



Thank you for joining us!

Session: Activate Your Superpowers: Pure Power Curriculum Grades K-2, Part 1

Trainer: Erin Cooney & Gill McClean

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. **You will not receive a certificate, it will just be the confirmation of attendance email.**



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Website: www.pureedgeinc.org
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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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Director of Professional Development
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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.



Pure Power Curriculum

Grades K-2

- ❖ 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

K-2

POWER Curriculum



K-2

POWER Curriculum

Pure Power Curriculum

Grades K-2

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



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



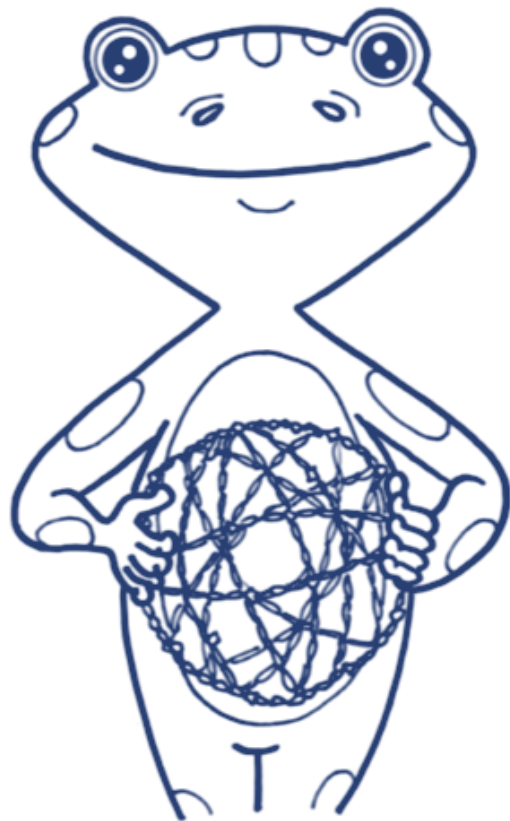
Self-management

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



Engaging Activity: Breathing Ball

Inhale



Exhale



Pure Power Unit One



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.

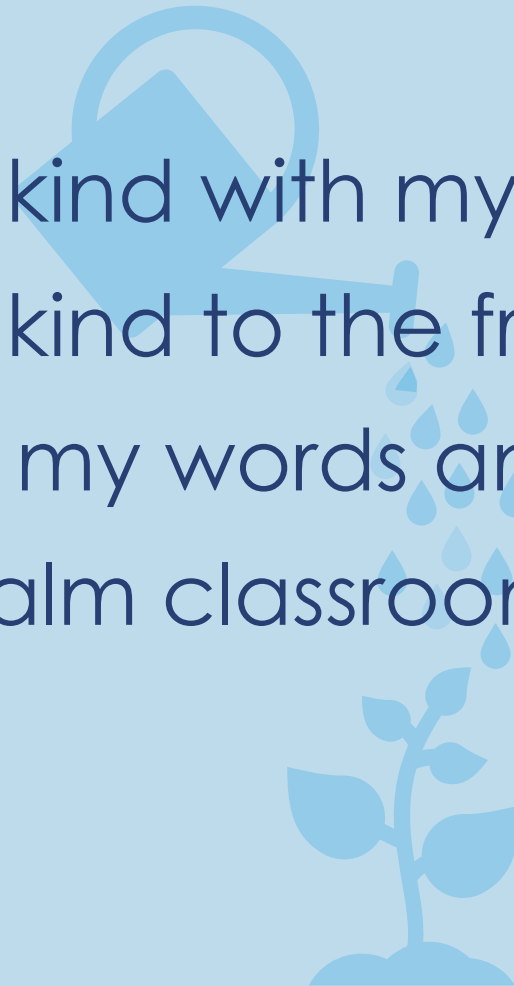


Mindfulness is Kind Awareness.

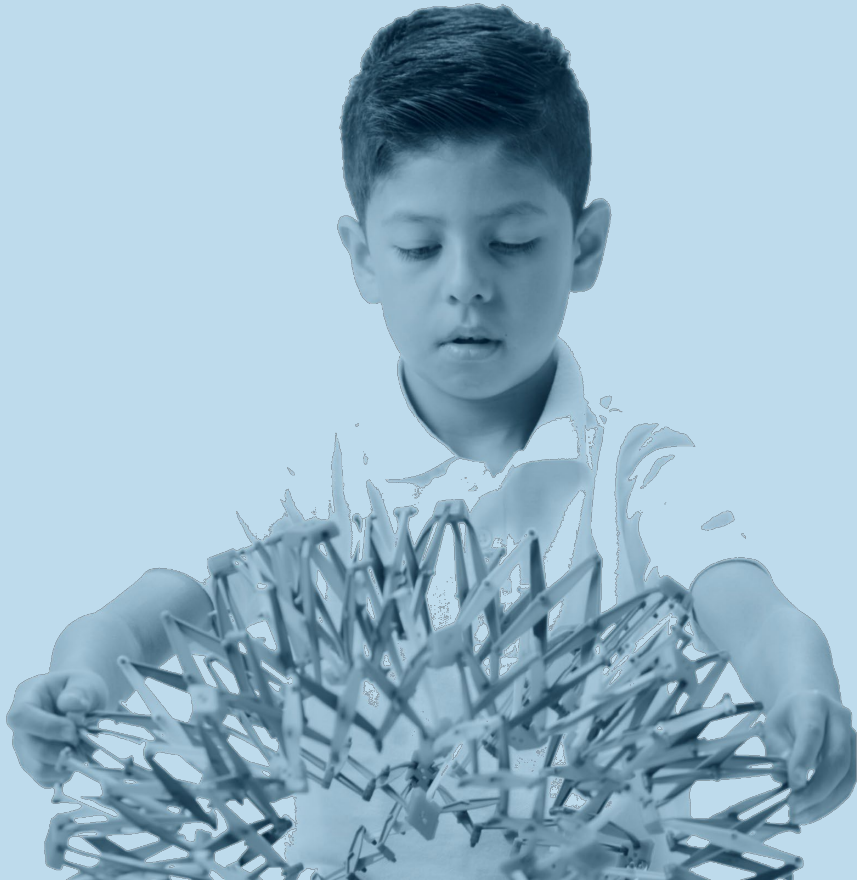
There is no right or wrong way to feel, nor right or wrong way to notice.

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



- ❖ If we learn to use the breath to calm down, we can do that anywhere!
- ❖ When attention wanders, bring it back to the breath.
- ❖ 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...

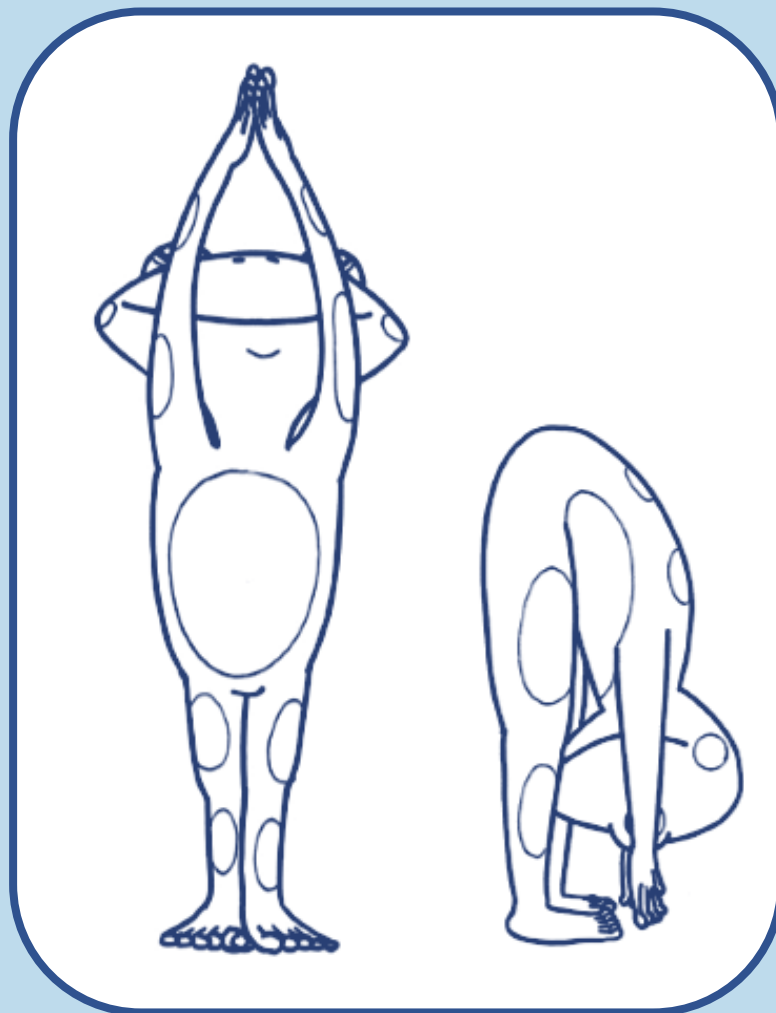
Awareness of Movement



- ❖ Encourage slowness at first.
- ❖ Use games and movement stories.
- ❖ When teaching postures, always move with the breath.



Engaging Activity: Sunrise/Sunset



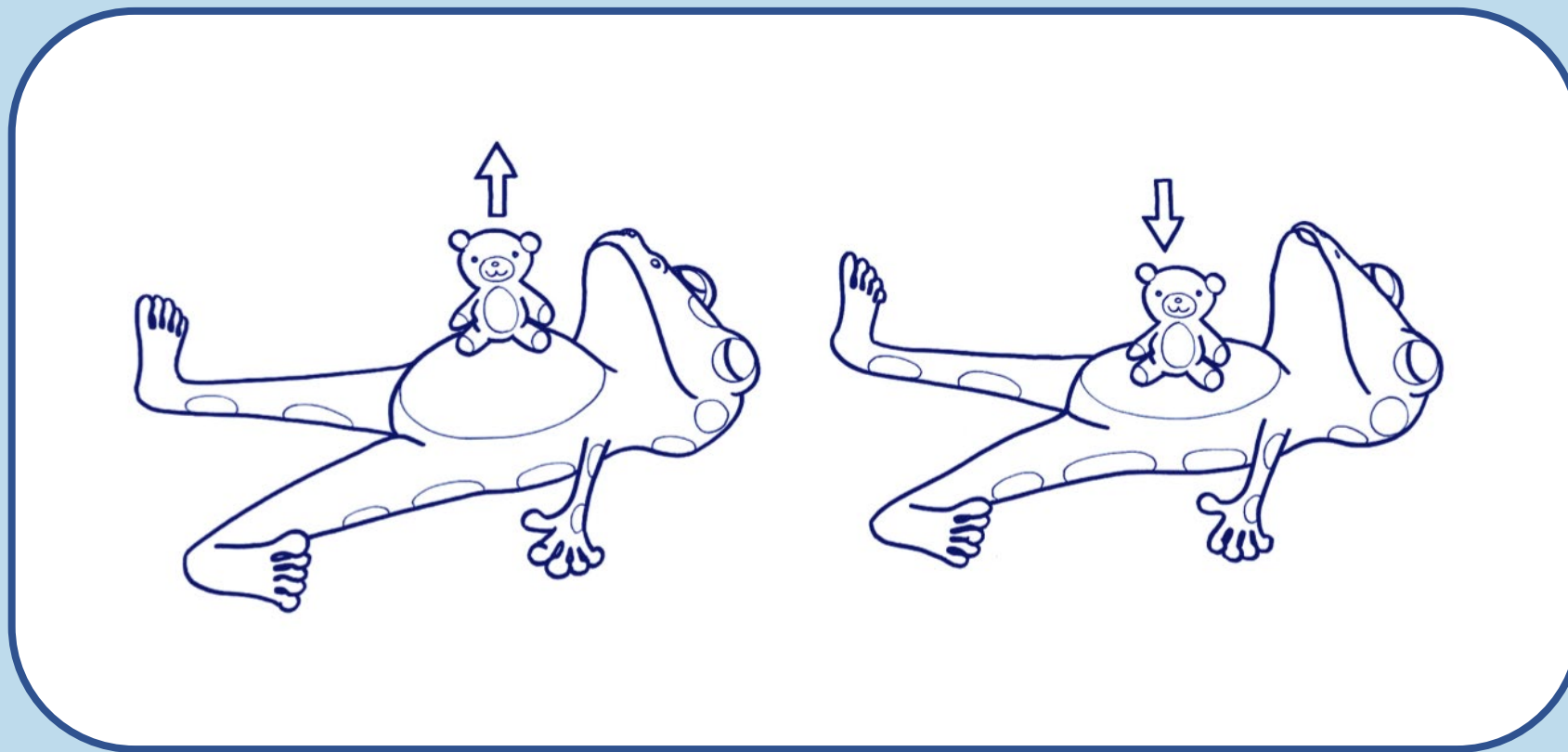
Awareness Through Rest



- ❖ 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 with a Breathing Buddy



Notice how you feel



Pure Power Unit Two

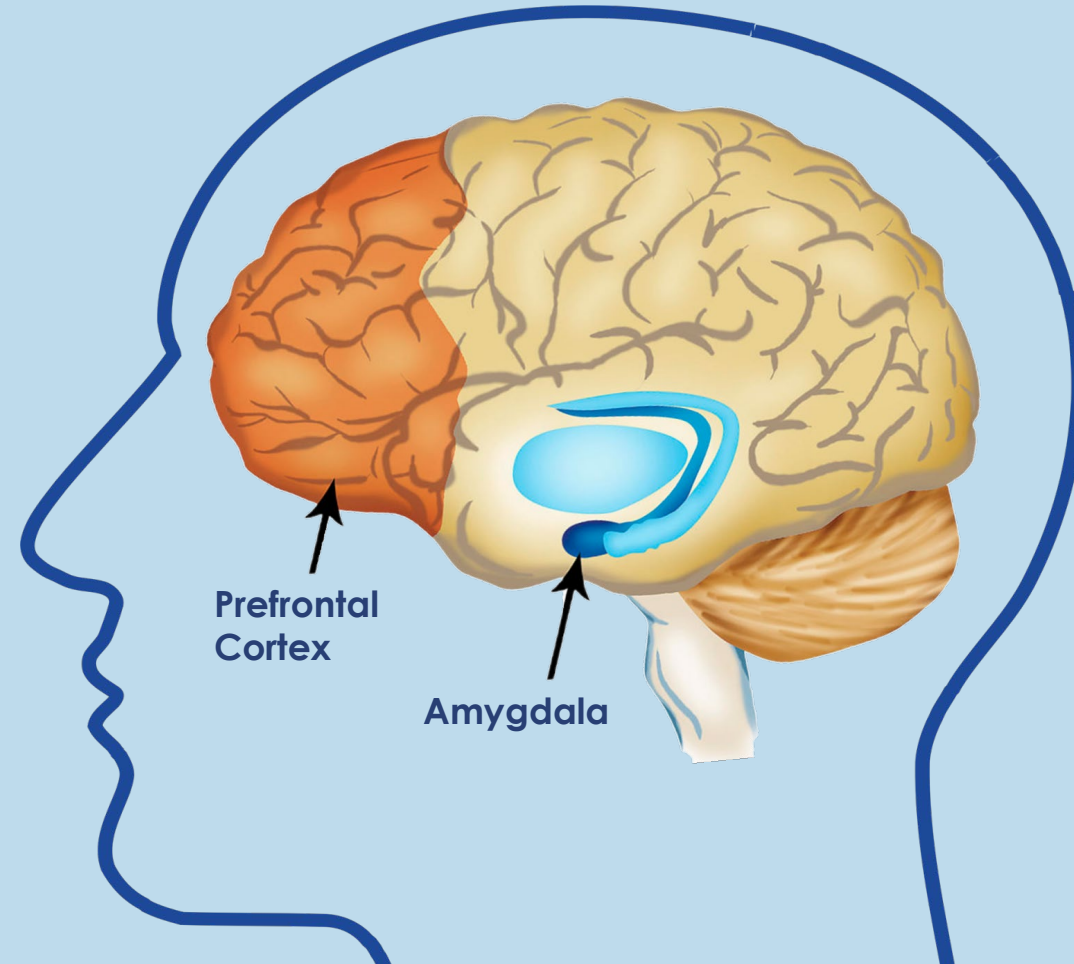
Grades K-2 Unit 2
Power to Tame
Your Temper



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.

Self-regulation & the Brain



How the dragon learned to think before reacting





Engaging Activity: Attitude of Gratitude



Timing



- ❖ Start of day
- ❖ End of day
- ❖ Transition times
- ❖ Consistency
- ❖ Short & sweet

Notes on Virtual Delivery

- ❖ Can deliver movement separate from content.
- ❖ Can utilize Pure Edge video library.
- ❖ Can share reflection journal with learners ahead of time.
- ❖ Consistency & routines.

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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.

K-2

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

- ❖ Sunrise/Sunset



Rest

- ❖ Mindful Minute
- ❖ Guided Rest with Breathing Buddy
- ❖ Attitude of Gratitude

Takeaways

- ❖ Mindfulness is kind awareness.
- ❖ 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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