



# Thank you for joining us!

**Session:** A Peek Inside the Amazing Brain:  
Mini-unit 2, Grades K-2

**Trainer:** Erin Cooney  
Director of Curriculum & Instruction

## 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.



Follow us @pureedgeinc  
Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Who We Are

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**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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# Introductions

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Erin Cooney, M. Ed.

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Director of Curriculum & Instruction,  
*National Trainer*

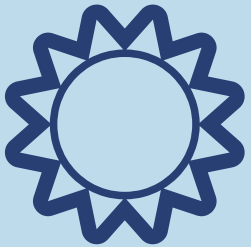
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# Welcoming Activity

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

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- ❖ Become familiar with the Pure Power Mini-unit “A Peek Inside the Amazing Brain.”
- ❖ Identify key concepts taught in the Mini-unit.
- ❖ Experience a self-care practice and Brain Breaks.
- ❖ Strategize implementation, whether virtual or in-person.
- ❖ Connect to online resources to support instruction.

# We will practice...

1. Self-care 
2. Brain Breaks 
3. Modeling SEL Lesson Structure



# Pure Power Mini-unit



- ❖ Eight lessons
- ❖ Each lesson includes neuroscience/SEL content, breathing exercises and mindful movement.
- ❖ Students develop focus, balance, strength and flexibility as they practice mindful movement sequences.

# Pure Power Mini-unit

Students learn:

- ❖ How habits “grow” the brain (neuroplasticity).
- ❖ What happens in the brain when they experience strong emotions.
- ❖ How to identify strong emotions in themselves and others.
- ❖ How mindfulness can help them manage strong emotions.
- ❖ Practical techniques to call on in times of stress.



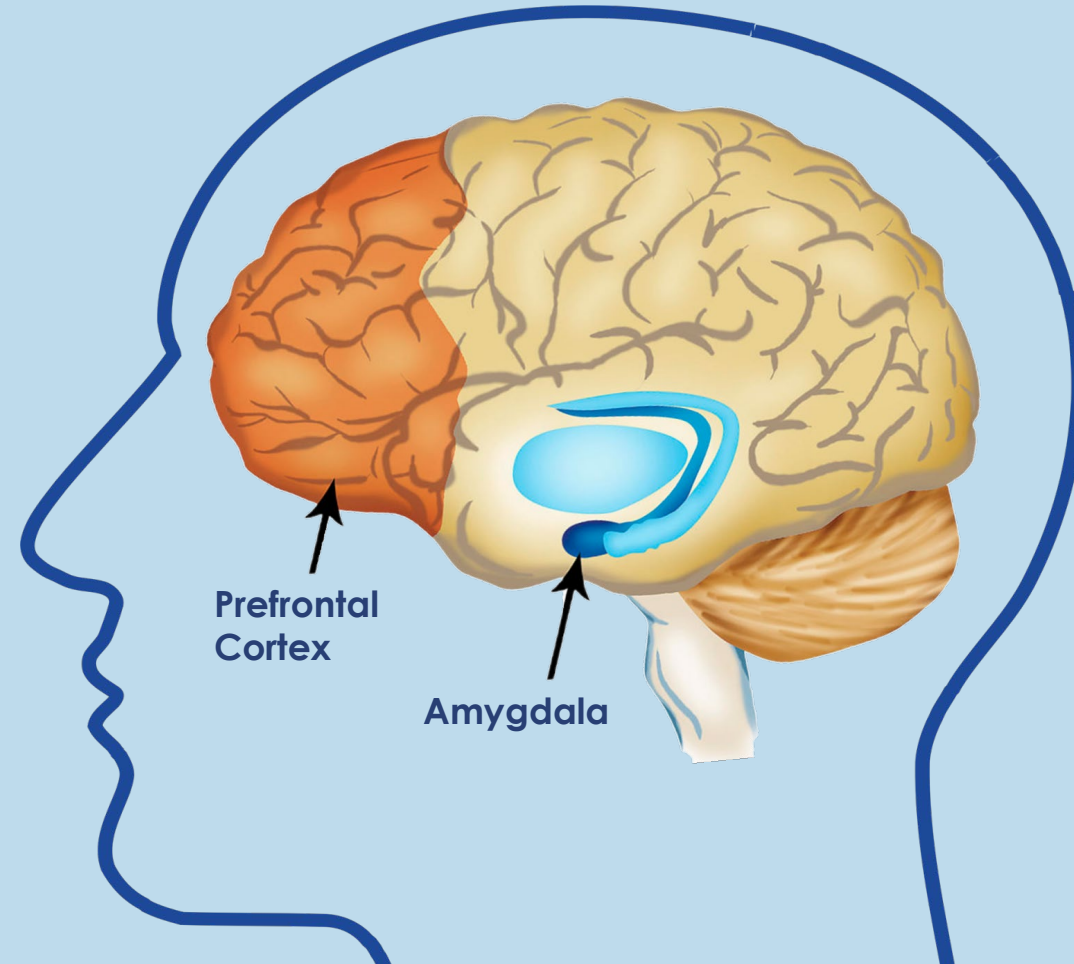
# Pure Power Mini-unit: Standards



- ❖ SEL Standards:
  - ❖ 1A.1a: Recognize and accurately label emotions and how they are linked to behavior.
  - ❖ 1A.1b: Demonstrate control of impulsive behavior.
  - ❖ 2C.1b: Demonstrate appropriate social and classroom behavior.
  - ❖ 2D.1b: Identify approaches to resolving conflicts constructively.
  - ❖ 3B.1b: Make positive choices when interacting with classmates.
- ❖ All five national PE standards
- ❖ NHES
  - ❖ 4.2.2: Demonstrate listening skills to enhance health



# Self-regulation & the Brain

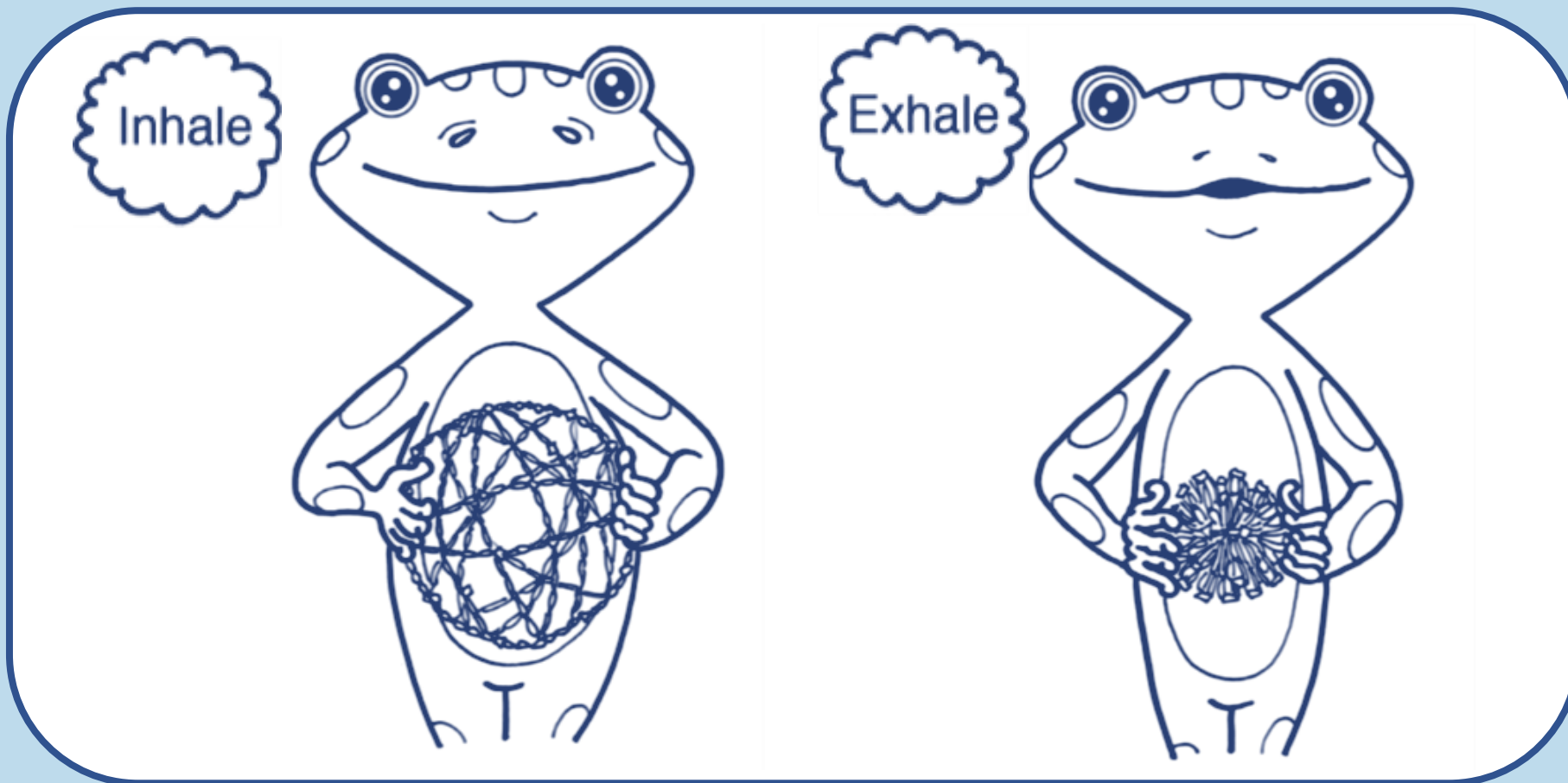


# How to bring PFC back online

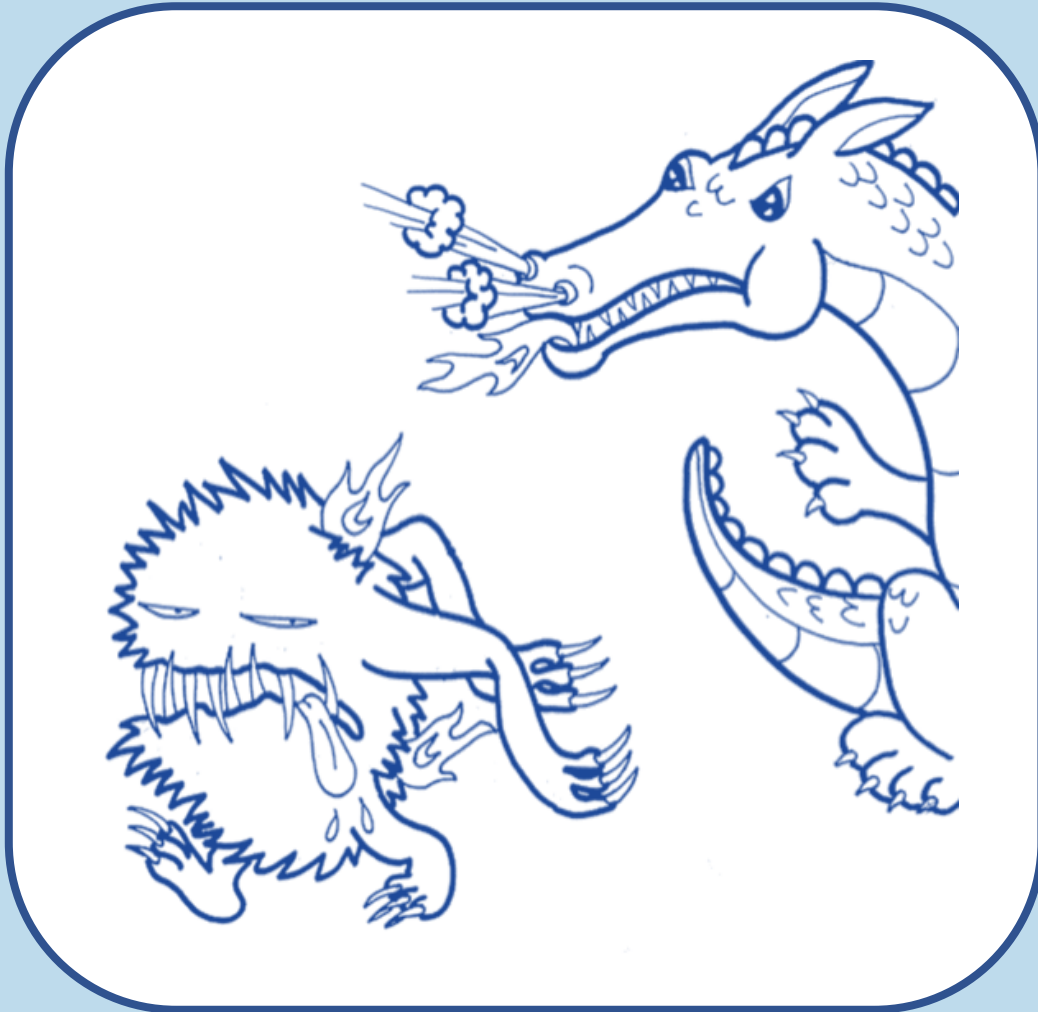
1. **CONNECT, THEN REDIRECT:** Before redirecting, help the learner to engage strategies that bring the PFC back online.
2. **Breathing** will help bring the prefrontal cortex (“upstairs brain”) back online.
3. **Move it or lose it:** Get learner moving and their mood will change.



# Engaging Activity: Breathing Ball



# How the dragon learned to think before reacting



# How the dragon learned to think before reacting



Have you ever made a mistake like Dragon?



# Breathing to the Rescue



## BRAIN

Amygdala

Prefrontal Cortex

Mindful Breathing

## JOB

Helps us lead & think

Helps Amygdala & PFC  
work together

Helps keep us safe

# Guiding Questions

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How can the amygdala be compared to the dragon in our story?

How can the prefrontal cortex be compared to the kind leader in our story?





# Engaging Activity: Mindful Breathing



1. Sit down & get comfortable
2. Rest your hand on your chosen breathing space: tummy or chest.
3. Silently repeat your anchor words, "Breathing in, breathing out"
4. When your attention wanders like an untamed dragon, gently bring it back to your breathing space. Repeat "breathing in, breathing out."
5. Can you be mindful of your breathing for five breaths?





# Reflection

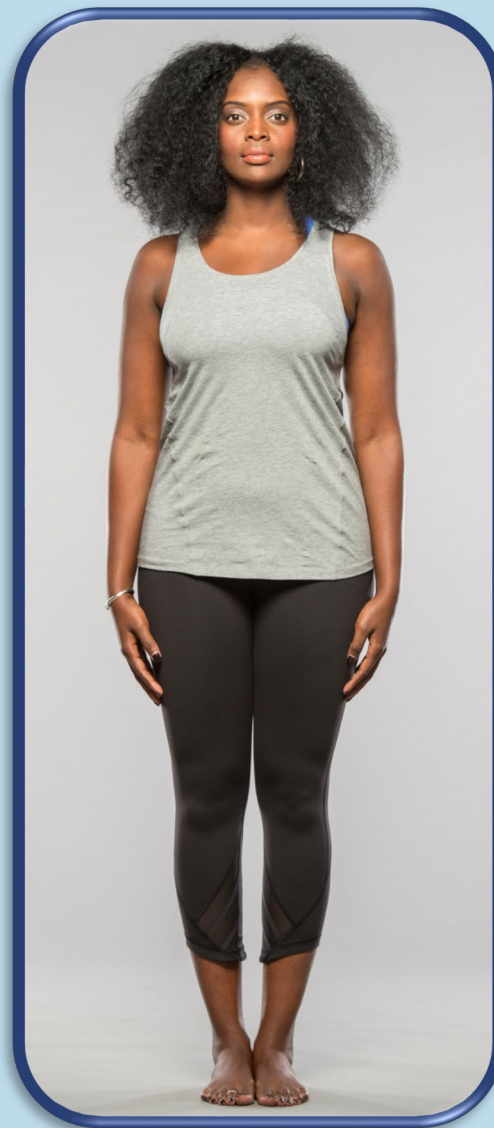
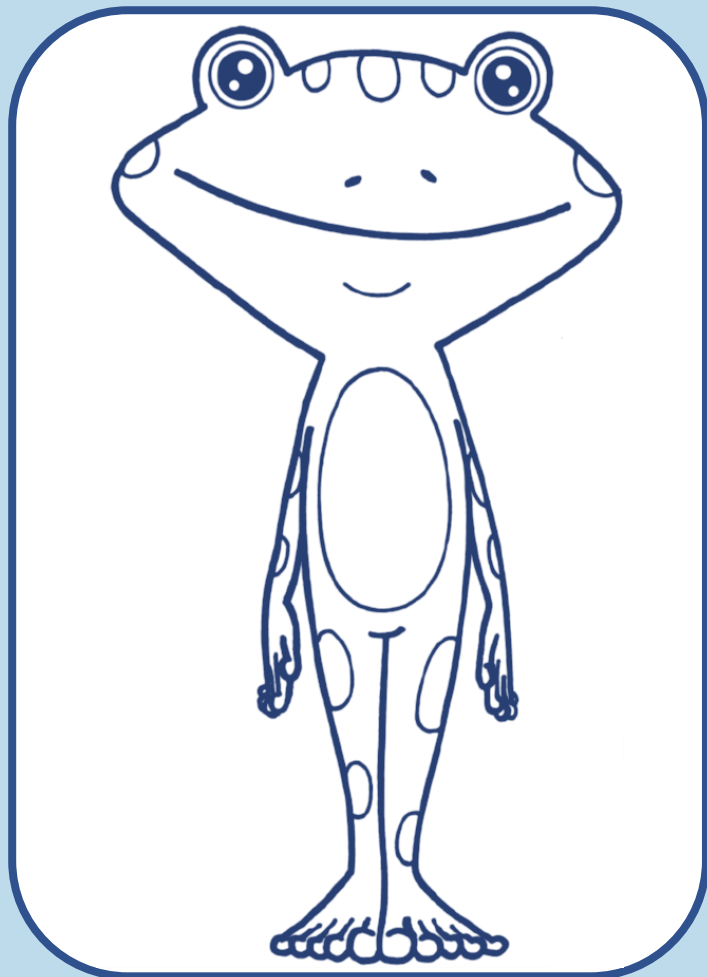
Please take out your phone, laptop or notebook for a one-minute free write. The goal is to check in with yourself.

What is on your mind?  
or  
How are you feeling?



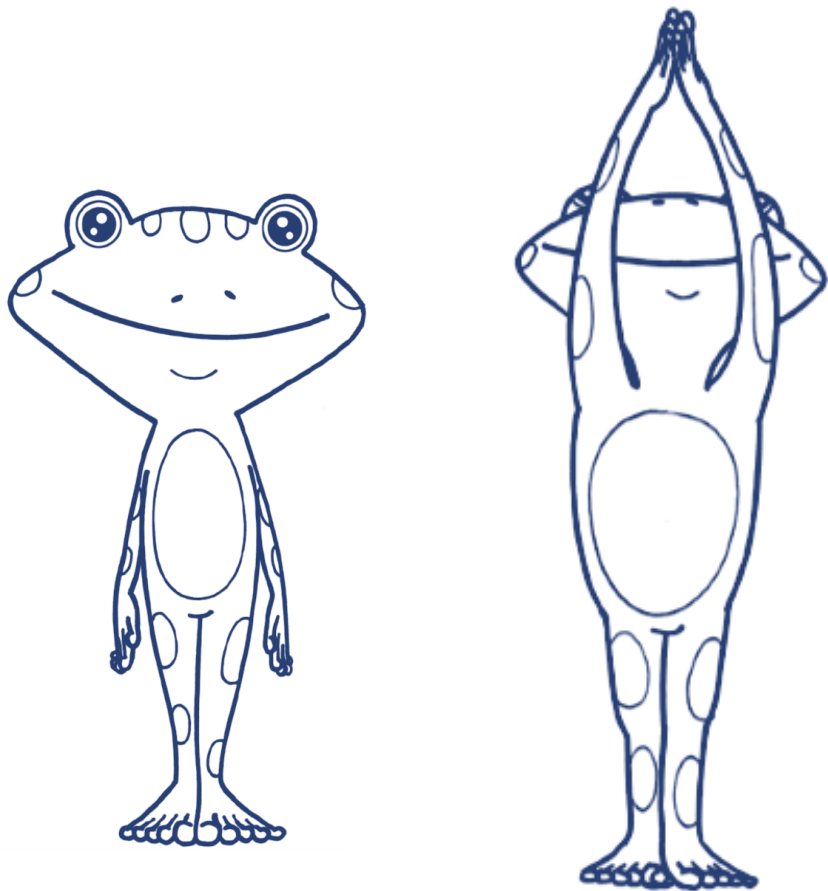


# Mindful Movement: Mountain



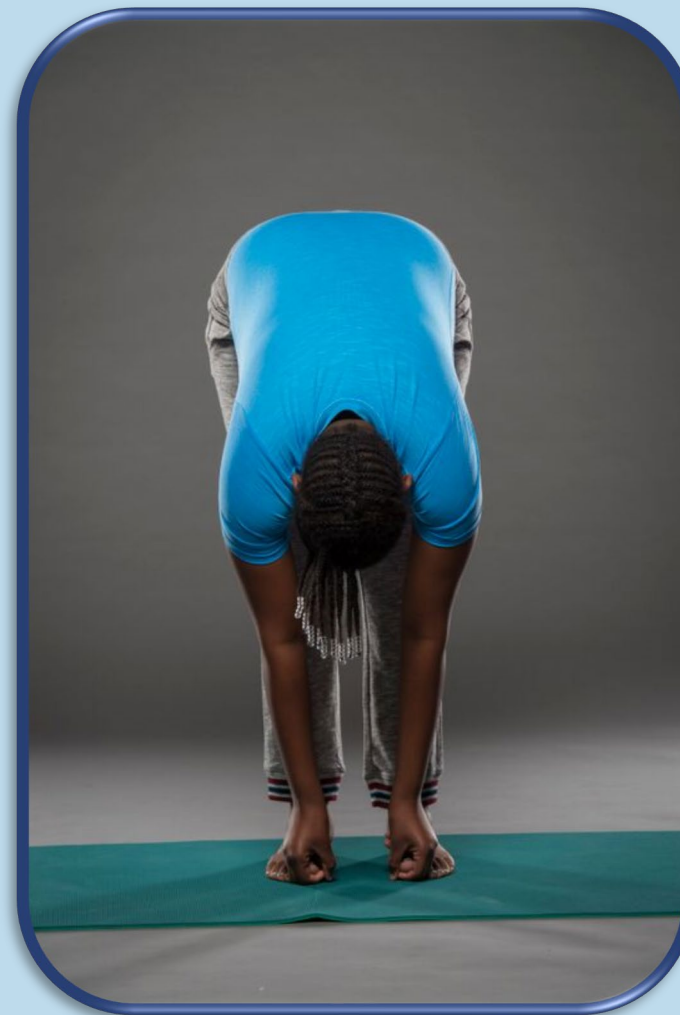
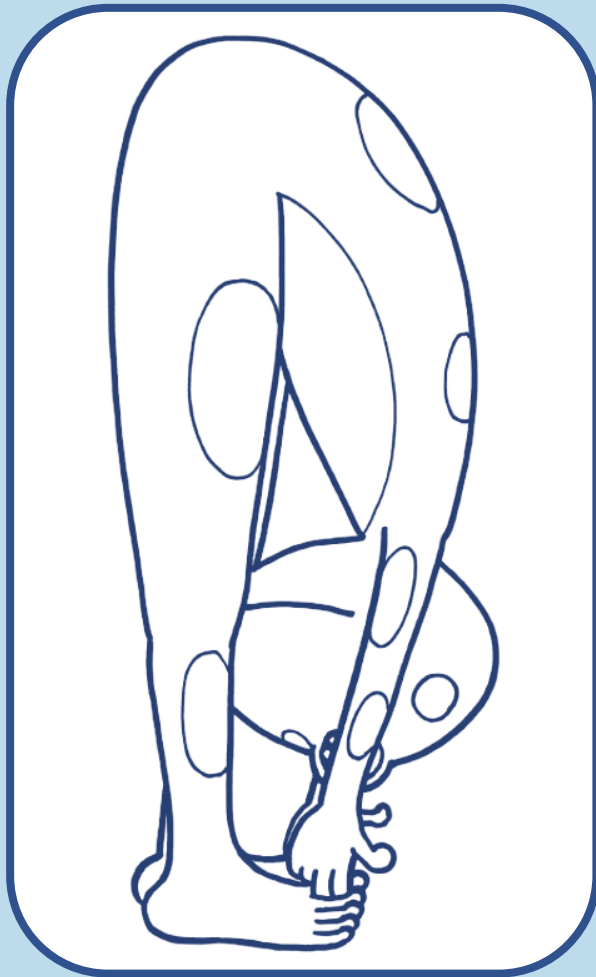


# Mindful Movement: Mountain/Sunrise





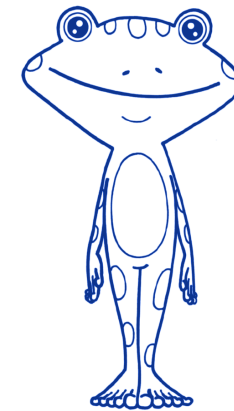
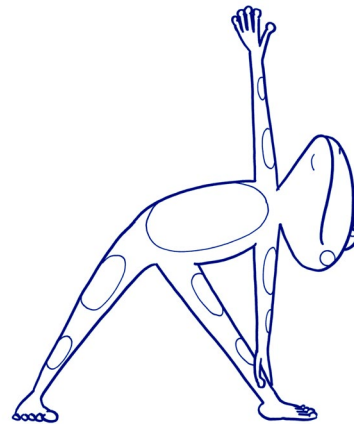
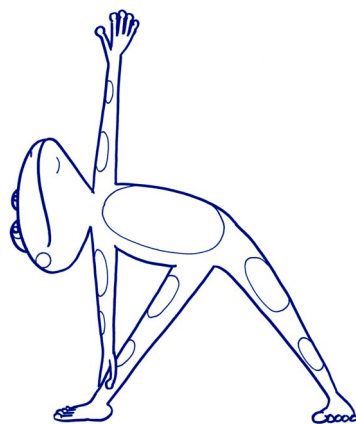
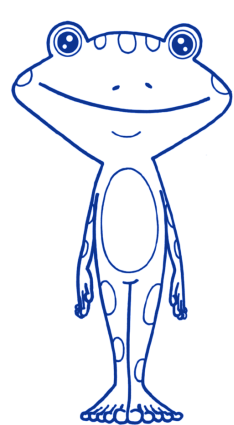
# Mindful Movement: Big Toe





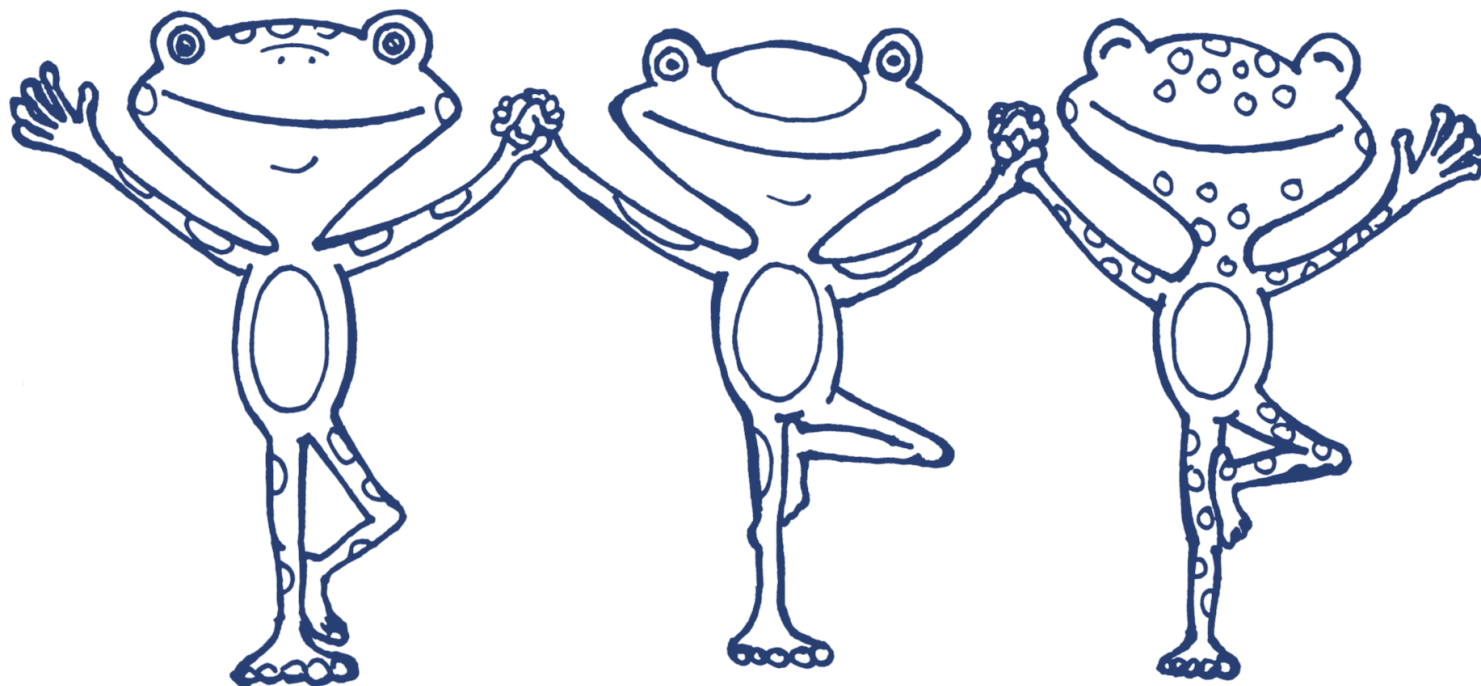


# Mindful Movement: Star into Triangle





# Mindful Movement: Tree





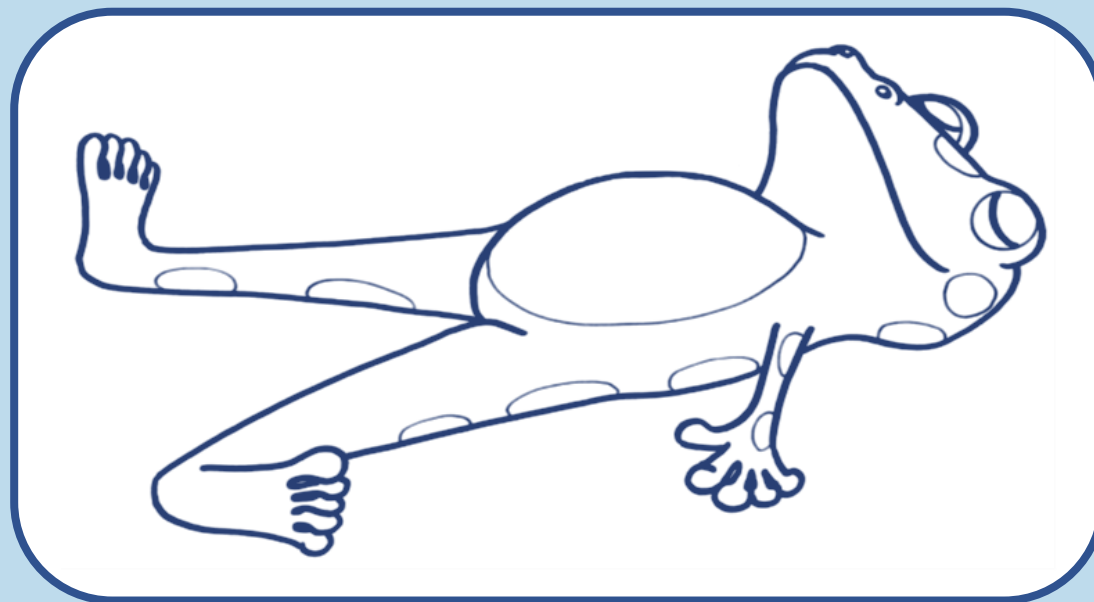
# Mindful Movement: Seated Mountain







# Engaging Activity: Guided Rest / Body Scan





Please take out your phone, laptop or notebook for a one-minute free write. The goal is to check in with yourself.

What is on your mind?  
*or*  
How are you feeling?






If you notice a difference from your first reflection, please share in the Q & A box



# Structuring Your Lesson

1. Connect
2. Movement
3. Teach & Active Engagement
4. Link

## Notes on Virtual Delivery

- ❖ Can deliver movement separate from content.
- ❖ Can utilize Pure Edge videos for Mindful Movement section.
- ❖ Can share reflection journal with learners ahead of time.



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[By Category](#)[By Grade](#)



View curriculum in: [English](#) [Español](#)

## Curriculum: *Peek Inside the Amazing Brain*

**Peek Inside the Amazing Brain** offers a condensed version of Pure Power's neuroscience content at grade levels K-2, 3-5 and 6-12. Each mini unit presents eight lessons that include content and an introductory sequence of postures designed for the classroom setting.

K-2

[Mini Units](#)[Reflection Journals](#)[Videos](#)

- Short Sequence 
- Long Sequence 

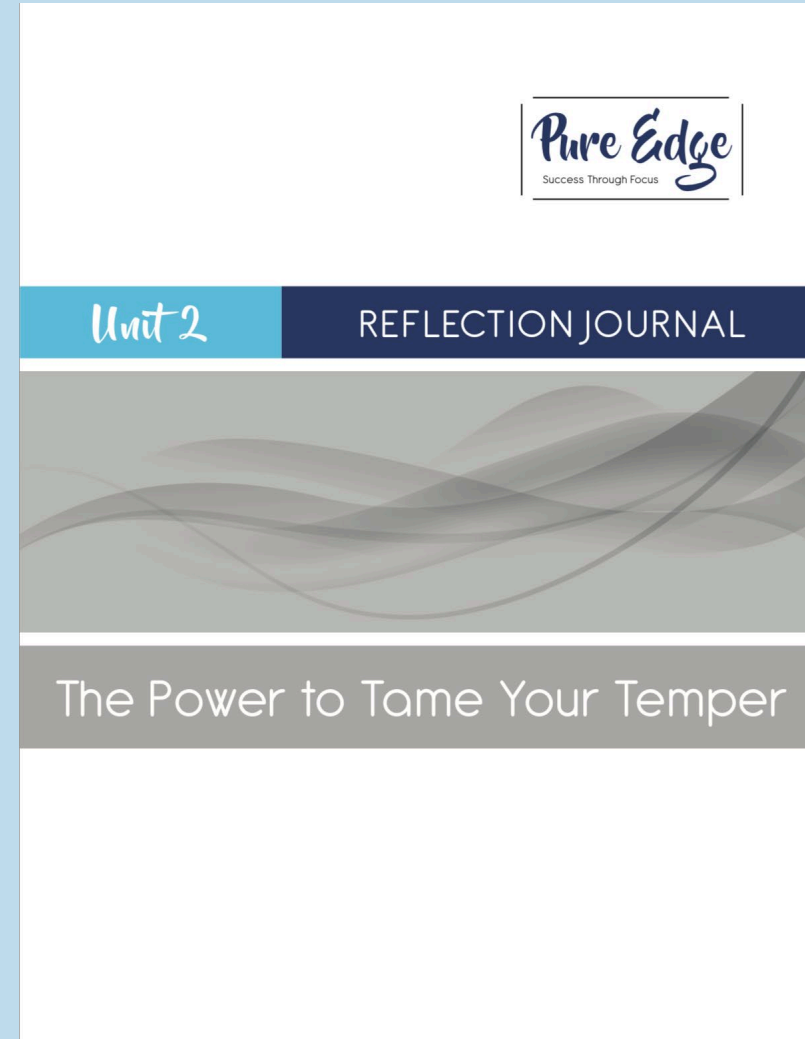
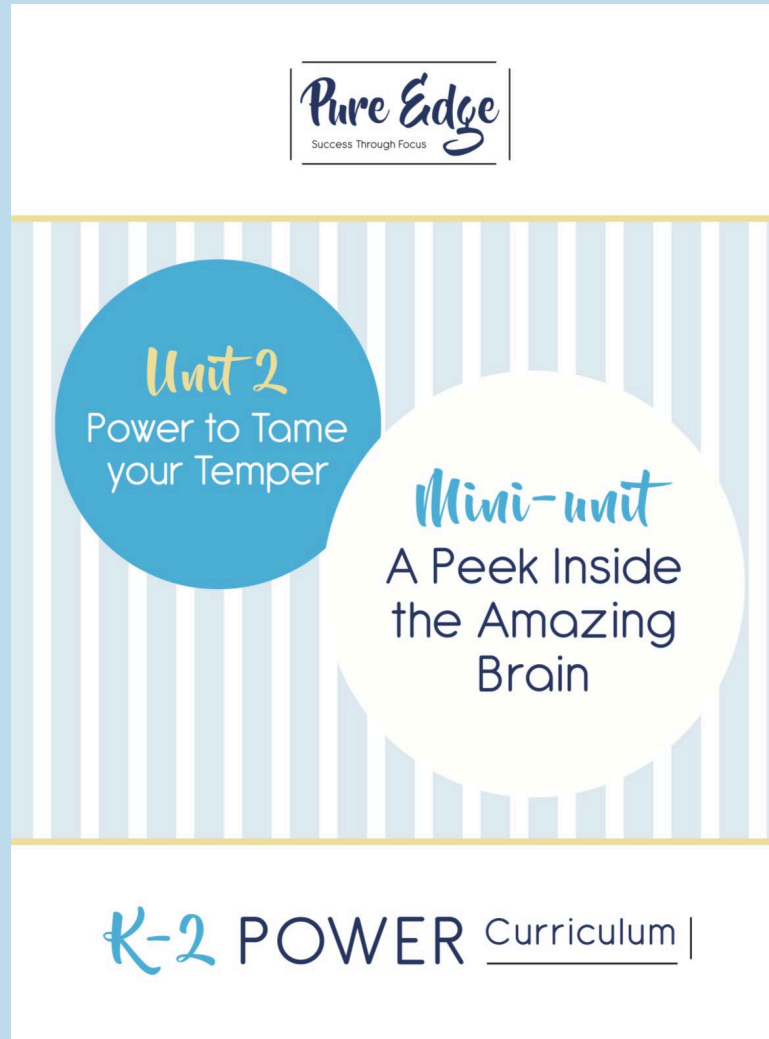
3-5

[Mini Units](#)[Reflection Journals](#)[Videos](#)

6-12

[Mini Units](#)

# Pure Power Mini-unit: A Peek Inside the Amazing Brain



## Video Library: English

Videos en Español



Lesson 1



Lesson 2



Lesson 3



Lesson 4



Lesson 5



Lesson 6



Lesson 7



Lesson 8





# Brain Breaks Review



## Breathe

- ❖ Breathing Ball
- ❖ Mindful Breathing



## Move

- ❖ Mindful Movement Short Sequence One
  - ❖ Mountain
  - ❖ Mountain/Sunrise
  - ❖ Big Toe
  - ❖ Star into Triangle
  - ❖ Tree
  - ❖ Seated Mountain



## Rest

- ❖ Mindful Minute
- ❖ Guided Rest/Body Scan

# Takeaways

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- ❖ Pure Power Mini-unit covers neuroscience, SEL skills, and mindfulness exercises including Mindful Movement.
- ❖ Resources are available on [pureedgeinc.org](https://pureedgeinc.org) to support virtual or in-person learning.
- ❖ Mindful breathing helps the amygdala and the PFC work together.



# Optimistic Closure: Creative Share



# pureedgeinc.org

Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●  
breathe

●  
move

●  
rest





Pure Community

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