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.
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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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
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
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

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
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
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

- Amygdala
- Prefrontal Cortex
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.
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.

For 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
Thank you for joining us!

Session: Activate Your Superpowers: Pure Power Curriculum
Grades K-2, Part 1
Trainers: Erin Cooney & Gill McClean

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