





Delaware DOE
The Whole Learner Institute
Success Through Focus:
Brain Breaks & Energizers
Recorded on May 11, 2020

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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.



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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.



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Introductions

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



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Welcoming Activity

Describe Your Mood Today



Sunshine Rainy Thundery Cloudy Rainbow



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Engaging Activity: Mindful Minute



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Engaging Activity: Mindful Minute



- We are going to start by taking a Mindful Minute.
- Start in Seated Mountain. Close your eyes or look down at the floor.
- Bring your attention to the breath. Is it fast or slow? Does it feel warm or cool? Do you feel it in your nose? What about your chest? Your belly?
- Now, how do you feel?



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Learning Objectives

- ❖ Experience Brain Breaks exercises as a participant.
- ❖ Teach Brain Breaks exercises.
- ❖ Access Brain Breaks resources.
- ❖ Plan for implementation.
- ❖ This is session three of a three part series.



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Review



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Leaders Support Systemic SEL



Welcoming Inclusion Activities

(1-9 minutes)

- Support contribution by all voices
- Set norms for respectful listening
- Create connection and belonging
- i.e. Community building, check-in



Engaging Strategies

(1-15 minutes)

- Sense Making
- Transitions
- Brain Breaks
- Intentionally build adult SEL skills
- i.e. Brain Break, think-ink-pair-share



Optimistic Closure

(3-5 minutes)

- Creates momentum towards taking action
- Reflection and looking forward
- Intentional Closure
- Topic reinforcement
- i.e. Reflective questions



SOURCE: SEL 3 SIGNATURE PRACTICES PLAYBOOK 2019

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How is social emotional learning (SEL) connected to self-care?

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



www.casel.org



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Green Zone

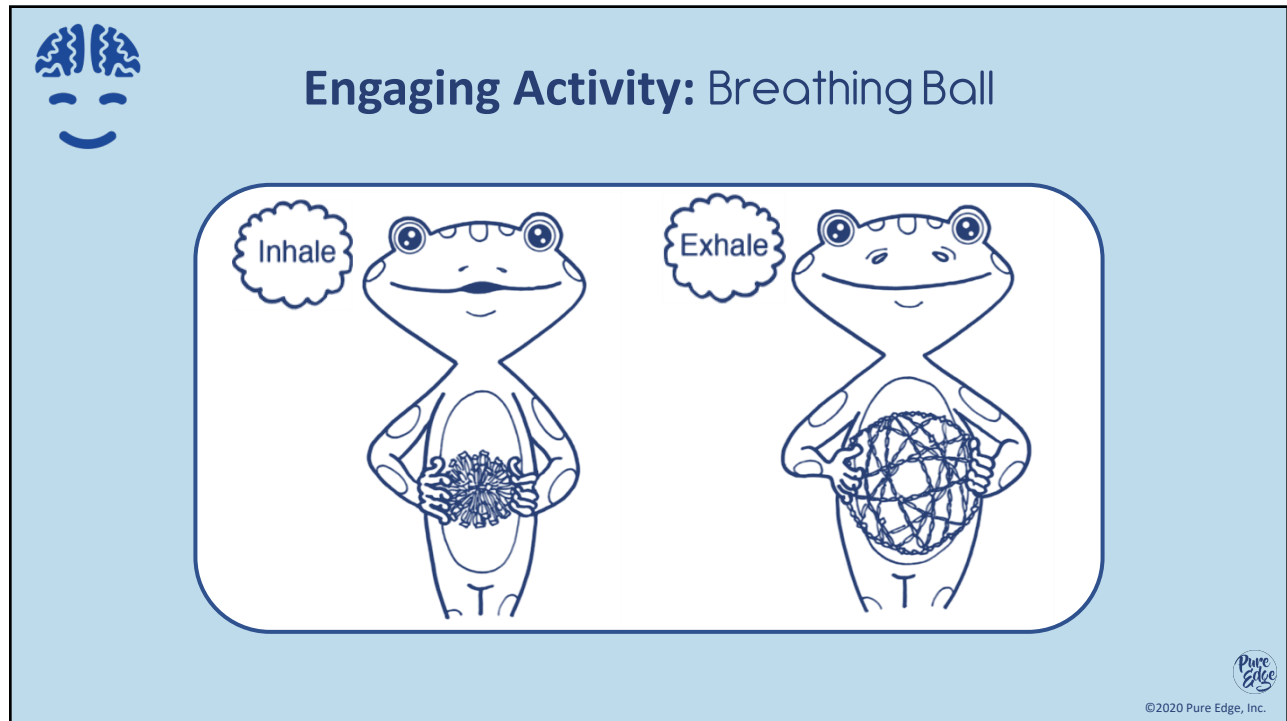


Image source: <https://happykids.hu>



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What is
mindfulness?

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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.



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training

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Online Curriculum Log Out + MENU

breathe
 move
 rest



Success Through Focus

Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.







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Training Manuals



Implementation Guides



Card Decks





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Video Library: English


[Videos en Español ▶](#)














Featured Video

Our Breathe Library takes you through breathing techniques that will help with focus, feeling emotions and a sense of calm. Each breathing technique is modeled in 1 to 2 minute video tutorials.

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Breathe



- Breathing effects change in the nervous system
- Sit up tall so lungs can fully expand
- Use props to make breath concrete
- Use nasal breathing (unless otherwise instructed)



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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



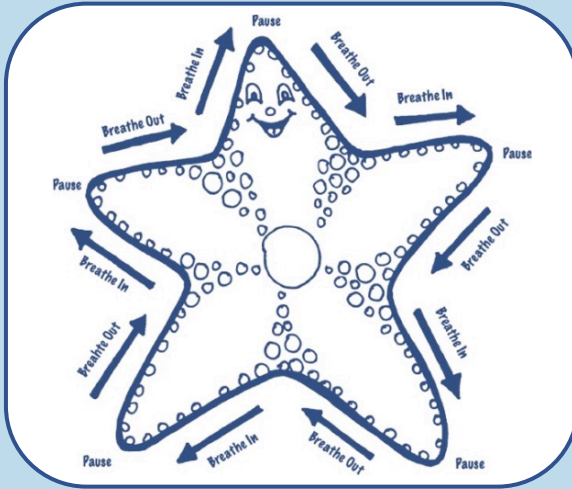
Northwestern University, "Rhythm of breathing affects memory, fear: Breathing is not just for oxygen; it's also linked to brain function, behavior," ScienceDaily, ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207093034.htm>

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Engaging Activity: Starfish Breathing or Take Five



1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.

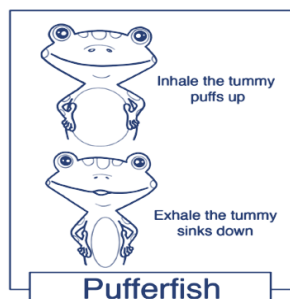
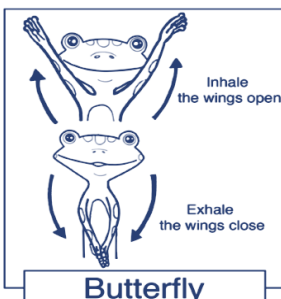
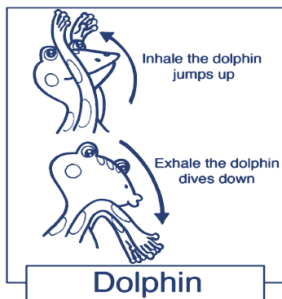
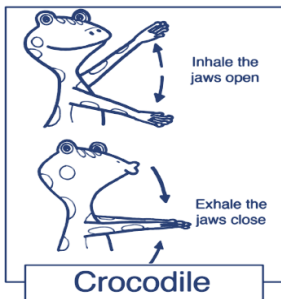


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Engaging Activity: Animal Arms



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Move



- Break down poses step by step (the manual does this).
- Provide physical modeling and visual supports.
- Activities that cross the midline are beneficial, and need to be taught step by step.
- Link the movement to the breath.

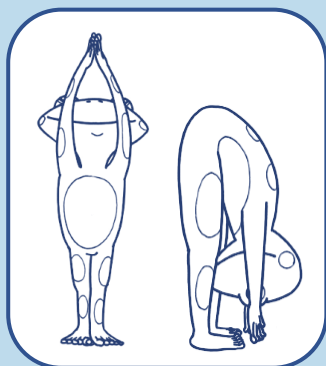


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Engaging Activity: Sunrise/Sunset



1. Start in Mountain Pose. Take a few breaths here.
2. Inhale, reach your arms up overhead (this is Sunrise Pose).
3. As you exhale, fold forward. Put your hands on your shins, or your ankles, or maybe the floor (this is Sunset Pose).
4. Inhale all the way back up to Sunrise.
5. Exhale hands down for Mountain.
6. Repeat a few times. Notice how you feel.



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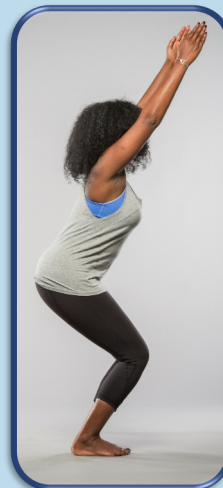
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Engaging Activity: Chair Pose

1. Stand in Mountain Pose with feet together.
2. Inhale and bend both knees. Reach arms overhead and look up at thumbs. Squeeze your knees together and feel your thigh muscles working.
3. Take 3-5 relaxed breaths.
4. If it is comfortable, you can press your palms together overhead.
5. Exhale, return to Mountain Pose.

***Variation: Kangaroo Pose:** Hands in front of body, elbows bent. Have learners take little hops, trying to land feet in same place. This will be VERY activating.



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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

<https://ptcne.org/crossing-midline-the-imaginary-line-between-right-and-left/>
Image Source: <https://www.pinkcostmeal.com/crossing-the-midline-activities/>



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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**

<https://ptcne.org/crossing-midline-the-imaginary-line-between-right-and-left/>

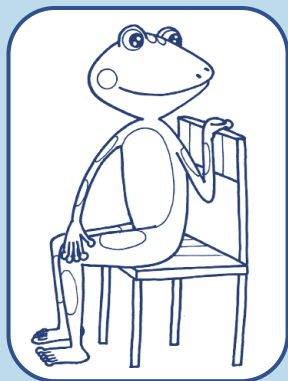


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Engaging Activity: Chair Twist




1. Sit in Seated Mountain.
2. Inhale, sit up tall.
3. Exhale, touch your right knee with your left hand and put your right hand on your hip (or the back of the chair).
4. Inhale, sit up tall.
5. Exhale, look over your right shoulder.
6. Stay still and take 3 relaxed breaths.
7. Inhale, come back to Seated Mountain.
8. Exhale, repeat to other side.




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Rest

- Being still is a skill that requires practice—some movement is okay
- Lower lights and decrease other stimulation as much as possible
- At home, blankets can help



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Engaging Activity: Guided Rest w/ Breathing Buddy

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling.
2. Put your breathing buddy on your belly.
3. Inhale, float your breathing buddy up.
4. Exhale, let your buddy sink down.
5. (Lead learners through about 10 breath cycles).
6. The more you practice filling your body with peaceful, calming breaths, the calmer you will be when you need it most.
7. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
8. Open your eyes and slowly return to a seated position.
9. Notice how you are feeling.





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Brain Breaks Implementation Tips

Establish A Consistent Routine
 Start of Day/End of Day/Transitions
 Start Small, Then Build
 Repeat, Repeat, Repeat
 Be Comfortable With the Exercises



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Takeaways

Circle back:

- A key component of mindfulness is kindness and curiosity toward yourself
- You can teach breathe, move and rest strategies.
- Consistency and repetition will pay off.

Brain Breaks Review:

- ❖ Breathe
 - Breathing Ball
 - Starfish Breathing
 - Animal Arms
- ❖ Move
 - Sunrise-Sunset
 - Chair Pose
 - Chair Twist
- ❖ Rest
 - Guided Rest with Breathing Buddy



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Optimistic Closure: My Next Step



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Exit Ticket


<https://tinyurl.com/PESWTHBBE>




www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1.24030014.

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Pure Community



Thank you for joining us!

Session: Success Through Focus: Brain Breaks & Energizers
Trainer: Erin Cooney
Director of Curriculum & Instruction



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Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



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