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.**
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

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National Trainer
What is your Energy Level right now?
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.

PE MindfulMovement K-5
PE MindfulMovement 6-12
Implementation Guide Pre-K-2
Implementation Guide 3-5
Implementation Guide 6-12
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

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>
Engaging Activity: Even in – Even out
K-2: Smell the Rose, Blow out the Candle

Smell the Rose

Blow Out the Candle
Upstairs Brain – Downstairs Brain

Concept from The Whole-Brain Child by Dr. Dan Siegel and Dr. Tina Payne Bryson
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

https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response
"Behavior is communication"

Self-care Practice
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

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

1. Inhale
2. Exhale
3. Inhale
4. Exhale
5. Inhale
6. Exhale
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
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: Breathing Buddies
1. Props are helpful for engagement.
2. Encourage them to use their imaginations.
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

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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

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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.

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
Thank you for joining us!

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

Trainer: Gill McClean & Edwina Soto

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