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.
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

Erin Cooney, M. Ed.
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Director of Curriculum & Instruction,
National Trainer
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

- 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.
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

- Amygdala
- Prefrontal Cortex

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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

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

Reflection

What is on your mind?

or

How are you feeling?
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

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.

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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.
**Curriculum: Peek Inside the Amazing Brain**

*Peek Inside the Amazing Brain* offers a condensed version of Pure Edge’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

Unit 2
Power to Tame your Temper

Mini-unit
A Peek Inside the Amazing Brain

K-2 POWER Curriculum

Unit 2 REFECTION JOURNAL

The Power to Tame Your Temper

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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

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Takeaways

- Pure Power Mini-unit covers neuroscience, SEL skills, and mindfulness exercises including Mindful Movement.
- Resources are available on pureedgeinc.org to support virtual or in-person learning.
- Mindful breathing helps the amygdala and the PFC work together.
Optimistic Closure: Creative Share

Image Source: https://www.npr.org/sections/13.7/2017/09/25/553443078/is-curiosity-a-positive-or-negative-feeling

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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

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