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
erin@pureedgeinc.org
Director of Curriculum & Instruction
and National Trainer
Welcoming Activity

Which superpower would you choose?

☆ Invisibility  ☆ Mind Reading
☆ Superhuman Strength  ☆ Teleportation
☆ Flying  ☆ Talk to Animals
☆ Super Speed  ☆ 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.
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
Each lesson includes developmentally appropriate content related to the unit’s super power

- Breathing exercises
- Movement
- Guided Rest
- Interactive activities
- Available in English & Spanish
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

**Relationship skills**

**Social awareness**

**Responsible decision-making**
Engaging Activity: Breathing Ball
Pure Power Unit One

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 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.
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

- Inhale
- Exhale
- Inhale
- Exhale
- Inhale
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
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.
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.
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.
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

Image Source: [https://www.npr.org/sections/13.7/2017/09/25/553443078/is-curiosity-a-positive-or-negative-feeling](https://www.npr.org/sections/13.7/2017/09/25/553443078/is-curiosity-a-positive-or-negative-feeling) Alex vandeHoef/Getty images
Thank you for joining us!

Session: Activate Your Superpowers: Pure Power Curriculum Grades 3-5, Part 1
Trainer: Erin Cooney, Director of Curriculum & Instruction

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance.