



Thank you for joining us!

Session: Integrating Pure Power: Grades 3-5

Trainer: Gill McClean & Erin Cooney

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.**



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Email: getmoving@pureedgeinc.org



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

Erin Cooney

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Director of Curriculum & Instruction & National Trainer



Welcoming Activity

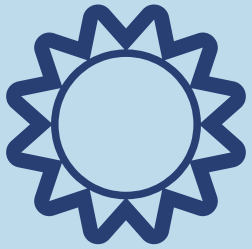
Tell us a little about
yourself using the poll



Welcoming Activity

Respond to the poll to share your response with our group.

Describe Your Mood Today



Sunshine



Rainy



Thundery



Cloudy



Rainbow

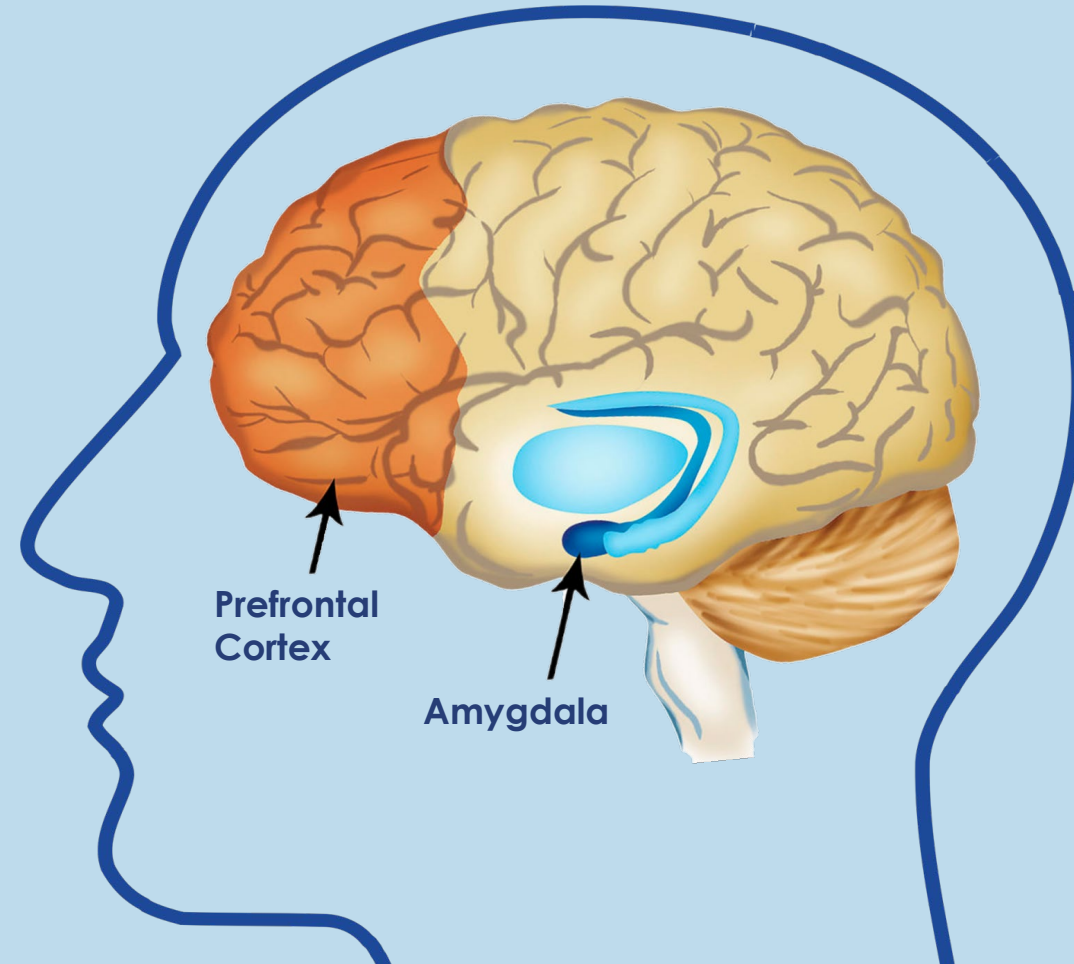
Engaging Activity: Mindful Minute



Learning Objectives

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

Self-Regulation & the Brain



What we hope to do

Respond

vs.

React

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.

Benefits of Nasal Breathing

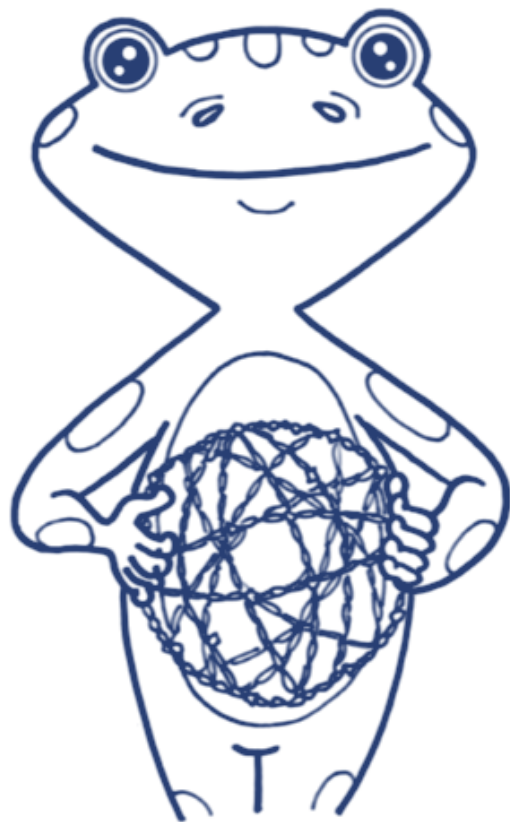


- ❖ Filters dust and impurities from the air
- ❖ Warms the air to body temperature
- ❖ The diaphragm is more easily controlled, which supports the development of internal core strength
- ❖ More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- ❖ Increased oxygen from nasal breath increases energy and vitality



Engaging Activity: Breathing Ball

Inhale



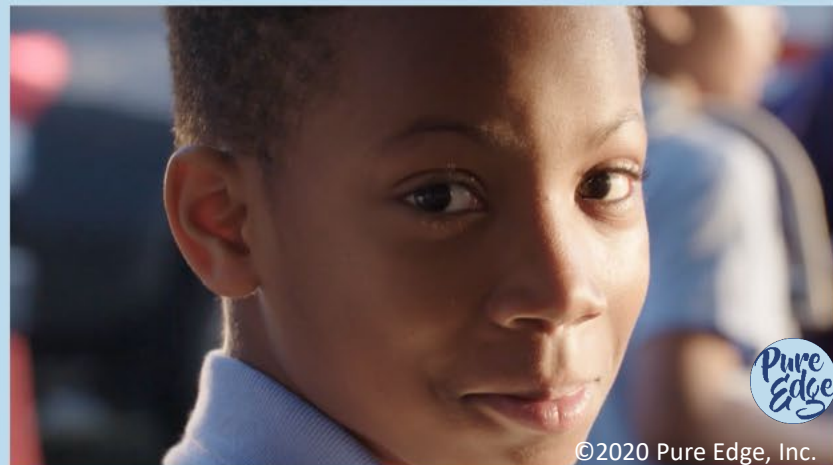
Exhale





"Behavior is communication"

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



Blue Zone



Red Zone



Blue Zone Image: <http://theyouthculturereport.com/helping-children-deal-with-tragedy/>

Red Zone Image: <https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums>

Source: Siegel, Daniel J., and Tina Payne Bryson. *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child*. First edition. New York: Bantam, 2018. Print.

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Green Zone



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

Source: Siegel, Daniel J., and Tina Payne Bryson. *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child*. First edition. New York: Bantam, 2018. Print

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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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Breathe

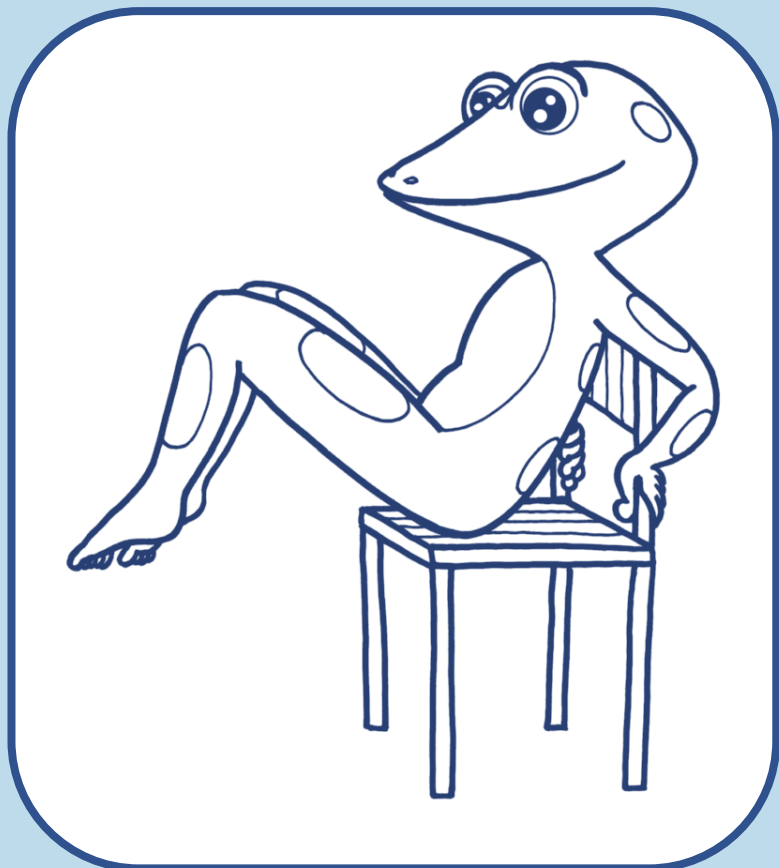
Move

Rest





Engaging Activity: Chair Boat



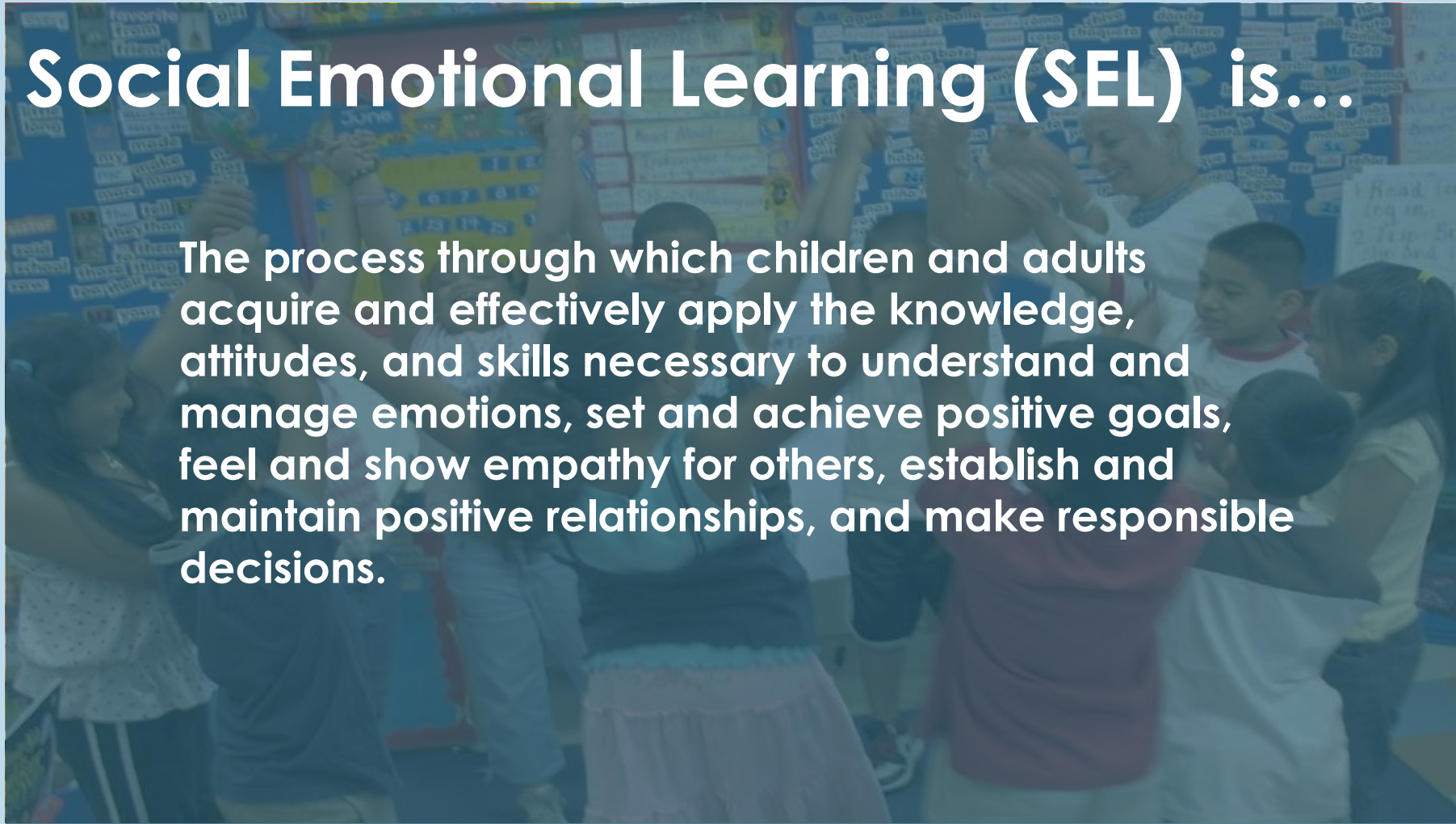
1. Slide your chair back from your desk so that your knees are not under your desk.
2. Start in Seated Mountain.
3. Hold on to the seat of the chair or the back of the chair with both hands.
4. Inhale, lift both feet off the ground. Keep your knees touching and stay balanced. Take 3-5 relaxed breaths. If this is difficult, you can lift one foot at a time.
5. See if you can lift your knees a little higher and stay balanced.
6. If you feel steady, see if you can stretch both arms out straight in front of you, shoulder height, parallel to the floor.
7. Exhale, put your feet back on the ground and return to Seated Mountain.

*If practicing on the floor, simply substitute boat pose.

*To modify, try lifting one foot at a time.

Social Emotional Learning (SEL) is...

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 and Emotional Competencies

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

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

- Communication
- Social Engagement
- Relationship-building
- Teamwork



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

- 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

3-5 Calendar

	Week One	Week Two	Week Three	Week Four
Breathe	Breathing Ball/ Nasal Breathing	Starfish Breathing	Even In, Even Out	Anchor Breathing
Move	Seated Mountain	<ul style="list-style-type: none"> Mountain/Sunrise Sunrise/Sunset 	<ul style="list-style-type: none"> Sunrise/Sunset Tree Pose 	<ul style="list-style-type: none"> Tree Pose Forest Pose
Rest	Guided Rest for 2 minutes	Guided Rest for 2 minutes	Guided Rest for 3 minutes	<ul style="list-style-type: none"> Guided Rest for 3 minutes Attitude of Gratitude

Unit 2

Power to Tame
your Temper

Mini-unit

A Peek Inside
the Amazing
Brain

3-5 POWER Curriculum |

How to find the Mini Unit Curriculum & the Brain Breaks Library on our Website

Step 1



Start at pureedgeinc.org

Step 2



Online Curriculum

▶ Video

Webinars

Log Out

+ MENU

Step 3



Grades K-2

Grades 3-5

Grades 6-12

Short Sequences K-5

Long Sequences K-5

Reflection Journal K-5

OR

Step 3



Training Manual K-5

Training Manual 6-12

Brain Breaks Videos

Pre-K Implementation Guide

Grades K-2 Implementation Guide

Grades 3-5 Implementation Guide

Grades 6-12 Implementation Guide

Brain Breaks PreK-5 3x5 Cards

Brain Breaks PreK-5 Printable

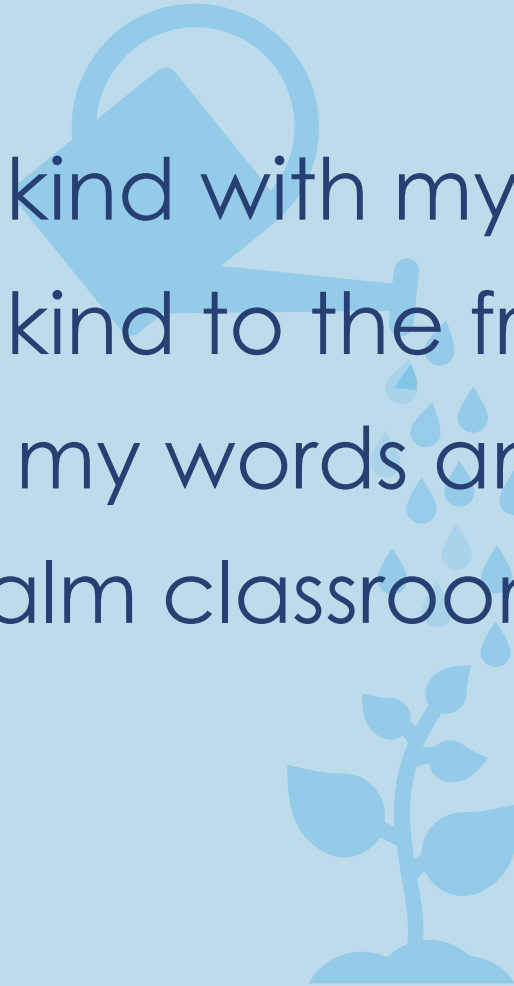


Guiding Questions

- ❖ From Unit Two Mini Unit: A Peek Inside the Amazing Brain
- ❖ 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.



4 Outdoor or
Emergency Voice



3 Presentation
Voice



2 Quiet Talking



1 Whisper
Voices



0 Silent



Volume Scale

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

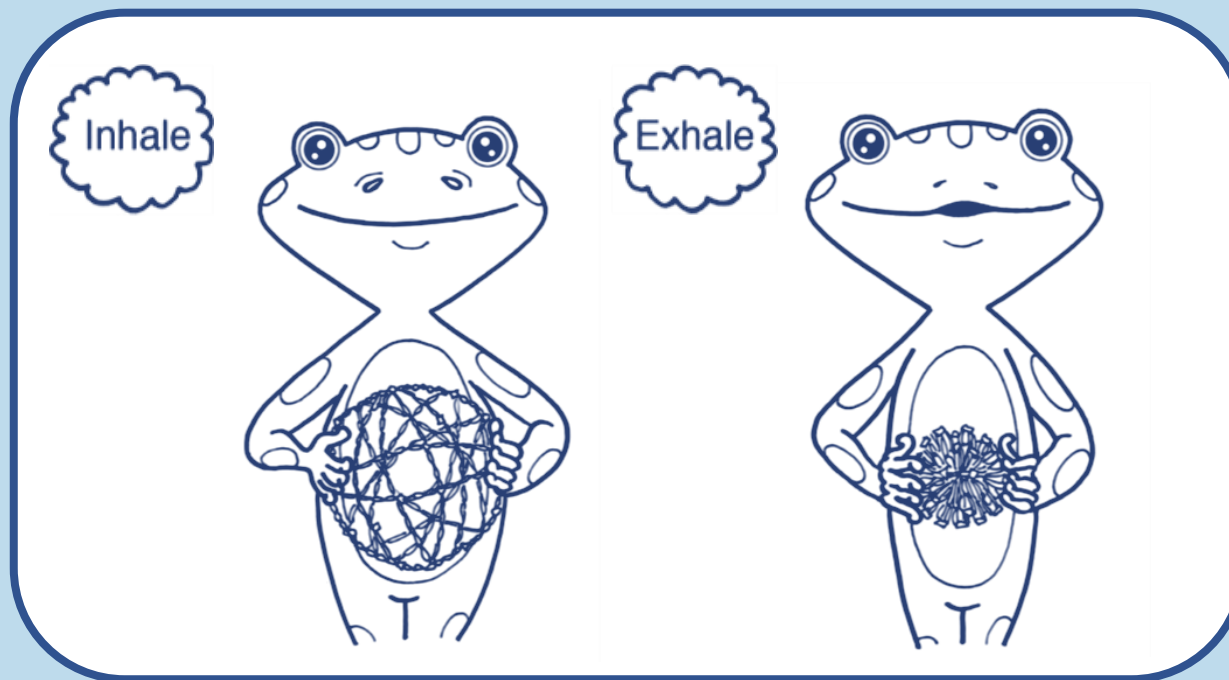
Guiding Question: How did you feel before you took 3 mindful breaths? During? After?



Breathe	Move	Rest
Breathing Ball	Seated Mountain	Guided Rest – 2 Mins



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

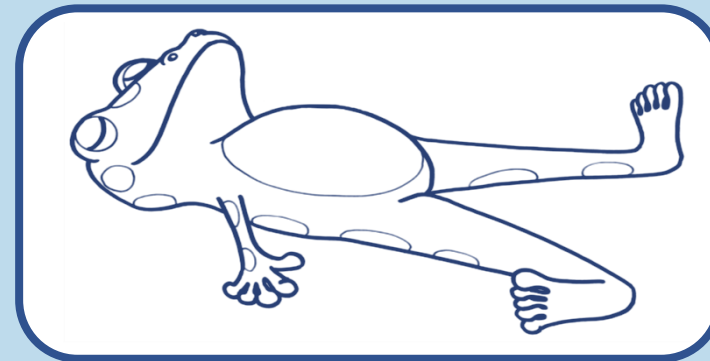


1. Sit toward the front of the chair, with feet on the ground and knees pointing straight ahead. (If on the floor, sit with crossed legs).
2. Arms straight at the sides or hands resting on side of chair or lap.
3. Sit up nice and tall. Let your shoulders relax.
4. Take deep breaths in and out.
5. Feel the floor beneath the feet.



Engaging Activity: Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.



Notice How You Feel

Week Two

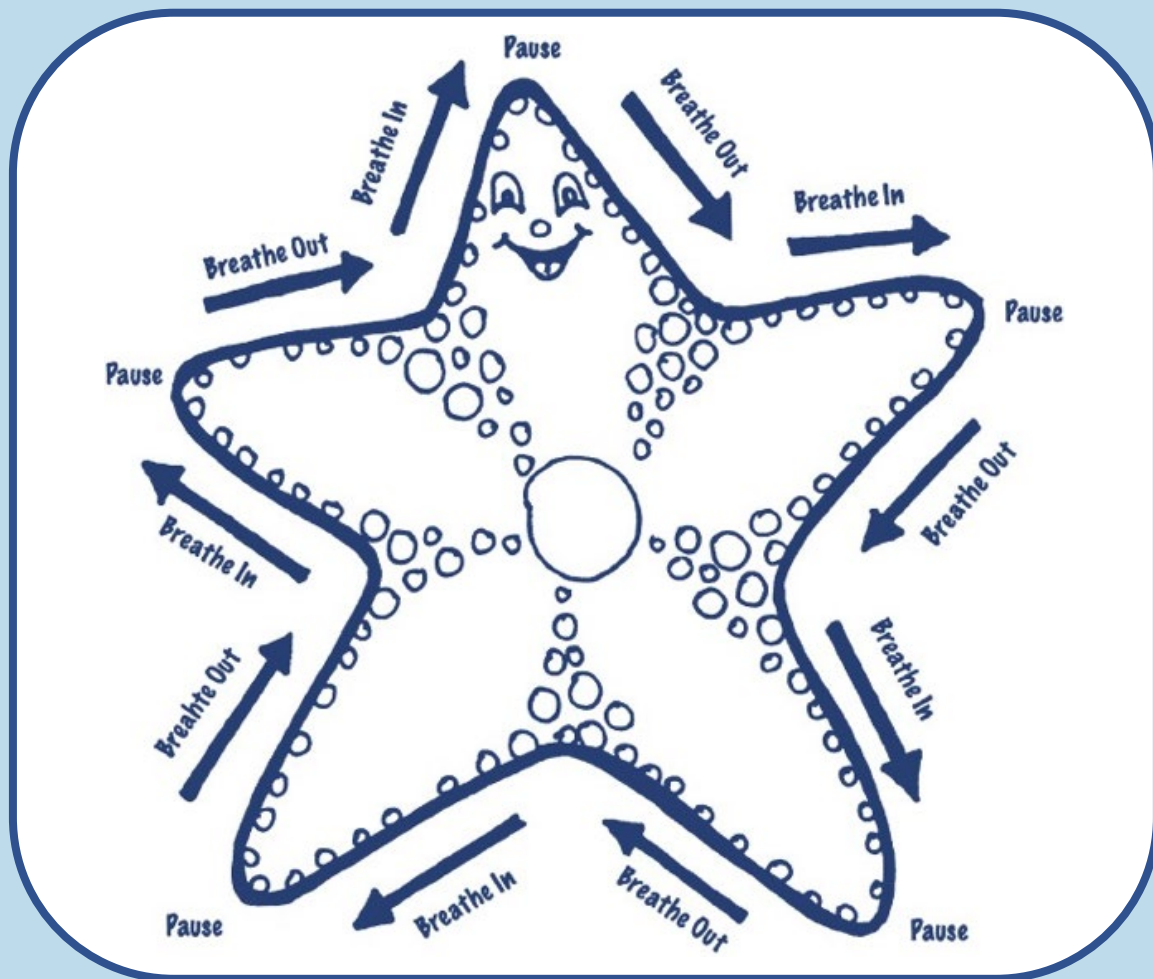
Guiding Question: What is stress?



Breathe	Move	Rest
Starfish Breathing	<ul style="list-style-type: none">• Mountain/Sunrise• Sunrise/Sunset	Guided Rest – 2 Mins



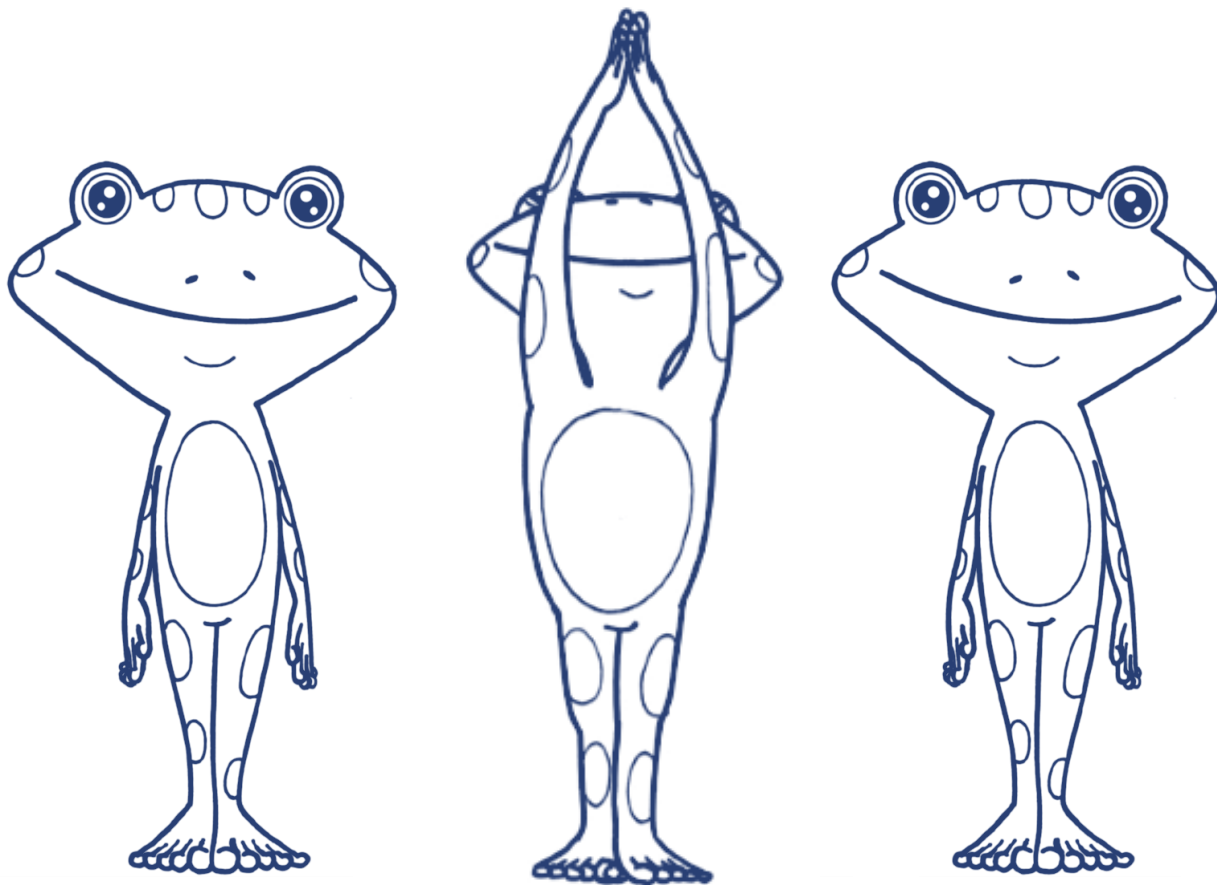
Engaging Activity: Starfish Breathing



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.



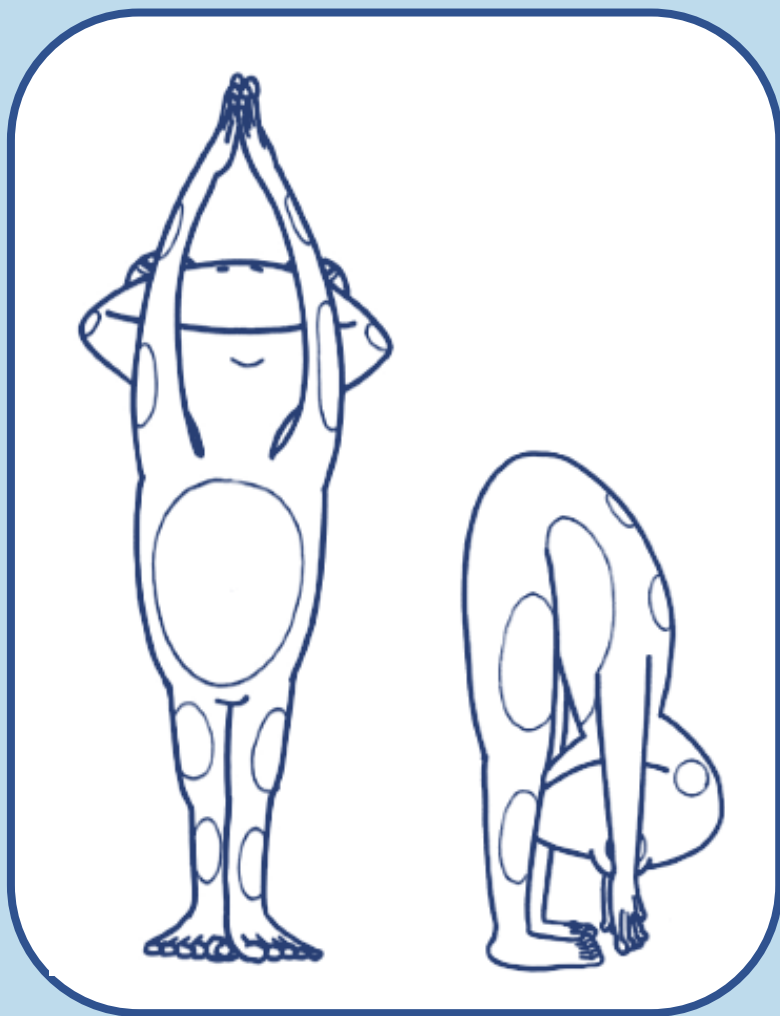
Engaging Activity: Mountain/Sunrise



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: Sunrise/Sunset

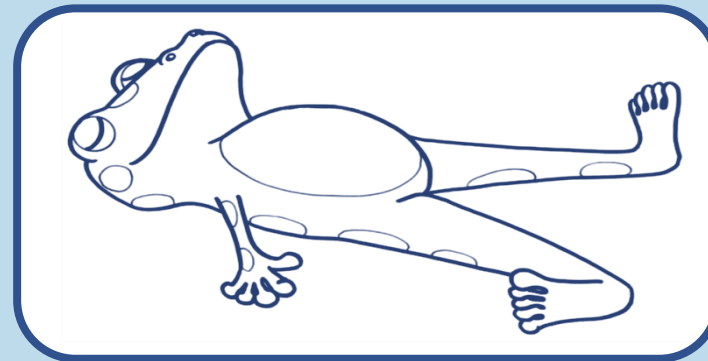


1. Start in Mountain Pose. Take a few breaths here.
2. Inhale, reach your arms up overhead (this is Sunrise Pose).
3. As you exhale, fold forward. Put your hands on your shins, or your ankles, or maybe the floor (this is Sunset Pose).
4. Inhale all the way back up to Sunrise.
5. Exhale hands down for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



Engaging Activity: Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
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12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.



Week Three

Guiding Question: How do strong emotions affect how you react in differed situations?



Breathe	Move	Rest
Even In – Even Out	<ul style="list-style-type: none">• Sunrise/Sunset• Tree	Guided Rest – 3 Mins



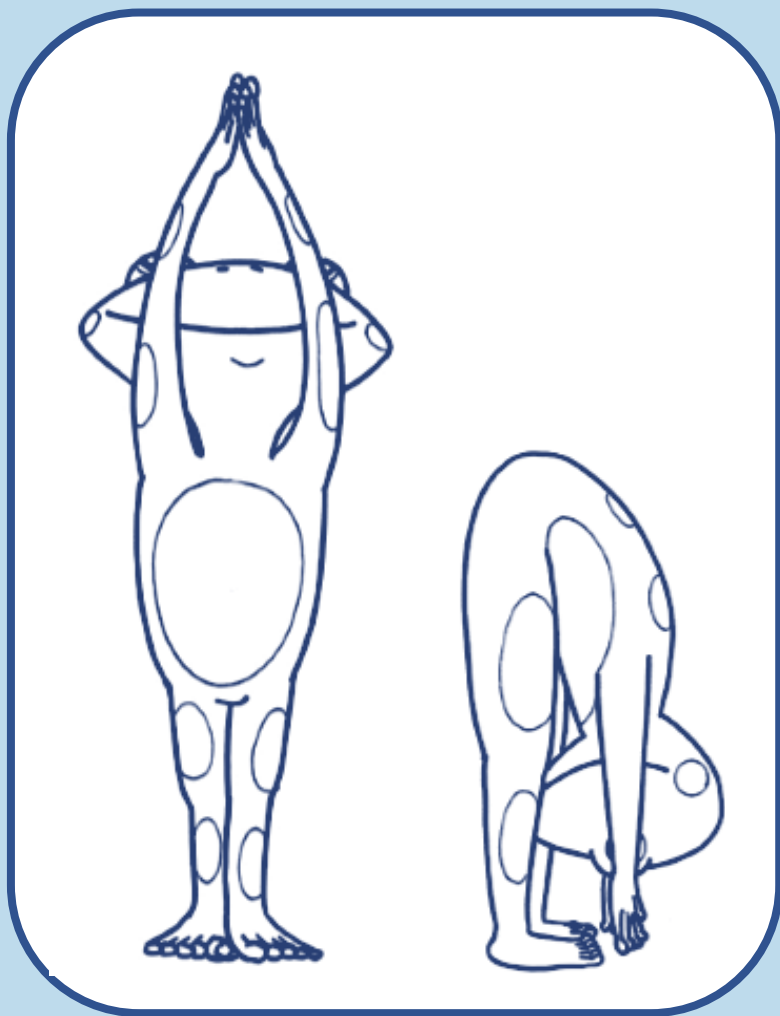
Engaging Activity: Even In – Even Out

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, lets count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.





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: Tree

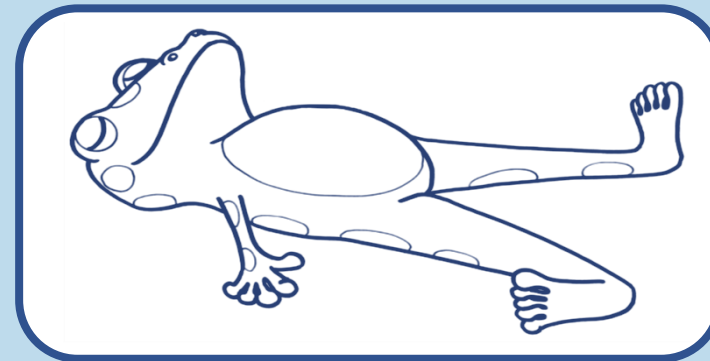


1. Begin in Mountain Pose and bring hands to hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Shift your weight to your left foot.
4. Bend your right knee and lift up your right heel.
5. Point your knee out to the side. Keep your weight on your left foot. Take a few breaths here.
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 / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
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12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.



Week Four

Guiding Questions:

What does it mean to self-regulate?

Why is self-regulation important?



Breathe	Move	Rest
Anchor Breathing	<ul style="list-style-type: none">• Tree• Forest	<ul style="list-style-type: none">• Guided Rest – 3 Mins• Attitude of Gratitude



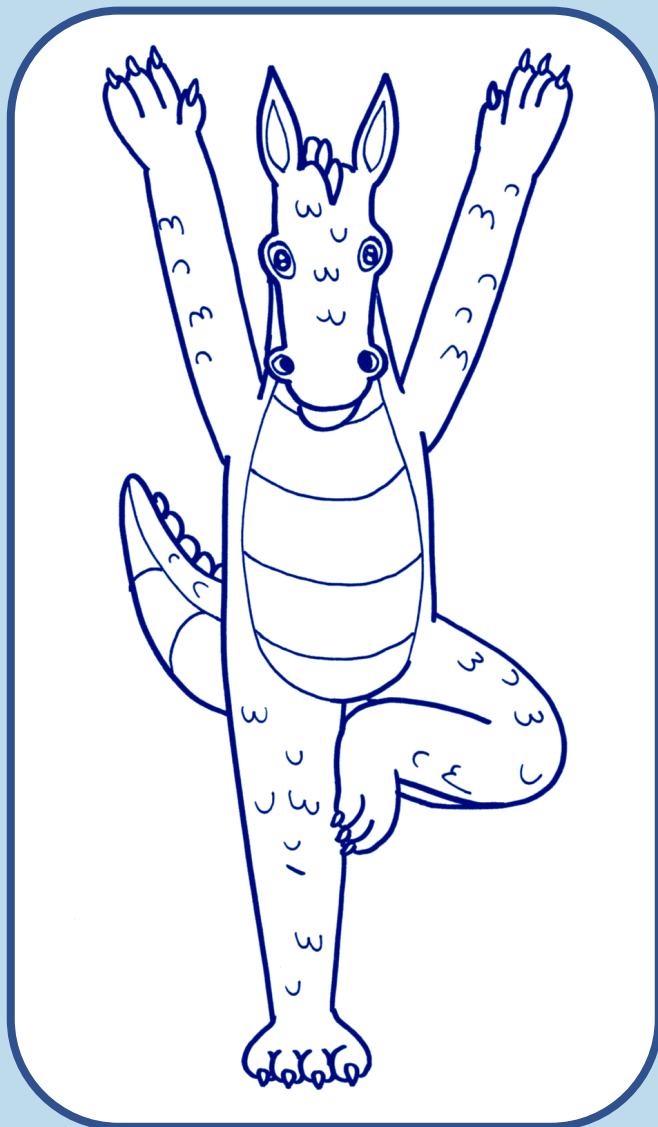
Engaging Activity: Anchor Breathing



1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or 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.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?



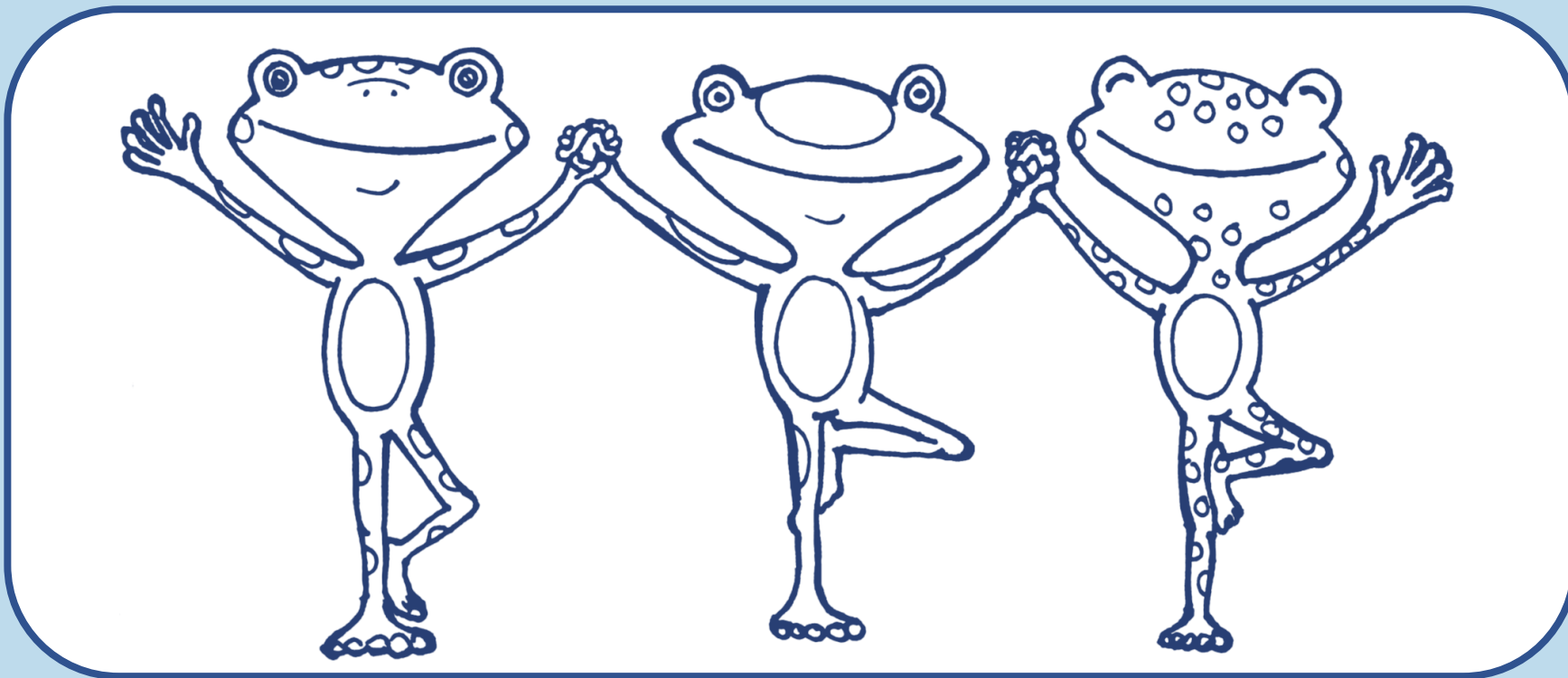
Engaging Activity: Tree



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.



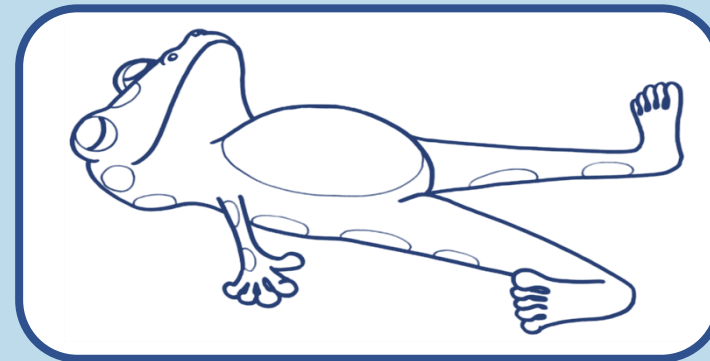
Engaging Activity: Forest





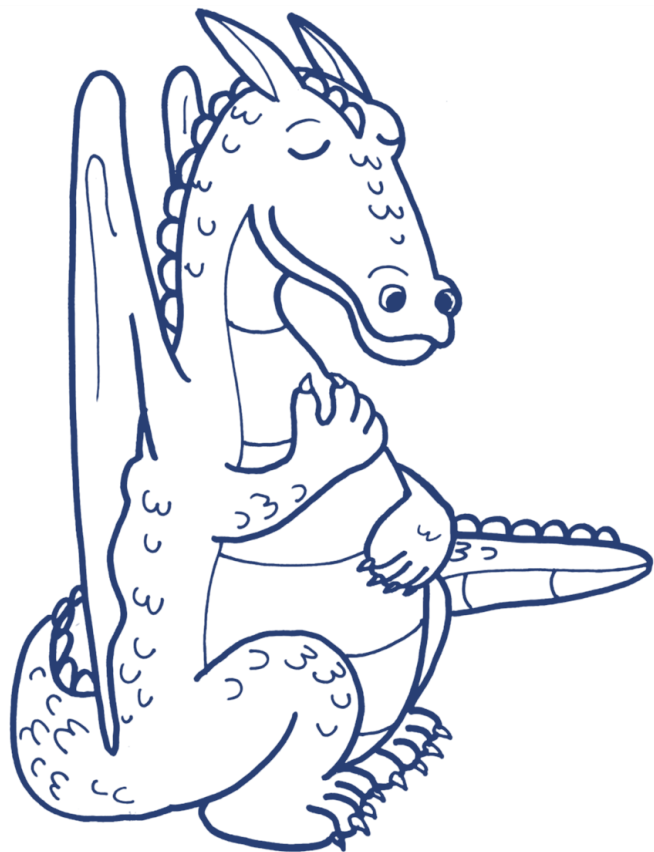
Engaging Activity: Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
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5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
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13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.





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
- ❖ Nasal breathing unless otherwise instructed
- ❖ Breath should be relaxed, it should not create tension



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
- ❖ Can do lying down or seated if space is an issue

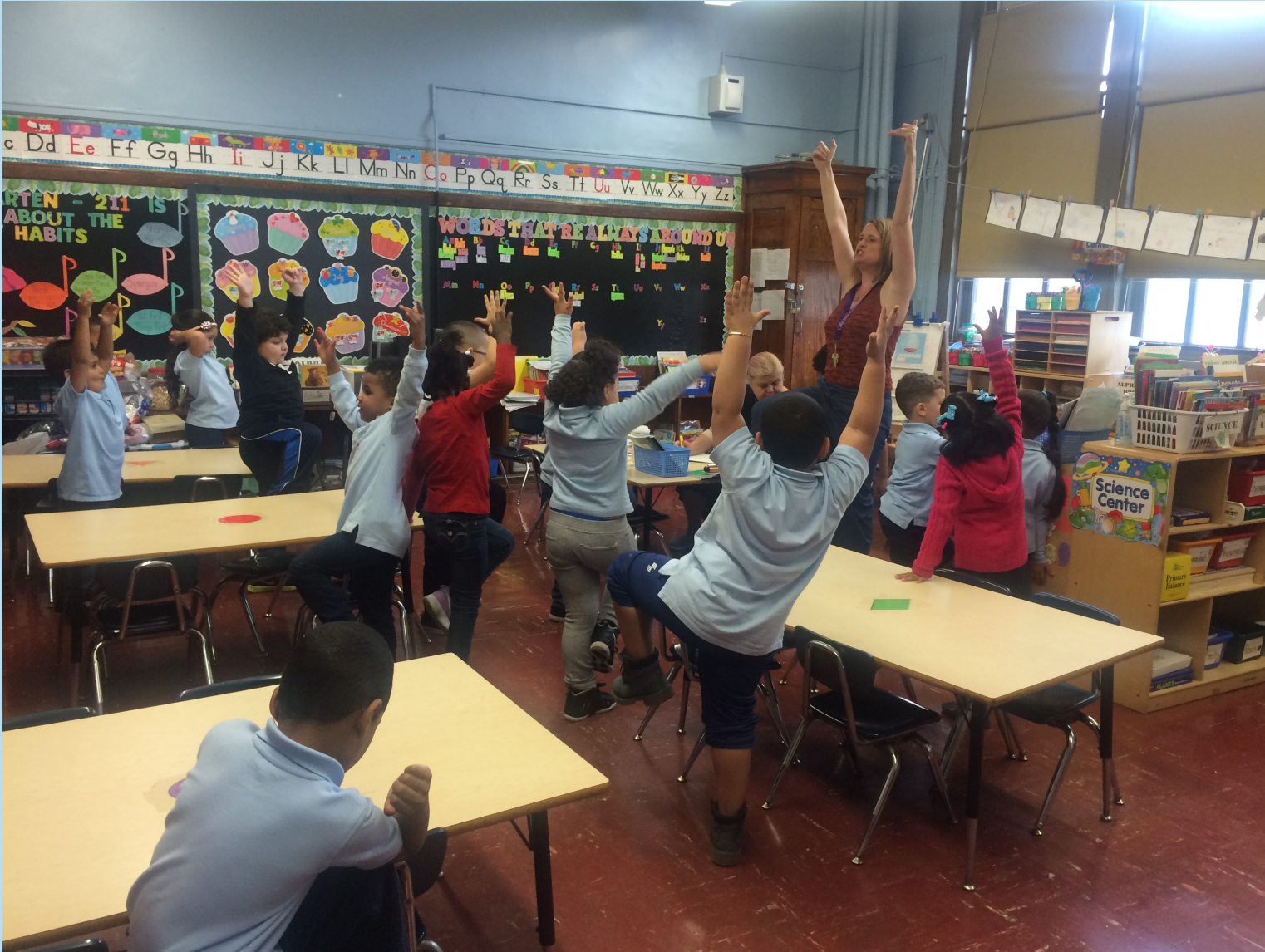
Timing



- ❖ 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



How to create a Mind Jar

- ❖ Use an empty jar or plastic bottle
- ❖ Fill your container $\frac{3}{4}$ full with water
- ❖ Add glitter in different sizes and shapes
- ❖ Add $\frac{1}{4}$ 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

3-5 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
- Starfish Breathing
- Even In – Even Out
- Anchor Breathing

❖ Move

- Chair Boat
- Seated Mountain
- Mountain/Sunrise
- Sunrise/Sunset
- Tree
- Forest

❖ Rest

- Guided Rest
- Attitude of Gratitude



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



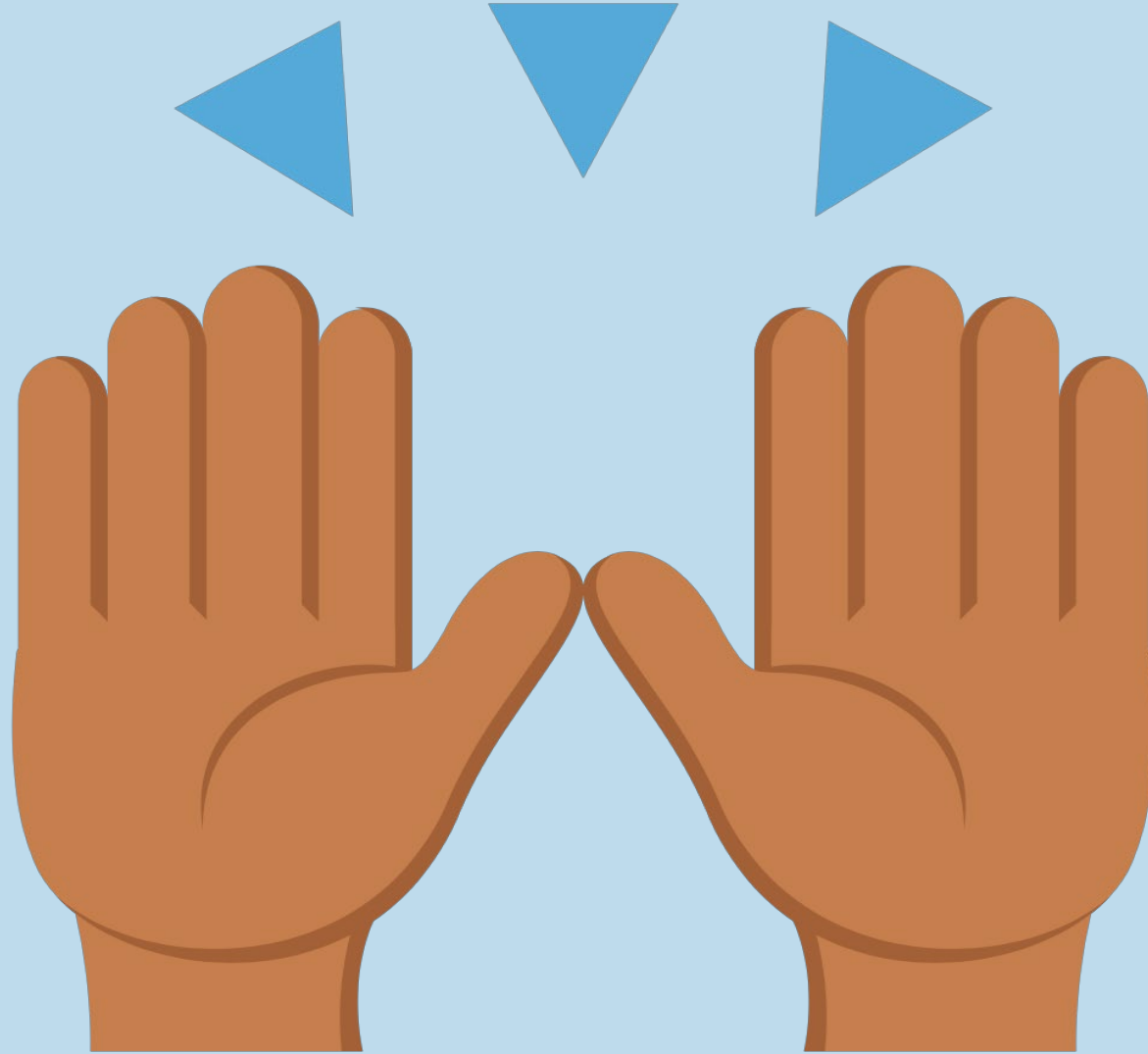
●
breathe

●
move

●
rest



Optimistic Closure: One Minute Accolade







Pure Community

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance.

Thank you for joining us!

Session: Integrating Pure Power: Grades 3-5

Trainer: Erin Cooney & Gill McClean



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Email: getmoving@pureedgeinc.org

