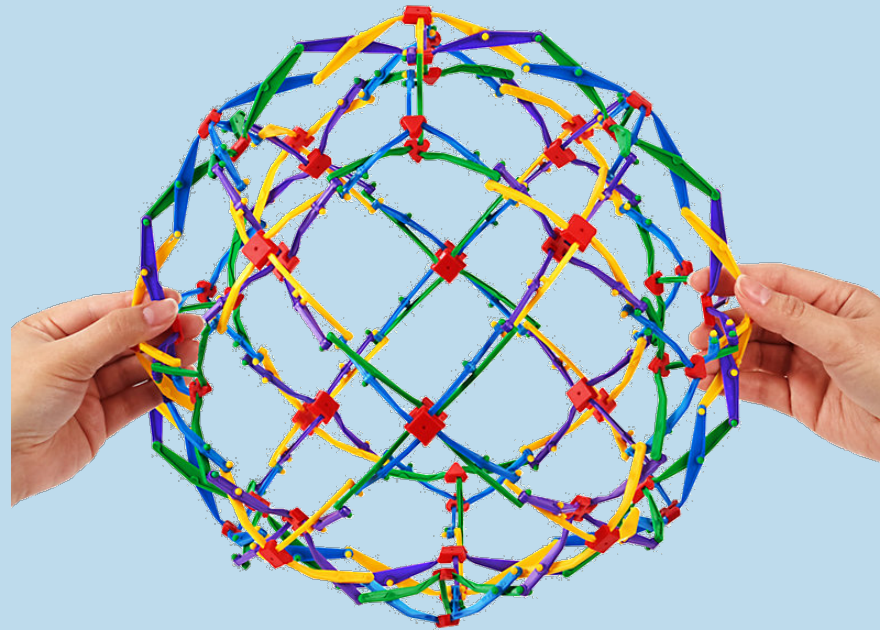
Green Zone



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

Mindful Movement For Young Children

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



Implementation: K-2

- ❖ Focus on the breath?
- ❖ Make it fun/ playful
- ❖ Build up to it.
- ❖ Instead of right and left for directions, use landmarks in the room or area that you are in.
- ❖ Incorporate Mindful Movement into existing kids' games, i.e. "Simon Says" and "Freeze Tag."
- ❖ Create a space where students feel safe, especially during rest.

Implementation: 3-5

- ❖ A Mindful Movement sequence will take 15-20 minutes to teach.
- ❖ Modification: Omitting the asterisked poses shortens the sequence to 7-10 minutes and allows for it to be done mostly standing. Shortened sequences are also easy to deliver in a classroom setting where space might be an obstacle.
- ❖ If time is short, simply do a breathing exercise and/or balancing posture as learners line up to return to class.

Pointers for Teaching Movement

- ❖ Always start with the breath.
 - ❖ Emphasize the breathe-movement connection.
 - ❖ Build poses from the ground up.
 - ❖ Start with most supported/accessible version of the pose, and then offer increasingly more challenging options.
 - ❖ Keep your own breath even and steady as a model for students.
-



Sequence One

Mountain
Mountain/Sunrise x 2-3
Big Toe
Star into Triangle
Tree
Cat/Cow 3-5x*
Rock*
Seated Mountain
Guided Rest





Sequence Two

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree

Cat/Cow 3-5x*

Pointing Dog*

Rock*

Seated Mountain

Guided Rest





Sequence Three

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree

Cat/Cow 3-5x*

Pointing Dog*

Rock*

Butterfly*

Seal 1 & Seal 2*

Sleeping Crocodile*

Seated Mountain

Guided Rest





Sequence Four

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree OR Forest*

Sandwich*

Table*

Butterfly*

Seal 1 & 2*

Sleeping Crocodile*

Seated Mountain

Guided Rest



Did you know?



American youth spend more time with media than any other waking activity: an average of 7.5 hours per day, every day.

Power to Grow and Stretch



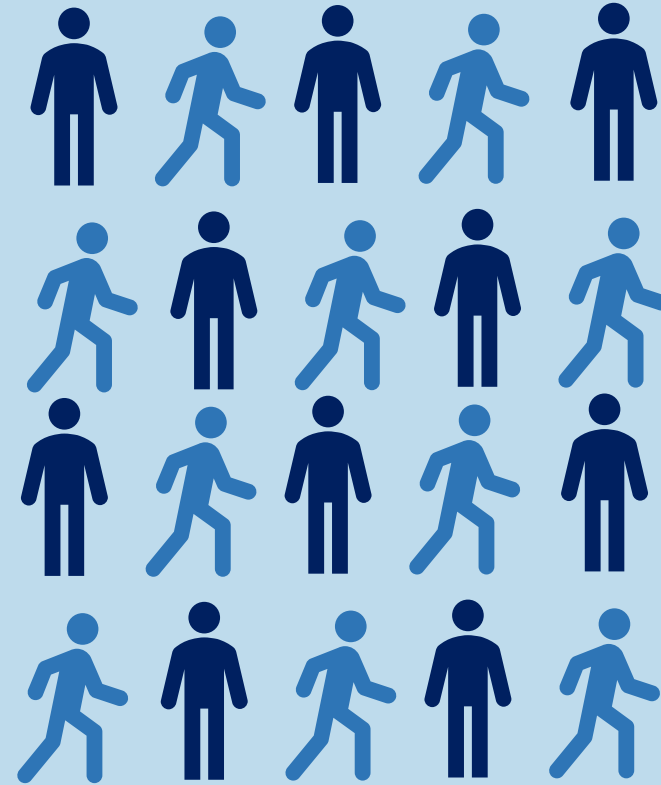
Why do many sports professionals, such as tennis players, frequently talk to themselves during a competition encouraging themselves to stay focused and that they can do it?

Implementation: Turn & Talk

In my role, how can I
implement what I have
learned today?



Posture Activity



Takeaways

Circle back:

- Always start with the breath.
- Make it fun/playful
- Check-in with the students to see how they are feeling.
- Think about how to incorporate games.
- Make sure you can be seen when presenting online content.

Review:

- ❖ Mindful Minute
- ❖ Even In – Even Out
- ❖ Smell the Rose, Blow out the Candle
- ❖ Mountain
- ❖ Half Opening Sequence A
- ❖ Big Toe
- ❖ Star into Triangle
- ❖ Stork
- ❖ Sandwich
- ❖ Table
- ❖ Seal 1 & Seal 2
- ❖ Sleeping Crocodile
- ❖ Seated Mountain
- ❖ Breathing Buddies
- ❖ Guided Rest

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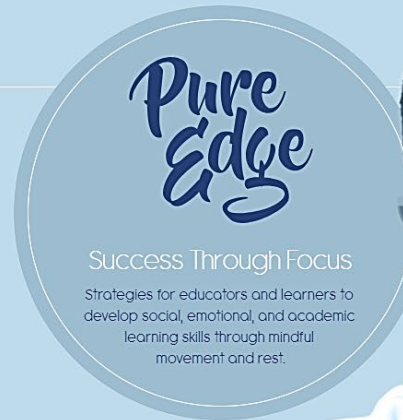
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest







Pure Community

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