



Thank you for joining us!

Session: Activate Your Superpowers: Pure Power Curriculum Grades 3-5, Part 1

Trainer: 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.



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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

Erin Cooney

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Director of Curriculum & Instruction
and National Trainer





Welcoming Activity

Which superpower would you choose?

☆ Invisibility

☆ Superhuman Strength

☆ Flying

☆ Super Speed

☆ Mind Reading

☆ Teleportation

☆ Talk to Animals

☆ I already have a Superpower!





Engaging Activity: Mindful Minute



Learning Objectives

- ❖ Become familiar with the Pure Power Curriculum.
- ❖ Experience Brain Breaks exercises.
- ❖ Strategize implementation, whether virtual or in-person.
- ❖ Connect to online resources to support instruction.





3-5

POWER Curriculum |

Pure Power Curriculum

Grades 3-5

- ❖ Unit 1 – Power to Be Calm
- ❖ Unit 2 – Power Tame your Temper
- ❖ Unit 3 – Power to Laser Focus
- ❖ Unit 4 – Power to Grow and Stretch
- ❖ Unit 5 – Power to Lead with Kindness



3-5

POWER Curriculum |

Pure Power Curriculum

Grades 3-5

- ❖ Each lesson includes developmentally appropriate content related to the unit's super power
- ❖ Breathing exercises
- ❖ Movement
- ❖ Guided Rest
- ❖ Interactive activities
- ❖ Available in English & Spanish



3–5

POWER Curriculum |

Pure Power: Standards

Each unit is aligned with
National Standards for:

- ❖ Social & Emotional Learning
- ❖ Physical Education
- ❖ Health Education

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



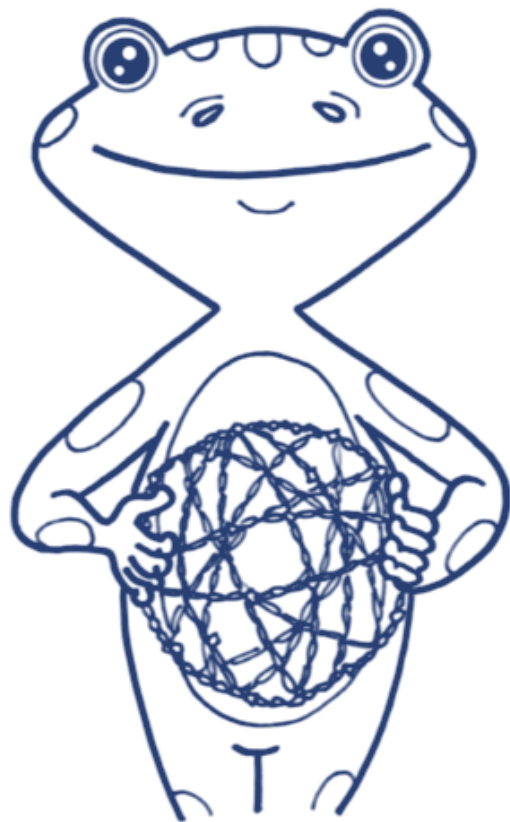
Self-management

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



Engaging Activity: Breathing Ball

Inhale



Exhale



Pure Power Unit One

Grades 3-5 Unit 1
Power to Be
Calm



Students Learn:

- ❖ The concept of superpowers
- ❖ Class routines and agreements
- ❖ Definition of mindfulness
- ❖ Importance of kindness
- ❖ Practical skills to develop awareness
- ❖ Foundation for all other units

What is mindfulness?



Mindfulness

Mindfulness means noticing what is happening as it is happening.

Mindfulness is about paying attention on purpose, with a sense of kindness and curiosity.

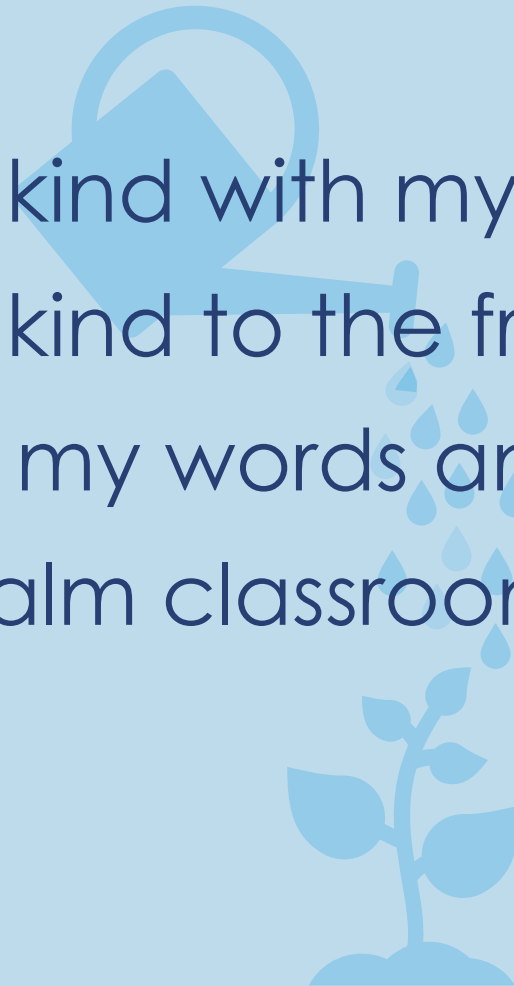


Mindfulness is
Kind Awareness.

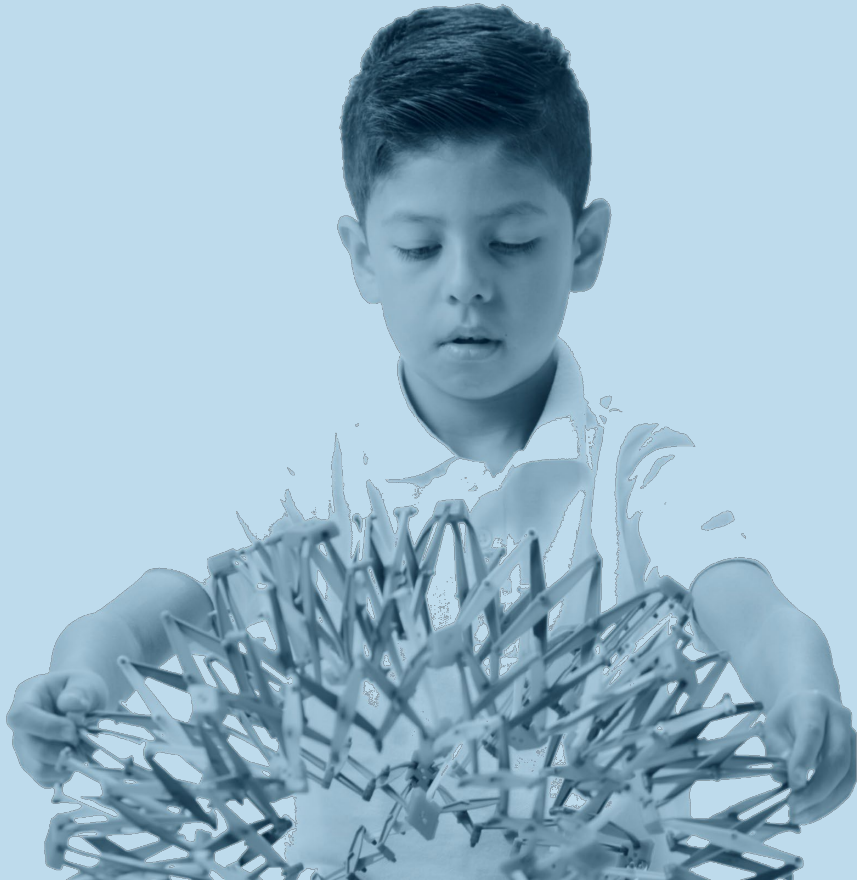
There is no right or
wrong way to feel,
nor right or wrong
way to notice.

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.



Awareness of Breath



- ❖ The goal of breathing exercises is to calm the body and strengthen our mindfulness muscle.
- ❖ When attention wanders, bring focus back to the breath.
- ❖ Over time, with consistent practice, attention will stray less frequently.
- ❖ Use nasal breathing unless otherwise instructed.



Engaging Activity: Countdown Calm Down

1



Sitting in Mountain Pose.

2



Breathe in through your nose.

3



Breathe out through your mouth for 5, 4, 3, 2, 1.

4



Breathe in to start again. Try this exercise 3 times.

Notice How you feel...

Awareness of Movement



- ❖ Training ourselves to notice the physical sensations in our bodies.
- ❖ Help learners begin to understand that the mind affects how the body feels, and the body affects how the mind feels.
- ❖ When practicing/teaching postures, always move with the breath.

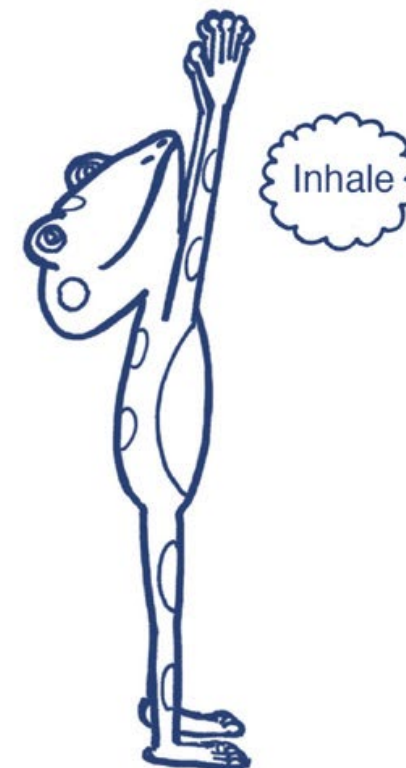


Engaging Activity: Mindful Walking





Engaging Activity: Half Opening Sequence A



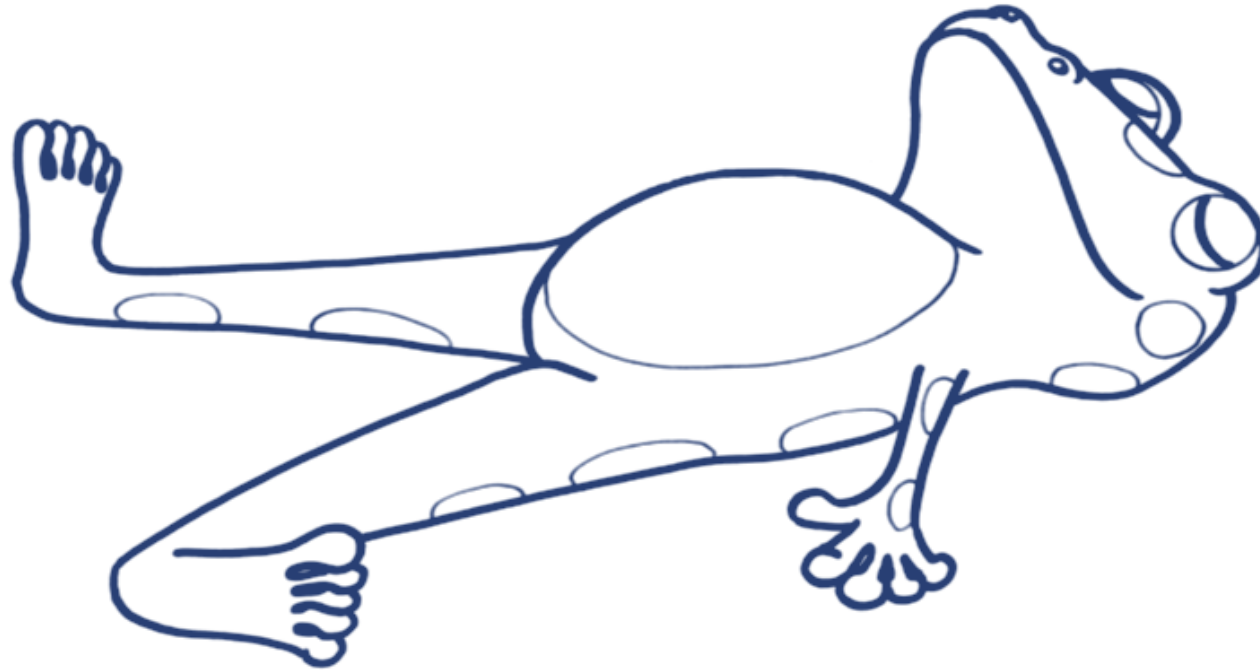
Awareness Through Rest



- ❖ Being still is a skill that requires practice – some movement is okay.
- ❖ Cooked vs. uncooked spaghetti.
- ❖ Shakeout body parts; tighten and release muscles.
- ❖ You can do Guided Rest lying down or seated if space is an issue.



Engaging Activity: Guided Rest



Notice how you feel



Pure Power Unit Two

Students learn:

- ❖ How habits “grow” the brain (neuroplasticity).
- ❖ Parts of the brain: Four lobes, Cerebrum, Cerebellum, Medulla, Hippocampus, Amygdala, Prefrontal Cortex.
- ❖ 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.



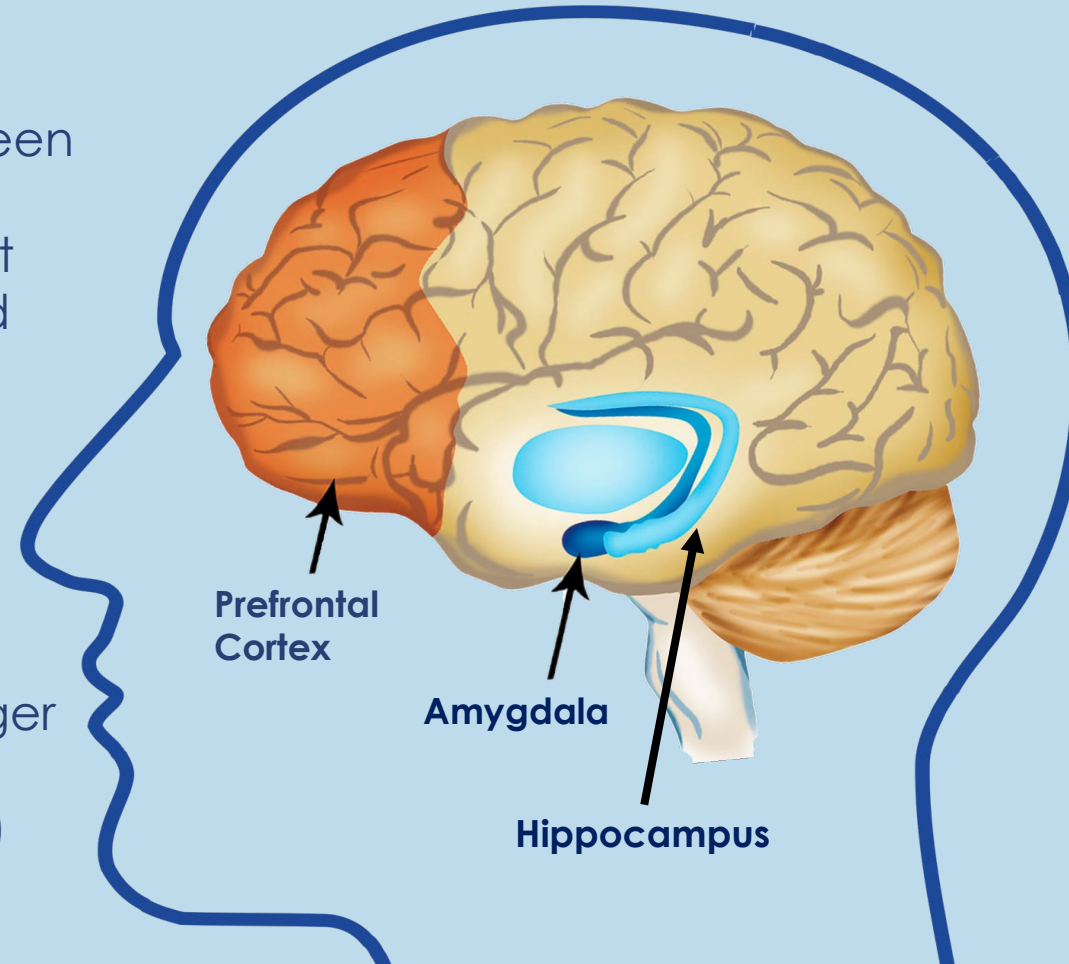
Self-regulation & the Brain

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 being chased in a competitive game of freeze tag.



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Active Engagement: Brain Scenarios

Scenario #2: You have taken three mindful breaths and now must decide how to respond to an upsetting situation





Engaging Activity: Attitude of Gratitude



Notes on Virtual Delivery

- ❖ Start small: open/close online learning sessions with a Brain Break.
- ❖ Consistency & routines.
- ❖ Split lessons into smaller sections.
- ❖ Explore read aloud books.
- ❖ Check out the “Home Practice” section in each lesson for ideas for short, simple exercises to share.



By Category

By Grade

View curriculum in:

English

Español

Curriculum: *Pure Power*

Pure Power is our full curriculum, offered at grade levels K-2, 3-5 and 6-12. The curriculum covers a variety of SEL content areas and includes mindful movement and breathing exercises that promote self-regulation.

3-5

Full Curriculum

Pure Power Units

Health & Wellness Session Plans

Resource Booklets

Reflection Journals

Visual Aids

Brain Breaks Review



Breathe

- ❖ Breathing Ball
- ❖ Countdown Calm Down



Move

- ❖ Mindful Walking
- ❖ Half Opening Sequence A



Rest

- ❖ Mindful Minute
- ❖ Guided Rest
- ❖ Attitude of Gratitude

Takeaways

- ❖ Mindfulness is kind awareness.
- ❖ Our curriculum focuses on Breathe, Move, and Rest strategies.
- ❖ Mindful breathing supports self-regulation by helping the amygdala and the PFC work together.
- ❖ Keep it fun and engaging for young learners.
- ❖ Consistency & repetition

Optimistic Closure: Creative Share





Pure Community

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