Welcome to our session on Integrating Pure Power: Middle School, led by Anne Contreras, Director of Programs.

Getting Started:

1. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.

2. Since this is an experiential webinar, please wear comfortable clothing to move in, arrange your space to allow for movement and have a four-legged chair with no wheels, close by.

3. 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: 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.
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

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

• Explore, Pure Power Curriculum: Peek Inside the Amazing Brain Mini-unit, Grades 6-12
• In-depth review of the neuroscience of stress, Lessons 1-4.
• View a sample of the first 4 weeks of implementation
• Experience Pure Edge Brain Breaks throughout

Peek Inside the Amazing Brain Mini-Unit

UNIT 3: Power of the Brain-Body Connection
Mini-Unit: The Neuroscience of Stress
Mini-unit: Neuroscience of Stress

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How to find *Peek Inside the Amazing Brain Mini-unit* 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
- Start Sequences K-5
- Long Sequences K-5
- Reflection Journal K-5
Engaging Activity: Grades 6–12, Lesson One

1. Mountain
2. Mountain - Chair 2x
3. Standing Slide Stretch
4. Tree (repeat on each leg)
5. Seated Cat/Cow
6. Seated Twist
7. Seated Mountain
8. Guided Rest

Lesson 1: Power of the Brain-Body Connection & Lesson 2: Finding Safety, Contentment, and Connection

Executive State
Prefrontal Lobes
What can I learn from this?

Emotional State
Limbic System
Am I loved?

Survival State
Brain Stem
Am I safe?

The **BRAIN**:

- **Vast network of cells** that remain in constant communication with body.
- **Regulates** all of our bodily processes and functions including the sense organs.
- **Gathers** information from the outside world.

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The **BRAIN STEM**:

- **Oldest part** of the brain.
- **Directs our bodily survival mechanisms**: such as heart rate, circulation, respiration, digestion and reproduction.
- **We feel SAFE**: when these mechanisms are working properly.
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 inhaleds and exhaleds 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.

Lesson 1: Power of the Brain-Body Connection & Lesson 2: Finding Safety, Contentment, and Connection

The **Limbic System**

- **Second oldest part** of the brain.
- **Is a relay station:** for hunger, thirst, memory, fear and emotions.
- **We feel content:** when the limbic system is balanced.

Lesson 1: Power of the Brain-Body Connection & Lesson 2: Finding Safety, Contentment, and Connection

The PREFRONTAL CORTEX (PFC)

- **Cortex** means bark – the cortex is the thin layer that makes up the outer layer of the brain.  

- **Makes up the foreground of the CEREBRUM:** responsible for thinking, memory, reason, cooperative planning, social responsibility, empathy, reflection and language.

- **We feel CONNECTED:** when the PFC is functioning well.

Engaging Activity: Grades 6-12, Lesson Two

1. Mountain
2. Mountain - Chair x3
3. Standing Slide Stretch
4. **Standing Kite**
5. Tree (repeat on each leg)
6. **Seated Eagle Arms**
7. **Seated Sandwich**
8. Seated Cat/Cow
9. Seated Twist
10. Seated Mountain
11. Guided Rest


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Lesson 3: Three Functions of the Nervous System

**NEURONS**

- Millions of microscopic cells within the nervous system.
- When we are born, our brains have been formed with almost all neurons we will ever have, but these neurons are not all connected.
- Neurons forge connections through experience, repetition, and conditioning.

Our body’s messengers, neurons link up with one another via microscopic branches called axons.²

Source: Specialized cells – Mind42: Free online mind mapping software, [www.mind42.com](http://www.mind42.com)


Lesson 3: Three Functions of the Nervous System

The **HIPPOCAMPUS**

The part of the brain where neurons are created into adulthood.


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Lesson 3: Three Functions of the Nervous System

NEUROGENESIS

The creation of new pathways.¹

- As we learn and grow, neurons connect with each other to create pathways.
- For example: Everything we have learned to do up until now required some degree of neurogenesis.


Engaging Activity: Anchor Breathing

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Lesson 4: Emotions and the Vagus Nerve

THE VAGUS NERVE

Neuroscience: Vagus Nerve

The vagus nerve, the tenth cranial nerve, is the superhighway of the nervous system that connects the body and brain.

Image: https://naturalwestmichigan.com/toning-the-vagus-nerve/
Vagus Nerve

Latin for “wanderer,” which is appropriate for the longest cranial nerve in the body.

It is intricately connected to:

- Mood
- Immune response
- Digestion and
- Heart Rate

It innervates (supplies) the vocal cords and modulates (varying strength/tone/pitch) how we change our voices to express emotion; our faces, where we convey emotion; and courses along our hearts, where we often feel emotions.

Engaging Activity: Chair Twist

Vagus Nerve: autonomic nervous system

The body’s unconscious control system

Regulating, internal organs to optimizing health, growth and restoration also known as homeostasis.¹

Vagus Nerve

The Vagus nerve resides in the parasympathetic nervous system.

- **Sympathetic**: mobilizes you for action, aka the “on” switch.
- **Parasympathetic**: the “off” switch.

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
Engaging Activity: Grades 6–12, Lesson Three

1. Mountain
2. Mountain - Chair x3
3. Standing Slide Stretch
4. Standing Kite
5. Twisted Chair
6. Figure 4
7. Seated Figure 4
8. Seated Eagle Arms
9. Seated Sandwich
10. Seated Cat/Cow
11. Seated Twist
12. Seated Mountain
13. Guided Rest
14. Mindfulness:
   Easy In – Extended Out

When to Incorporate Mindful Movement

✓ Begin the school-year with ROUTINES and/or AGREEMENTS.

✓ At the start of class:
  • Start of the session
  • During a virtual class as a break
  • For transitioning

✓ At the end of class:
  • Close out class
  • Rest to end the day
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.

### Four Week – Implementation Guide

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<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>Introduce Breathing as part <em>ROUTINES</em> <em>Start/End of class</em></td>
<td>Breathing <em>Start/End of class</em></td>
<td>Introduce Rest</td>
<td>Start: Breathing End: Rest</td>
<td>Start: Breathing End: Rest</td>
</tr>
<tr>
<td>Start: Breathing Introduce: Mountain-Chair End: Rest</td>
<td>Start: Breathing Mountain-Chair, 2x End: Rest</td>
<td>Introduce Standing Side Stretch</td>
<td>Start: Breathing Mountain-Chair, 2x Standing Side Stretch End: Rest</td>
<td>Start: Breathing End: Rest</td>
</tr>
<tr>
<td>Start: Breathing Mountain-Chair, 2x Standing Side Stretch Introduce: Tree (each leg) End: Rest</td>
<td>Breathing Mountain-Chair, 2x Standing Side Stretch Tree End: Rest</td>
<td>Introduce Seated Cat/Cow</td>
<td>Breathing Mountain-Chair, 2x Standing Side Stretch Tree Seated Cat/Cow End: Rest</td>
<td>Breathing End: Rest</td>
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<tr>
<td>Breathing Mountain-Chair, 2x Standing Side Stretch Tree Seated Cat/Cow Introduce: Seated Twist End: Rest</td>
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<td>Breathing Mountain-Chair, 2x Standing Side Stretch Tree Seated Cat/Cow Seated Twist Seated Mountain End: Rest</td>
<td>Breathing End: Rest</td>
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</table>
Engaging Activity: Grades 6–12, Lesson Four

1. Mountain
2. Mountain - Chair x3
3. Standing Slide Stretch
4. Standing Kite
5. Twisted Chair
6. Figure 4
7. Eagle
8. Desk Down Dog
9. Seated Figure 4
10. Seated Cat/Cow
11. Seated Twist
12. Seated Mountain
13. Guided Rest
14. Mindfulness: Easy In – Extended Out

Engaging Activity: Guided Rest / Body Scan
Takeaways

- Peek Inside the Amazing Brain, Grades 6-12
- Lessons 1-4: Neuroscience of Stress
- Lessons 1-4: Added postures to Lesson 1 Sequence
- Review of Brain Breaks
- Implementation Sheet – first 4 weeks

Brain Breaks Review

- Breathe
  - Mindful Minute
  - Even In – Even Out
  - Anchor Breathing - Video
- Move
  - Chair Twist - Video
  - Peek Inside the Amazing Brain, 6-12:
    - Lesson 1: Full Sequence
    - Lesson 2: Standing Kite, Seated Eagle Arms, Seated Sandwich
    - Lesson 3: Figure 4, Seated Figure 4
    - Lesson 4: Eagle, Desk Down Dog
- Rest
  - Guided Rest/Body Scan
Optimistic Closure: Name one thing you will start with for your next class from today, virtually or in person.
Thank you for joining us!

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Trainer: Anne Contreras, Director of Programs

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