



Thank you for joining us!

Session: Adapting Brain Breaks for
Young Learners with Special Needs, Part 2

Trainer: Erin Cooney
Director of Curriculum & Instruction

Getting Started:

1. If you have any questions, please type them into the Q&A box!
2. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion/attendance record.

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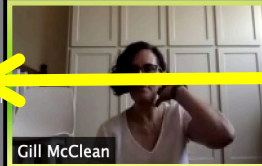


Website: www.pureedgeinc.org

Email: getmoving@pureedgeinc.org



Welcoming: **Mindful Minute**



Gill McClean

To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.



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Welcoming: **Mindful Minute**



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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.



Mission

Pure Edge, Inc. believes that all educators and learners deserve to be taught strategies that help combat stress and support the development of social, emotional, and academic learning competencies with an open heart and mind.



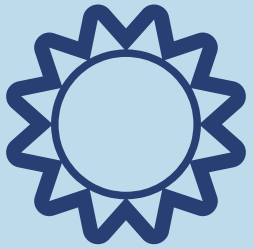
Introductions

Erin Cooney, M.Ed.
Director of Curriculum & Instruction
erin@pureedgeinc.org



Welcoming Activity

Describe Your Mood Today



Sunshine



Rainy



Thundery



Cloudy



Rainbow

Engaging Activity: Mindful Minute



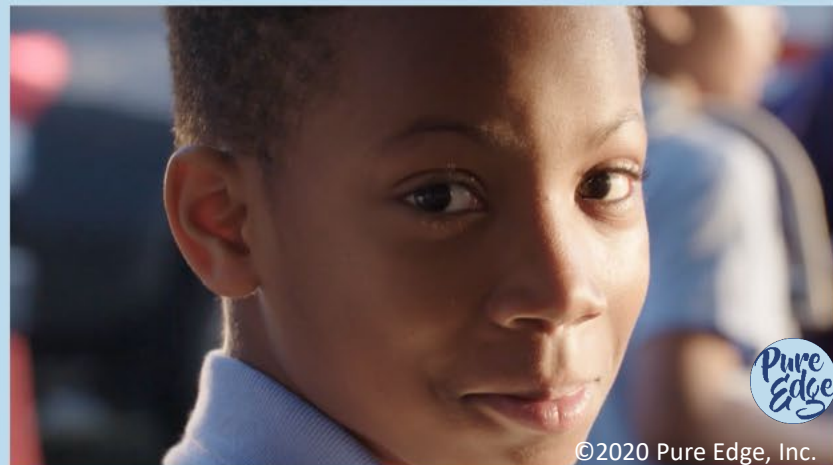
Learning Objectives

- ❖ Experience Brain Breaks exercises
 - ❖ Adapt exercises for young learners with special needs
 - ❖ Define upstairs brain & downstairs brain
 - ❖ Identify next step(s)
-

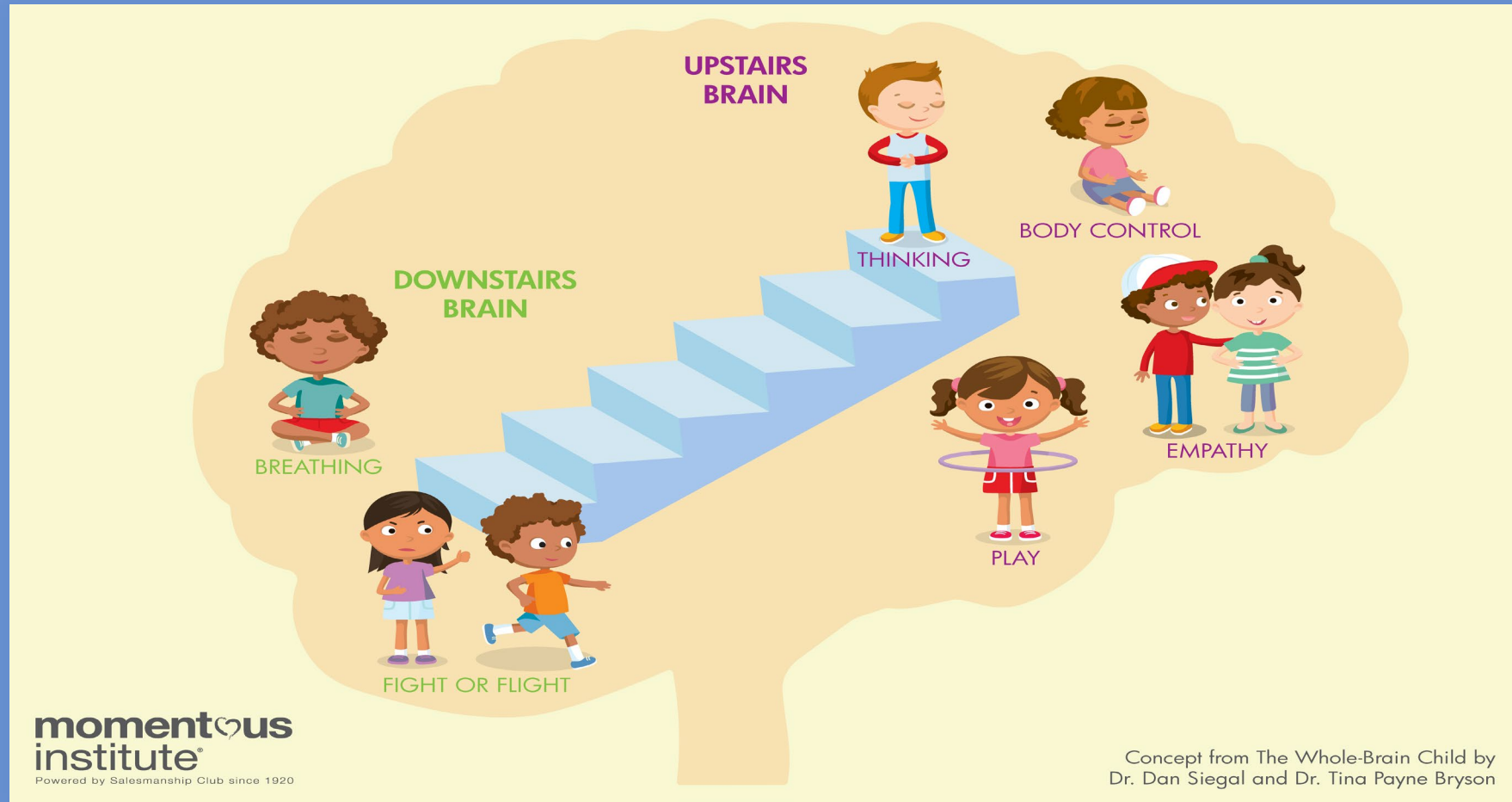


"Behavior is communication"

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



Upstairs Brain - Downstairs Brain



Blue Zone



Red Zone



Green Zone



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

Human relationships are the essential ingredient that catalyze healthy development and learning.



Sources: Griffiths, P.E., & Hochman, A (2015) Developmental systems theory. eLs 2, 1-7.
Moore, D.S. (2015) The developing genome: An introduction to behavioral epigenetic.

Witherington, D.C., & Lickliter, R. (2016) Integrating development and evolution in psychological science; evolutionary developmental psychology, developmental systems an explanatory pluralism. Human development, 59, 200-234.

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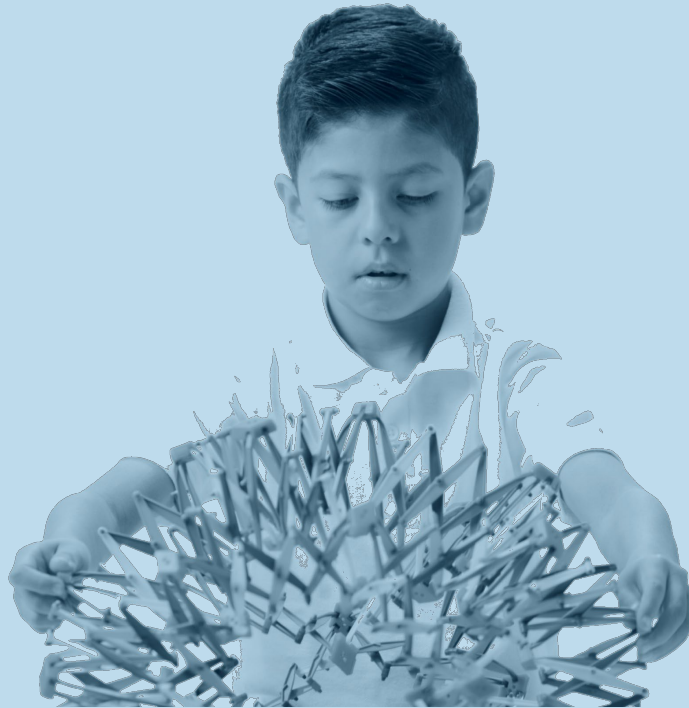


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Breathe

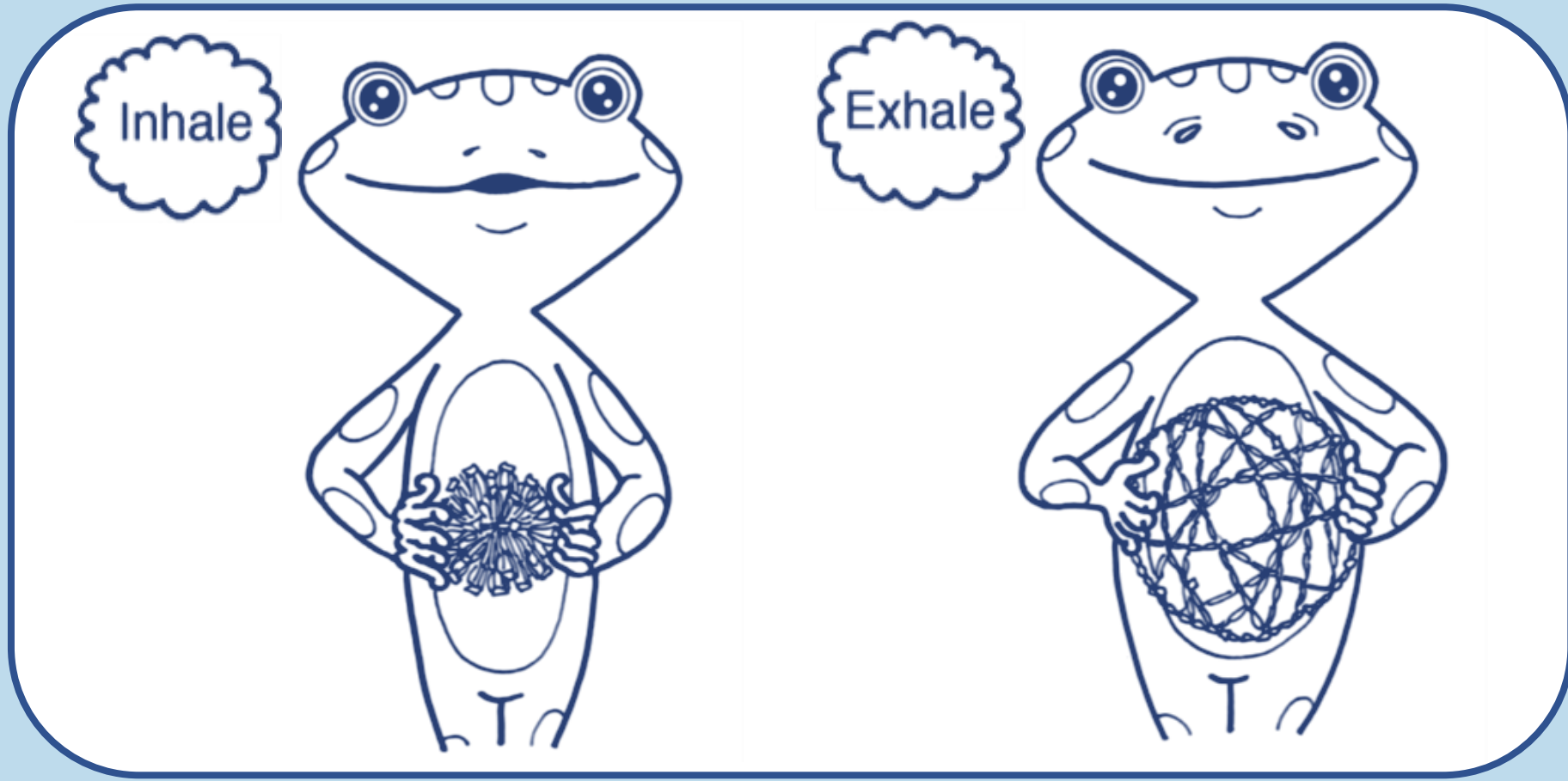
Move

Rest



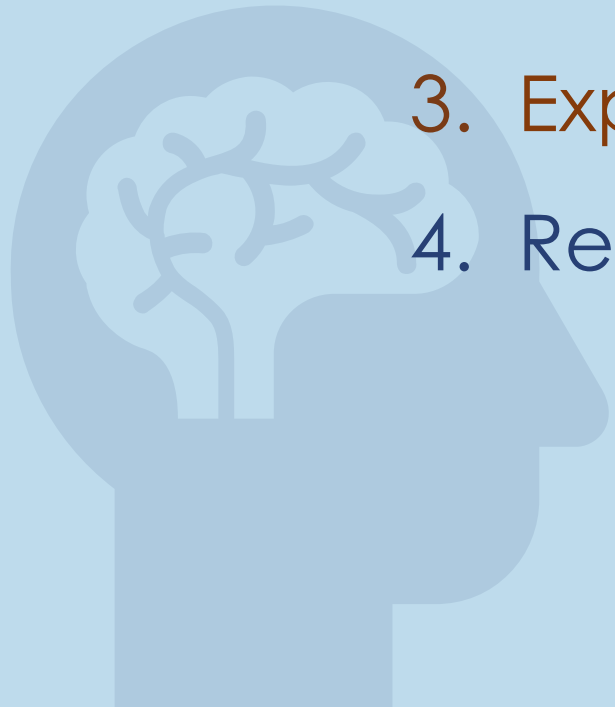


Engaging Activity: Breathing Ball



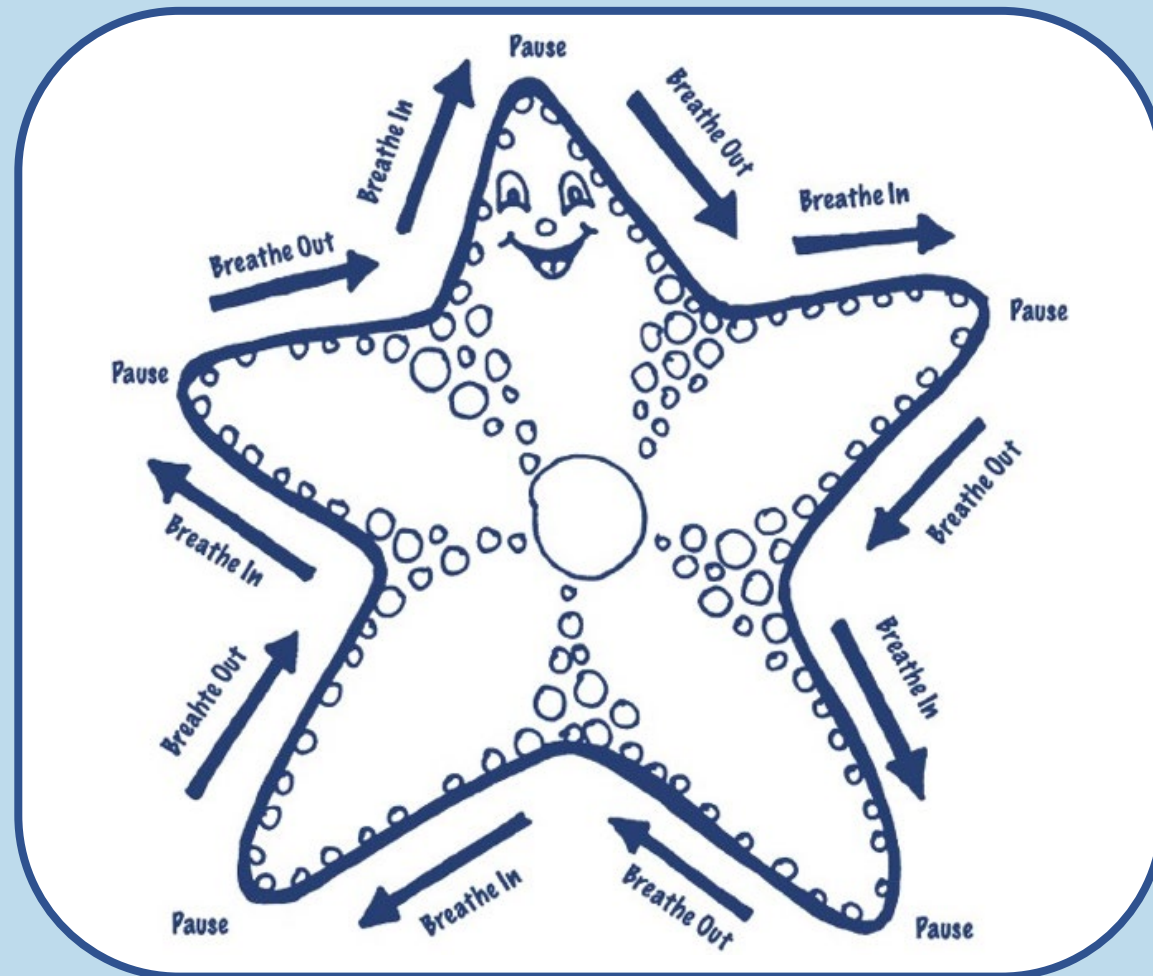
Brain Breaks For Children with Special Needs

1. Model self-regulation & self-care.
2. Have a consistent routine.
3. Experiment.
4. Reach out for support.





Engaging Activity: Starfish Breathing



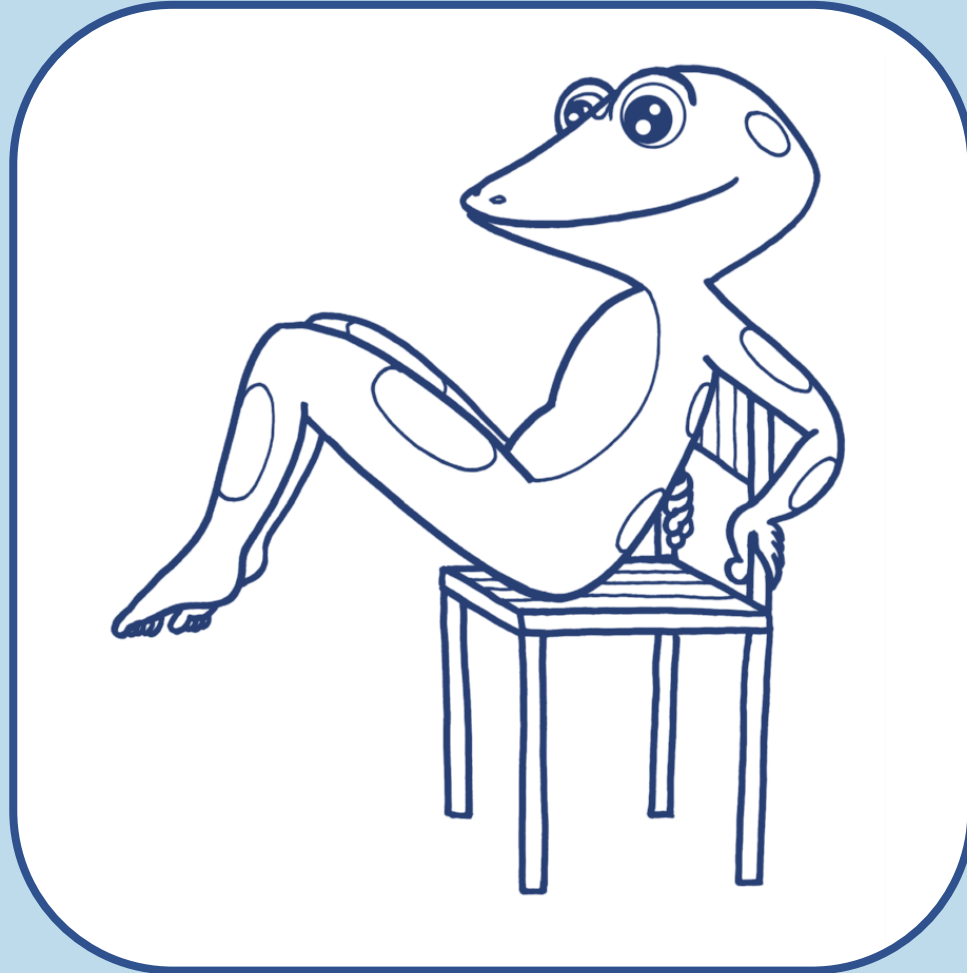
Breathe



- Breath is how we effect change in the nervous system
- Use props to make breath concrete
- Take the time to work with the breath – it pays off



Engaging Activity: Chair Boat



Crossing the Midline

Crossing the midline is the ability to move one's hands, feet, or gaze across and to the other side of the body. It requires:



- body awareness
- hand-eye coordination
- muscular strength
- brain communication

Benefits of Crossing the Midline

- Builds new pathways in the brain
 - The pathways form the foundation for complex motor and cognitive skills, such as:
 - **reading**
 - **writing**
 - **self-care tasks**
 - **physical activity**
-

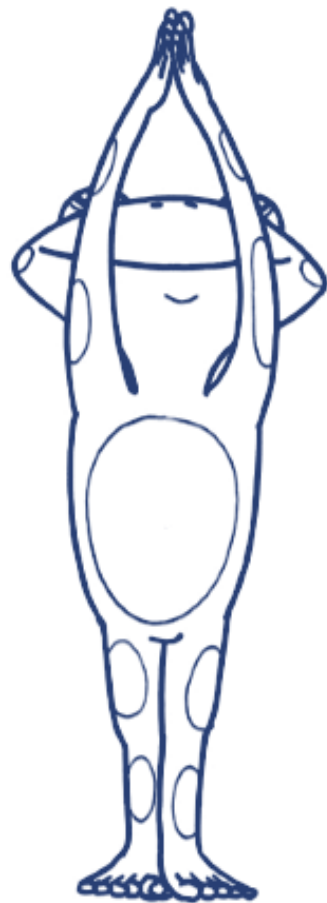


Engaging Activity: Chair Twist





Engaging Activity: Sunrise/Sunset



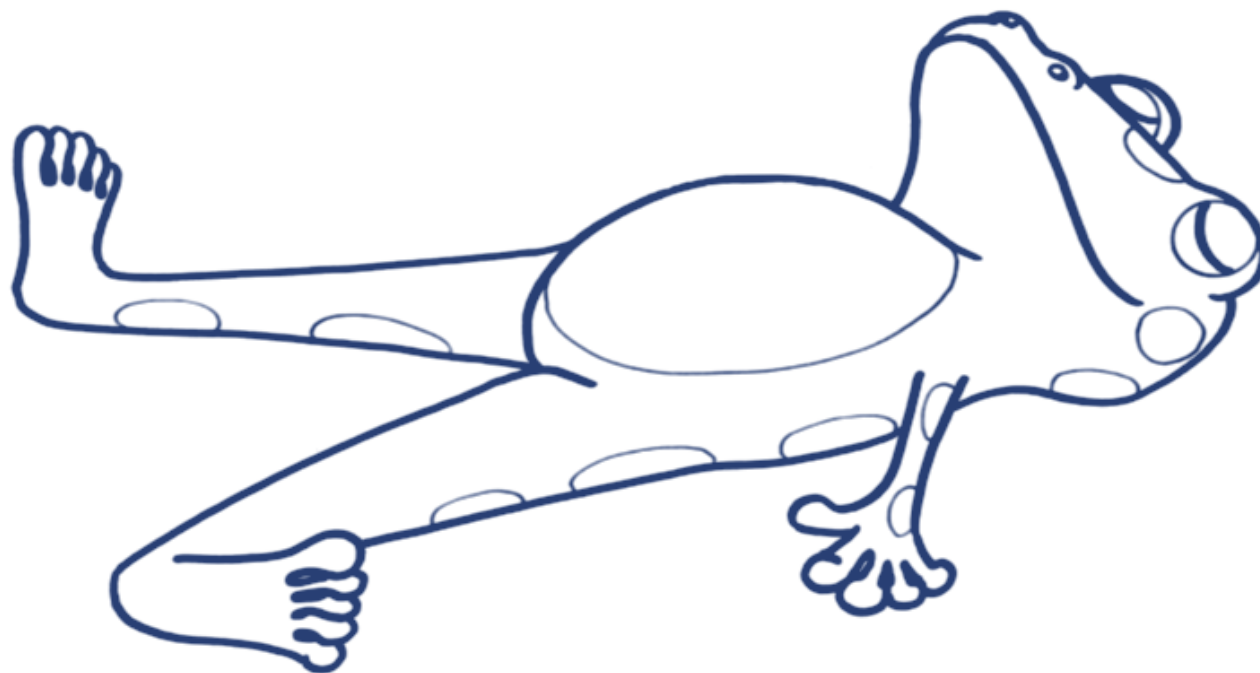
Move



- To help with motor planning, break down poses step by step (the manual does this)
- Provide physical modeling and visual supports
- Manual assists if allowed/if at home with your own child
- Activities that cross the midline are beneficial, and need to be taught step by step.



Engaging Activity: Guided Rest





Engaging Activity: Taking in the Good

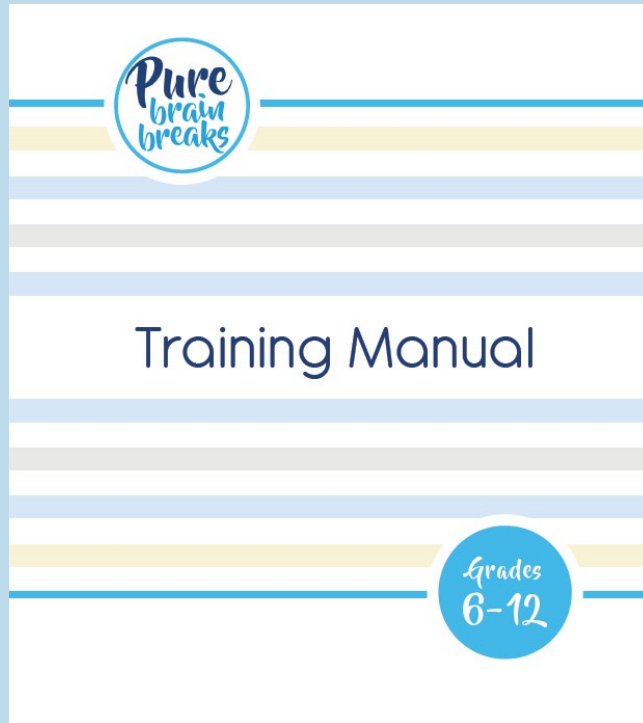


Rest




- Being still is a skill that requires practice—some movement is okay
- Use manipulatives for learners who have trouble lying still
- Exercise ball for sensory input
- Our brains are wired to focus on the negative; it is beneficial to intentionally focus on the good.

Training Manuals



Implementation Guides

Grade Pre-K	
 <p>Here are a few suggestions for when to implement Brain Breaks for Pre-K. The suggested exercises are meant to support the educator in getting started with Brain Breaks. Once the learners are familiar, other exercises from the manual can be incorporated. Check our website, www.pureedgeinc.org, for video tutorials and access to the Brain Breaks manual.</p>	
Arrival/Departure	Attitude of Gratitude is a nice way to start off or wrap up the day, by remembering something or someone that makes us feel thankful.
Large Group/Circle Time	Simple breathing exercises and exercises that engage learners visually will hold attention in the large group setting. Try Breathing Ball , Animal Arms , and Listen to the Chime . When learners are comfortable, adding in some balance postures like Tree can bring focus and fun.
Small Group	Small group offers time to give feedback and answer questions. Try Anchor Breathing to build breath awareness and focus. Introduce Move exercises like Sunrise/Sunset , Chair and Brain Balance Sequence . Give each learner a turn to shake the Mind Jar .
Free Choice	Have Mind Jar and Breathing Ball available for learners to access in a quiet area. Have posture cards printed (available on www.pureedgeinc.org) for learners to practice postures on their own.
Outdoor Time	Use Mountain and Tree postures to help learners stay calm during transition from inside to outside. Remember to focus on breathing! Buzzing Bee is a good way to help calm down and focus if learners have a lot of energy after they have played outside.
Rest Time	Practice Balloon Breathing while learners are lying on their cots. If you have small stuffed animals, students can place on their belly. We call these "Breathing Buddies" and they help young children focus on the breath as it moves their Breathing Buddy up and down. Guided Rest is also helpful at rest time.
Meals/Snacks	Starfish Breathing is a great way to do some breathing, and make sure hands are clean! Chair Twist is a good exercise to help calm down and get ready to eat.

Card Decks



Video Library: English

Videos en Español ▶



Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises

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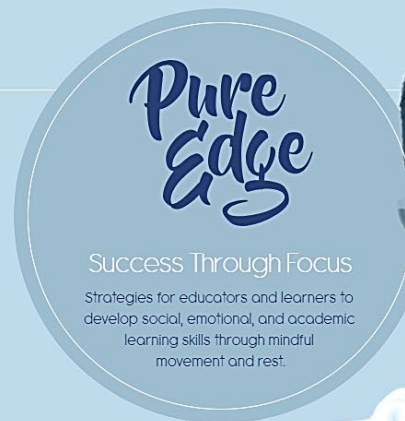
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•
breathe

•
move

•
rest





Optimistic Closure: My Next Step



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Pure Community

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