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 Curriculum & Instruction and National Trainer
Welcoming Activity

Which super power would you choose?

☆ Invisibility
☆ Superhuman Strength
☆ Flying
☆ Super Speed
☆ Mind Reading
☆ Teleportation
☆ Talk to Animals
☆ I already have a Super Power!
Engaging Activity: Mindful Minute
Learning Objectives

- Establish routines for the first four weeks of school
- Experience Brain Breaks exercises
- Teach brain breaks exercises
- Use Guiding Questions from the Pure Power Curriculum
- Understand the basic neuroscience behind Pure Edge exercises
GOOD STRESS

• Positive challenge
• Motivates us
• Promotes well-being
• Enhances performance

BAD STRESS

• No relief in sight
• Makes us physically sick
• Weakens immune system
• Impairs performance
Allostatic Load

- Crisis
- Trauma
- Peers
- Family
- Work
- Health
Stress Is Contagious

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.
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.
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: Breathing Ball (option)
"Behavior is communication"

Red Zone Image: https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums
Human relationships are the essential ingredient that catalyze healthy development and learning.

• This Photo by Unknown Author is licensed under CC BY-SA
It is essential for adults working with young children to be well-physically and emotionally. Better health enables better relationships with children, and research has long demonstrated that good relationships are crucial for children’s learning and social-emotional development.

Dr. Kate Gallagher
Director of Research and Evaluation,
Buffett Early Childhood Institute, University of Nebraska
Engaging Activity: Anchor Breathing
The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Social Emotional Learning (SEL) is...
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
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
Engaging Activity: Mountain/Chair Strength Sequence
Pure Power Curriculum

Grades K-5

- Unit 1 – Power to Be Calm
- Unit 2 – Power Tame your Temper
- Unit 3 – Power to Laser Focus
- Unit 4 – Power to Grow and Stretch
- Unit 5 – Power to Lead with Kindness
Unit 1

REFLECTION JOURNAL

The Power to Be Calm
## PreK-2 Calendar

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<th>Week 1</th>
<th>Week 2</th>
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<tr>
<td>Breathe</td>
<td>Smell the Rose,</td>
<td>Balloon Breathing</td>
<td>Animal Arms</td>
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<tr>
<td></td>
<td>Blow out the Candle</td>
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<tr>
<td>Rest</td>
<td>Breathing Buddies</td>
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Guiding Questions

• From Pure Power Curriculum, Unit One
• Encourage student voice and engagement
• Invite learners to reflect on their own experience
• Help learners make the link between self-care and SEL
Mindfulness Promises

- I will be safe and kind with myself
- I will be safe and kind to the friends around me
- I will be aware of my words and actions to create a safe, kind, and calm classroom community.
Volume Scale

0 Silent
1 Whisper Voices
2 Quiet Talking
3 Presentation Voice
4 Outdoor or Emergency Voice
Silent Symbols

- "Yes!"
- "No."
- Celebration or showing excitement!
- Sending kind support
- I agree or me too!
- I'm sorry
- Thank you!
- You're welcome!
Week One

Guiding Question: What is Kindness?

<table>
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<th>Breathe</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Smell the Rose, Blow out the Candle</td>
<td>Seated Mountain</td>
<td>Breathing Buddies</td>
</tr>
</tbody>
</table>
Engaging Activity:

Smell the Rose, Blow out the Candle

Smell the Rose

Blow Out the Candle
Engaging Activity: Breathing Ball

1. Start in seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the Breathing Ball?
Engaging Activity: Seated Mountain

1. Sit toward the front of the chair, with feet on the ground and knees pointing straight ahead. (If on the floor, sit with crossed legs).
2. Arms straight at the sides or hands resting on side of chair or lap.
3. Sit up nice and tall. Let your shoulders relax.
4. Take deep breaths in and out.
5. Feel the floor beneath the feet.
Engaging Activity: Guided Rest with Breathing Buddy
Options for Breathing Buddies
Notice How You Feel
Week Two

Guiding Question: How does it feel to focus on your breath?

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
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</table>
Engaging Activity: Balloon Breathing

1. Rest your hands on your tummy and try 3 Balloon Breaths.
2. Breathing in fills the balloon with air.
3. Breathing out empties the balloon of air.
4. Repeat three times.
5. Notice how you feel in your body. There’s no right or wrong answer; just notice what you are feeling right now.
Engaging Activity: Mountain/Sunrise

1. Start in Mountain Pose.
2. Inhale, reach your arms up overhead (this is Sunrise Pose).
3. Exhale hands back down for Mountain.
4. Repeat a few times. Notice how you feel.
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.
Week Three

Guiding Question: What do you do to relax?

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Animal Arms</td>
<td>Tree Pose</td>
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</tbody>
</table>
Engaging Activity: Animal Arms

- **Crocodile**: Inhale the jaws open, Exhale the jaws close.
- **Dolphin**: Inhale the dolphin jumps up, Exhale the dolphin dives down.
- **Butterfly**: Inhale the wings open, Exhale the wings close.
- **Pufferfish**: Inhale the tummy puffs up, Exhale the tummy sinks down.
Engaging Activity: Tree

1. Begin in Mountain Pose and bring hands to hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Shift your weight to your left foot.
4. Bend your right knee and lift up your right heel.
5. Point your knee out to the side. Keep your weight on your left foot. Take a few breaths here.
6. If you feel steady, place the bottom of your right foot to the inner calf. Take a few breaths here.
7. If you are still steady, you can move the foot to the inner thigh, using your hand if you need to.
8. Inhale the arms up over head as if you were spreading branches. Try to balance for 5 to 10 breaths.
9. Repeat on the other side.
Engaging Activity: Guided Rest with Breathing Buddy
**Week Four**

**Guiding Question:** How do you feel inside when you think about (and express) gratitude?

<table>
<thead>
<tr>
<th>Breathe</th>
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<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfish Breathing</td>
<td>Sunrise/Sunset</td>
<td>Breathing Buddies Attitude of Gratitude</td>
</tr>
</tbody>
</table>
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.
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.
Engaging Activity: Guided Rest with Breathing Buddy
Engaging Activity: Attitude of Gratitude

1. Sit comfortably, and if you like you can close your eyes.
2. Think of something/someone in your life for which you are thankful, or grateful. It can be anything or anyone!
3. Take a few moments to just appreciate this thing or person.
4. Now think of another thing or person for which you are grateful.
5. Take a few moments to appreciate this thing or person.
6. Notice how you feel.

*As you introduce this exercise, you might want to model an example for learners before bringing them through the exercise.

*This is a nice exercise to take a few responses from learners after the exercise is finished.
Breathe

- Breath is how we effect change in the nervous system.
- Use props to make breath concrete.
- Use nasal breathing unless otherwise instructed.
Move

- Teach poses from the ground up
- Provide physical modeling and visual supports
- Always move with the breath
Rest

- Being still is a skill that requires practice – some movement is okay
- Lower lights and decrease other stimulation as much as possible
- You can do Guided Rest lying down or seated if space is an issue
Timing

- Start of day
- End of day
- Transition times
- Keep it short & sweet
- Consistency
Space

- Designed for classroom implementation
- Push in chairs at desks
- Circle/reading area
Calm Down Corner

- Soft textures
- Mind jar
- Breathing ball
- Brain Breaks card deck
- Posters

Image Credit: Erin Cooney

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How to create a Mind Jar

- Use an empty jar or plastic bottle
- Fill your container ¾ full with water
- Add glitter in different sizes and shapes
- Add ¼ cup glycerin
  - The more glycerin added, the slower the sparkles will settle
  - You can find glycerin in the baking section of most grocery stores or you can use clear corn syrup
K-2 Takeaways

Circle back:

- Use a mix of Breathe, Move and Rest strategies
- Behavior is communication
- Set up routines
- Repeat, repeat, repeat
- Consider your teaching space

Brain Breaks Review:

- **Breathe**
  - Mindful Minute
  - Breathing Ball
  - Anchor Breathing
  - Smell the Rose, Blow out the Candle
  - Balloon Breathing
  - Animal Arms
  - Starfish Breathing

- **Move**
  - Mountain/Chair Strength Sequence
  - Seated Mountain
  - Mountain/Sunrise
  - Tree
  - Sunrise/Sunset

- **Rest**
  - Guided Rest with Breathing Buddy
  - Attitude of Gratitude

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Optimistic Closure: One Minute Accolade
Thank you for joining us!

Session: Integrating Pure Power: Grades PreK-2
Trainers: Erin Cooney & Gill McClean

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