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.**
Welcoming Activity

Share which of the following images most accurately reflects your feelings right now.
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.
Our United States and Global Partners

Since 2011, our foundation has partnered with over 42 different organizations. Our partners span across multiple districts in several regions across the country: California, Texas, The Northeast and The Southeast. Also, inclusive of Puerto Rico, Saipan and Costa Rica.
Video
Introductions

Anne Contreras
MACP, MFTi #87444
Director of Programs - National Trainer
Doctoral Studies: International Psychology
Trauma-Systems Concentration – Focus: Global Crisis Informed Care

Lisa Hayden
Health and Physical Education Teacher
West Windsor Plainsboro High School South
Mercer County, New Jersey
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

- Touch on CASEL Competencies
- Review neuroscience of stress and emotional regulation for both educators and learners
- Explore PE Mindful Movement (MM) Manual
- National PE Standards & Outcomes for Middle School
- Explore PE MM Implementation Guide
- Experience Pure Edge Brain Breaks throughout
Pure Edge’s Mindful Movement aligns to all **five** SHAPE National PE Standards, and 23 out of 98 grade-level outcomes for middle & high school students.
SHAPE National PE Standards

<table>
<thead>
<tr>
<th>Standard</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard 1</td>
<td>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</td>
</tr>
<tr>
<td>Standard 2</td>
<td>The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</td>
</tr>
<tr>
<td>Standard 3</td>
<td>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</td>
</tr>
<tr>
<td>Standard 4</td>
<td>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</td>
</tr>
<tr>
<td>Standard 5</td>
<td>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</td>
</tr>
</tbody>
</table>
# Outcomes for Middle School Students

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>S1.M24</td>
<td>Individual-performance activities</td>
</tr>
<tr>
<td>S2.M12</td>
<td>Individual-performance activities, dance &amp; rhythms</td>
</tr>
<tr>
<td>S3.M3</td>
<td>Engages in physical activity (variety of strength &amp; endurance activities)</td>
</tr>
<tr>
<td>S3.5</td>
<td>Engages in physical activity (variety of lifetime activities)</td>
</tr>
<tr>
<td>S3.M9</td>
<td>Fitness knowledge (stretching)</td>
</tr>
<tr>
<td>S3.M10</td>
<td>Fitness knowledge (flexibility)</td>
</tr>
<tr>
<td>S3.M12</td>
<td>Fitness knowledge (warm-up and cool-down)</td>
</tr>
<tr>
<td>S3.18</td>
<td>Stress management</td>
</tr>
<tr>
<td>S4.M1</td>
<td>Personal responsibility</td>
</tr>
<tr>
<td>S4.M2</td>
<td>Personal responsibility (positive self-talk, self-awareness)</td>
</tr>
<tr>
<td>S4.M3</td>
<td>Accept feedback</td>
</tr>
<tr>
<td>S4.M6</td>
<td>Rules and etiquette</td>
</tr>
<tr>
<td>S5.M2</td>
<td>Health (reducing stress, positive mental benefits)</td>
</tr>
<tr>
<td>S5.M3</td>
<td>Challenge</td>
</tr>
<tr>
<td>S5.M6</td>
<td>Social Interaction (respect for self &amp; others)</td>
</tr>
</tbody>
</table>
Engaging Activity: Anchor Breathing

1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: belly, chest or just under your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.

- Notice when your mind has wandered away from your anchor (belly, chest, or nose) and bring your mind back to that point of concentration. It is not bad or wrong for your mind to wander. Mindfulness is not about determining whether what you are thinking is right or wrong. In this practice, we are simply noticing that the mind has wandered or that the mind is filled with thoughts, and then gently guiding it back to where we want or need it to be.
Social and Emotional Competencies

- **Self-Awareness**
  - Identifying emotions
  - Self-perception/Identity
  - Recognizing strengths
  - Sense of self-confidence
  - Self-efficacy

- **Self-Management**
  - Impulse control
  - Stress management
  - Self-discipline
  - Self-motivation
  - Perseverance
  - Goal-setting
  - Organizational skills

- **Social Awareness**
  - Perspective-taking
  - Empathy
  - Appreciating diversity
  - Respect for others

- **Relationship Skills**
  - Communication
  - Social Engagement
  - Relationship-building
  - Teamwork

- **Responsible Decision-Making**
  - Identifying problems
  - Analyzing situations
  - Solving problems
  - Evaluating
  - Reflecting
  - Ethical responsibility
What is stress?

Any demand made upon the adaptive capacities of the mind and body.
<table>
<thead>
<tr>
<th>GOOD STRESS</th>
<th>BAD STRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive challenge</td>
<td>No relief in sight</td>
</tr>
<tr>
<td>Motivates us</td>
<td>Makes us physically sick</td>
</tr>
<tr>
<td>Promotes well-being</td>
<td>Weakens immune system</td>
</tr>
<tr>
<td>Enhances performance</td>
<td>Impairs performance</td>
</tr>
</tbody>
</table>

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence

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Allostatic Load

- Crisis
- Trauma
- Peers
- Family
- Work
- Health
Engaging Activity: Breathing Ball
Self-regulation & the Brain

Prefrontal Cortex

Amygdala
The vagus nerve, the tenth cranial nerve, is the superhighway of the nervous system that connects the body and brain. We can tone the vagus nerve through deep breathing exercises.
Engaging Activity: Even In – Even Out

1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, let’s count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.
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
Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher Kimberly Schonert-Reichl urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1.24030014
Engaging Activity: Chair Sunrise Twist

1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or back of chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale back to Seated Sunrise.
7. Exhale to Seated Mountain.
The three most important aspects of learning —attention, focus, and memory—are all controlled by our *emotions,* not by cognition.
Adult Modeling

Kids absorb the adults’ mannerisms, especially EMOTIONAL REGULATION (the ability to manage their emotions). ¹

Cadieux, Adelle, Pediatric psychologist at Helen DeVos Children’s Hospital in Grand Rapids, Michigan. “Teaching children self-compassion by modeling it ourselves.”


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Self-care is primary to caring for others.
Grades 6-12, Sequence One

Mountain
Mountain/Sunrise, x3
Half Opening Sequence A, x3
Big Toe
Tree (repeat on each leg)
Half Opening into Plank
Plank to Push-up*
Sleeping Crocodile into Cobra x3*
Rock*
Down Dog into Plank x3*
Seated Mountain
Guided Rest
Engaging Activity: Guided Rest / Body Scan
VIRTUAL PE CLASSES

K-5 PE Mindful Movement Manual

K-5 PE Mindful Movement 1

K-5 PE Mindful Movement 2

https://pureedgeinc.org/virtual-pe-classes/
Do you know how to find the Virtual PE Classes Video Library on our website?
Building Buy-in with Class

2. Explain Brain Basics & Articles on neuroscience: Dr. Dan Seigel’s Hand Model of the Brain
3. Focus on more physically challenging postures to keep interest.
4. THE WHY? Help Learners make connections to their daily lives...
   a) School
   b) Home
   c) Social
   d) Athletic
Mindful Movement in Health Education

1. **Neuroscience** info & **mindfulness** practice can tie into other health topics: substance abuse, conflict resolution, stress and mental health.

2. Supplement the sequences with more information on neuroscience.

3. Refer to the Pure Edge, Inc Amazing Brain Mini-Unit.

4. Have learners research the teenage brain and stress.

5. Have learners develop ways to fit these tools into their daily lives & share ideas.
Tips & Tricks

1. Have learners determine resting heart rate before and after performing breathing exercise or Mindful Movement (MM) sequence.

2. I do, You Do, We Do (both in person and virtually)

3. Use Visual Resources (especially virtually)

4. Be creative and integrate sequences into existing PE activities or downtime during lessons.
   a) Warm-up with MM postures.
   b) Integrating BREATHING into existing PE activities
      i. Ex: While running, inhale for 3 steps and exhale for 2.
WHEN TO INCORPORATE MINDFUL MOVEMENT

- **At the start of class:**
  - Start of the session
  - As a warmup
  - In the middle of class
  - For Transitioning

- **At the end of class:**
  - Cool down
  - Rest

- **Examples:**
  - Some educators start the week off with “Mindful Mondays.
  - Ravenswood: 3 groups
How to Teach Mindful Movement

1. **Focus on the breath**: Learning to connect breath and movement is a foundational part of Mindful Movement.

2. **Bring awareness to bodily sensations/physical experience**. Ask: does your body feel different today than it did the last time we did this?

3. **Include Guided Rest** in every session.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WED</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Introduce**  
Breathing as part ROUTINES  
*Start/End of class* | Breathing  
*Start/End of class* | **Introduce**  
Rest | **Start**: Breathing  
End: Rest | **Start**: Breathing  
End: Rest |
| Start: Breathing  
**Introduce**: Sunrise/Sunset  
End: Rest | Start: Breathing  
Sunrise/Sunset, 2x  
**Introduce**:  
Half-Opening A  
Big Toe  
End: Rest | **Introduce**  
**Big Toe** | **Start**: Breathing  
Sunrise/Sunset, 2x  
**Big Toe**  
End: Rest | **Start**: Breathing  
Sunrise/Sunset, 2x  
**Big Toe**  
End: Rest |
| Start: Breathing  
Sunrise/Sunset, 1x  
**Introduce**:  
Half-Opening A, 1x  
Big Toe  
Tree  
**Introduce**  
Half-Opening into Plank  
End: Rest | Breathing  
Sunrise/Sunset, 1x  
Half-Opening A, 1x  
Big Toe  
Tree  
Half-Opening into Plank  
End: Rest | **Introduce**  
**Plank into Push-up** | Breathing  
Sunrise/Sunset, 1x  
Half-Opening A, 1x  
Big Toe  
Tree  
Half-Opening into Plank  
Plank into Push-up  
End: Rest | Breathing  
Sunrise/Sunset, 1x  
Half-Opening A, 1x  
Big Toe  
Tree  
Half-Opening into Plank  
Plank into Push-up  
End: Rest |
Takeaways

- Social Emotional Learning Competencies
- Neuroscience of Stress
- Emotional Regulation
- PE Mindful Movement Manual & Implementation Guide
- Implementation Sheet – first 4 weeks
Brain Breaks Review

**Breathe**
- Mindful Minute
- Anchor Breathing
- Breathing Ball – Video
- Even In – Even Out

**Move**
- Chair Cat/Cow – Video
- Chair Sunrise Twist
- PE Mindful Movement – Sequence 1

**Rest**
- Guided Rest/Body Scan
Optimistic Closure: ONE Word To Describe How You Feel

Photo: Juan Monino

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Thank you for joining us!

Session: Virtual Boot Camp for Health & PE Teachers – Secondary Education, Part 1

Trainer: Anne Contreras & Lisa Hayden

Please Note: 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

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