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.

3. We will be doing a gentle movement practice. Please take a moment to prepare your space so that you have enough room to stand, stretch arms out to side, and fold forward. If you like to use an exercise mat have one handy.
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

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National Trainer
Welcoming Activity: How are you feeling?
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.
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.

Available in English and Spanish.
Students learn:

- How habits “grow” the brain (neuroplasticity).
- Parts of the brain and their functions.
- 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.
SEL Standards:

- 1A.2a.: Describe a range of emotions and the situations that cause them
- 1A.2b.: Describe and demonstrate ways to express emotions in a socially acceptable manner.
- 2A.2a.: Identify verbal, physical, and situational cues that indicate how others may feel.
- 2A.2b.: Describe the expressed feelings and perspectives of others.
- 2B.2b.: Demonstrate how to work effectively with those who are different from oneself.
- 2D.2b.: Apply constructive approaches in resolving conflicts.
- 3A.2a.: Demonstrate the ability to respect the rights of self and others.
- 3A.2b.: Demonstrate the knowledge of how social norms affect decision making and behavior.
- 3B.2a.: Identify and apply the steps of systematic decision making.
- 3B.2b.: Generate alternative solutions and evaluate their consequences for a range of academic and social situations.

NHES

- 1.5.1: Describe the relationship between healthy behaviors and personal health
- 1.5.2: Identify examples of emotional, intellectual, physical, and social health.
- 4.5.1: Demonstrate effective verbal and nonverbal communication skills to enhance health.
- 4.5.3: Demonstrate nonviolent strategies to manage or resolve conflict.
- 5.5.5: Choose a healthy option when making a decision.
- 7.5.1: Identify responsible personal health behaviors.
- 7.5.2: Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
- 7.5.3: Demonstrate a variety of behaviors to avoid or reduce health risks.
- 8.5.2: Encourage others to make positive health choices.

All five national PE standards
Social and Emotional Learning Competencies

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

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

- Self-awareness
- Self-management
- Responsible decision-making
- Relationship skills
- Social awareness
Engaging Activity: Alternate Nostril Breathing
Guiding Questions

• What does it mean to self-regulate?
• Why is self-regulation important?
• Do you think it is helpful to learn about the different parts of the brain involved in self-regulation? Why or why not? (fifth grade)
Self-regulation & the Brain

Prefrontal Cortex or PFC
- Helps solve complex problems
- Helps you choose between right and wrong
- Seat of good judgement
- Allows you to pause and think before reacting
- Supports self-regulation

Amygdala
- “almond”
- Keeps you safe
- On the lookout for danger
- Reacts quickly (fight/flight/freeze/faint)
- Recalls emotional memories

Hippocampus
- “horse monster”
- Brain’s scrapbook or hard drive
- Stores information/factual memories
- Makes meaning out of stored memories
- Compares new information to stored memories
Active Engagement: Brain Scenarios

Scenario #1: You are swimming in the ocean and you see a jellyfish swimming near you.

This Photo by Unknown Author is licensed under CC BY-NC.
Active Engagement: Brain Scenarios

Scenario #2: You need to remember the route to walk home from school.
Active Engagement: Brain Scenarios

Scenario #3: You need to plan what to pack for an overnight trip.
Engaging Activity: STOP

1. Stop.
2. Take three mindful breaths.
3. Observe the feelings in your body.
4. Plan with focus and care.¹

• **STOP** offers us a **chance** to respond rather than react.

• It means we are **aware** of our body, breath, and mind.

• We are **better equipped** to behave or act in a way to not further confusion, difficulty or harm.

• Remember to **learn from unmindful moments**, without being too hard on yourself.

1. **Stop.**
2. **Take** three mindful breaths.
3. **Observe** the feelings in your body.
4. **Plan** with focus & care.
Self-care Practice
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
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

- **3-5**
  - Mini Units
  - Reflection Journals
  - Videos
  - Short Sequence
  - Long Sequence

- **6-12**
  - Mini Units
Unit 2
Power to Tame your Temper

A Peek Inside the Amazing Brain

3-5 POWER Curriculum

Unit 2
REFLECTION JOURNAL

The Power to Tame Your Temper
Brain Breaks Review

**Breathe**
- Alternate Nostril Breathing

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

**Rest**
- Mindful Minute
- STOP
- 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.

◆ Understanding how the brain works can help learners employ strategies to support self-regulation.
Optimistic Closure: One Word Whiparound

Photo: Juan Monino

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Thank you for joining us!

Session: A Peek Inside the Amazing Brain: Mini Unit 2, Grades 3 - 5
Trainer: Erin Cooney, Director of Curriculum & Instruction

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