



Thank you for joining us!

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

**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.



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Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Who We Are

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**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.

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# Introductions

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Erin Cooney

**erin@pureedgeinc.org**

Director of Curriculum & Instruction  
and National Trainer

Gill McClean

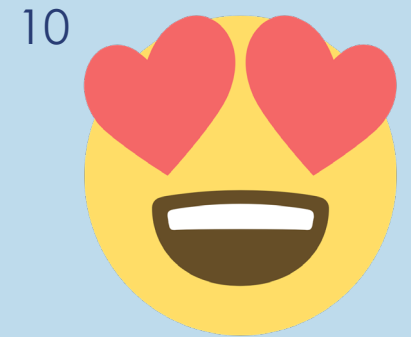
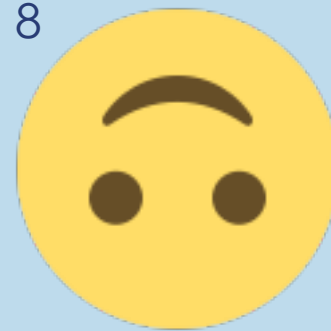
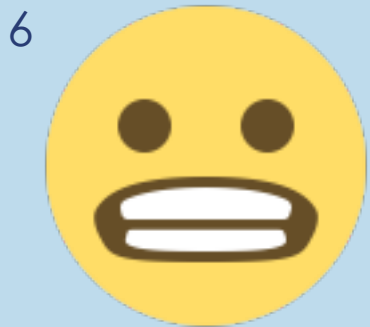
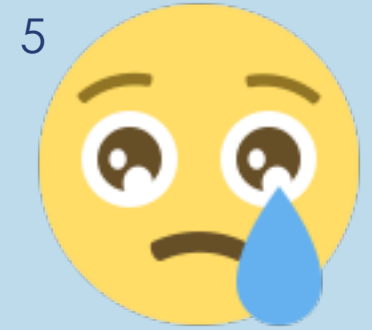
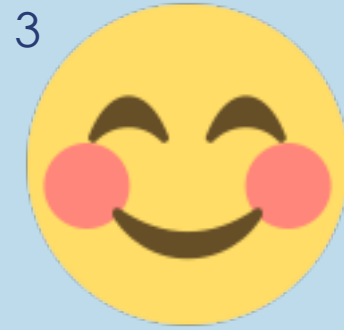
**gill@pureedgeinc.org**

Director of Professional Development  
and National Trainer

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# Welcoming Activity: How are you feeling?





# Engaging Activity: Mindful Minute



# Learning Objectives

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- ❖ 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: Standards

Each unit is aligned with  
National Standards for:

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

The curriculum and all  
supporting materials are  
available in English & Spanish



# 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



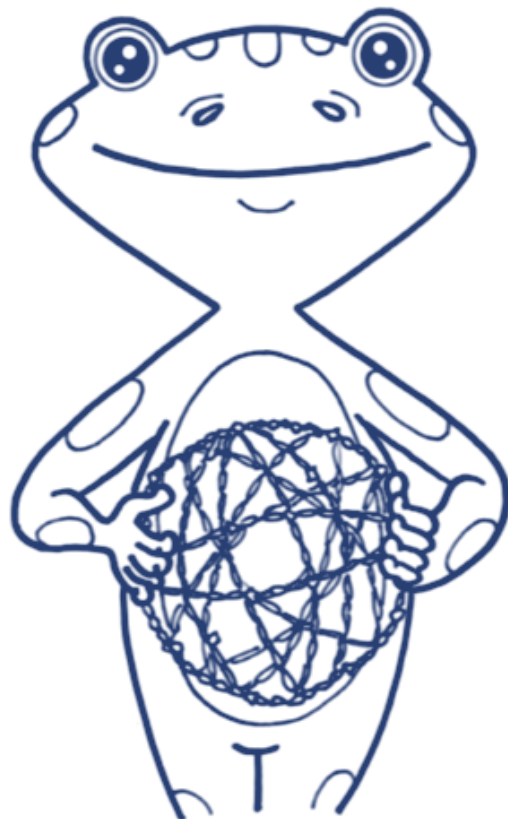
## Self-management

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



# Engaging Activity: Breathing Ball

Inhale



Exhale



# Pure Power Unit 3



Students develop focus and explore mindfulness through the senses.

- ❖ Mindful tasting
- ❖ Mindful seeing
- ❖ Mindful smelling
- ❖ Mindful listening
- ❖ Mindful touching
- ❖ Mindful Movement: touch & proprioception

# Mystery Sound





# Pure Power Unit 4



Students Learn:

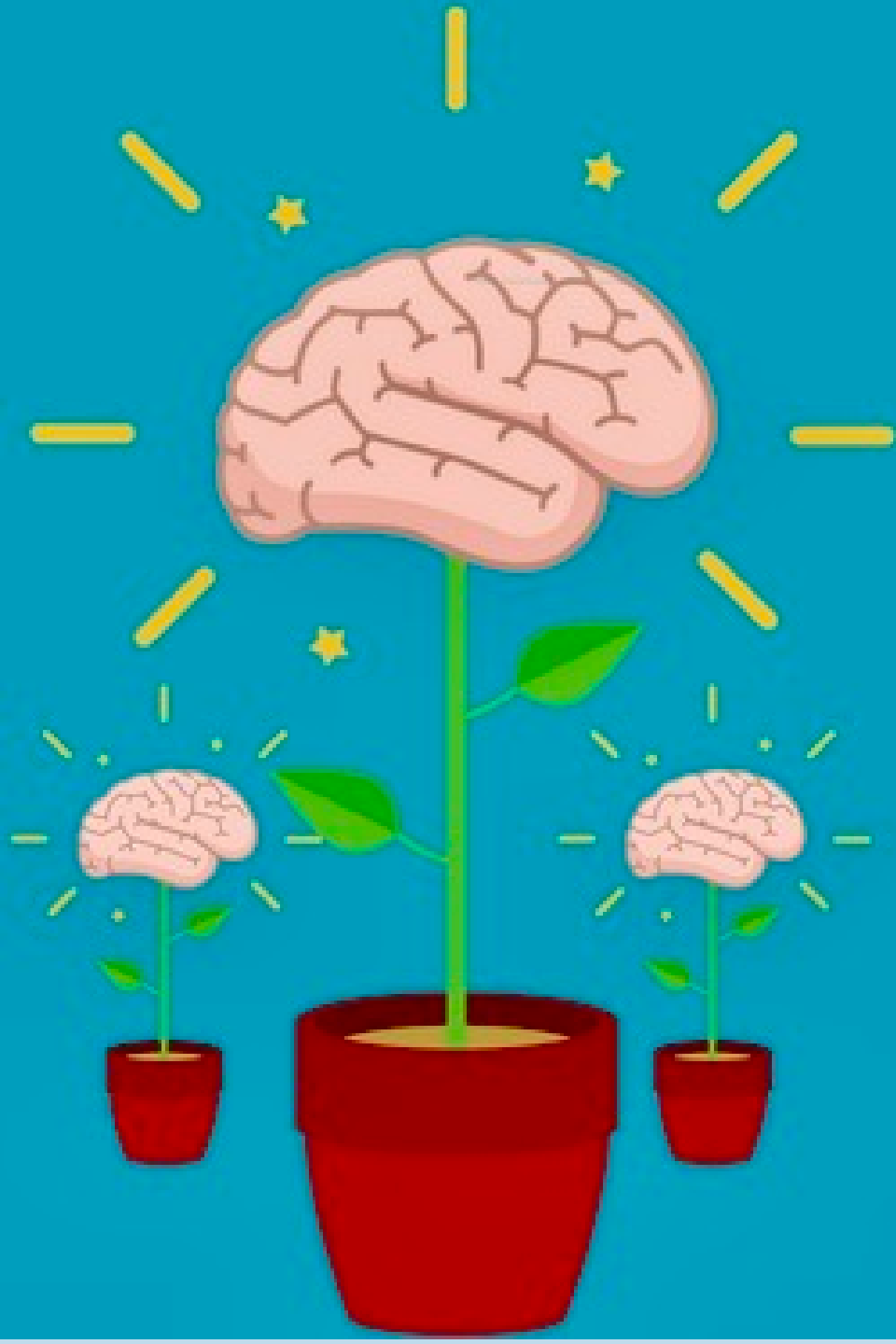
- ❖ How their thoughts affect behavior and ability to succeed
- ❖ How to recognize negative self-talk (fixed mindset) and develop positive self-talk (growth mindset).
- ❖ Strategies to override the brain's negativity bias.
- ❖ How to practice "taking in the good."



# The Power To Grow and Stretch teaches the principle of resilience and cultivating a “growth mindset.”

*A growth mindset inspires the necessary ingredients for achievement: a love of learning, perseverance, courage, and resilience.*

*Neuroscientists have proven that the growth mindset works because our brains are constantly changing and growing, enabling us to learn new things.*



“Be Careful When You Talk To Yourself,  
Because You Are Listening”<sup>1</sup>



1 - <http://pureedgeinc.org/start-with-the-heart/>





## Thought Stopping Strategy

1. Become aware of negative self talk
2. Stop negative self talk
3. Replace with positive self talk



# Engaging Activity: Movement Story

## Child's Pose

Start small as a tiny seed

1



## Gate

Sprout an arm and a leg, try both sides

2



## Mountain

Rise and stand strong

3



## Tree Pose

Lift both arms and one leg to balance.

4



Can you hold Tree for five breaths?

## Tree Pose

Now, try it balancing on the other leg.

5



Five breaths?  
Or more...?

## Mountain Pose

6



# Pure Power Unit 5

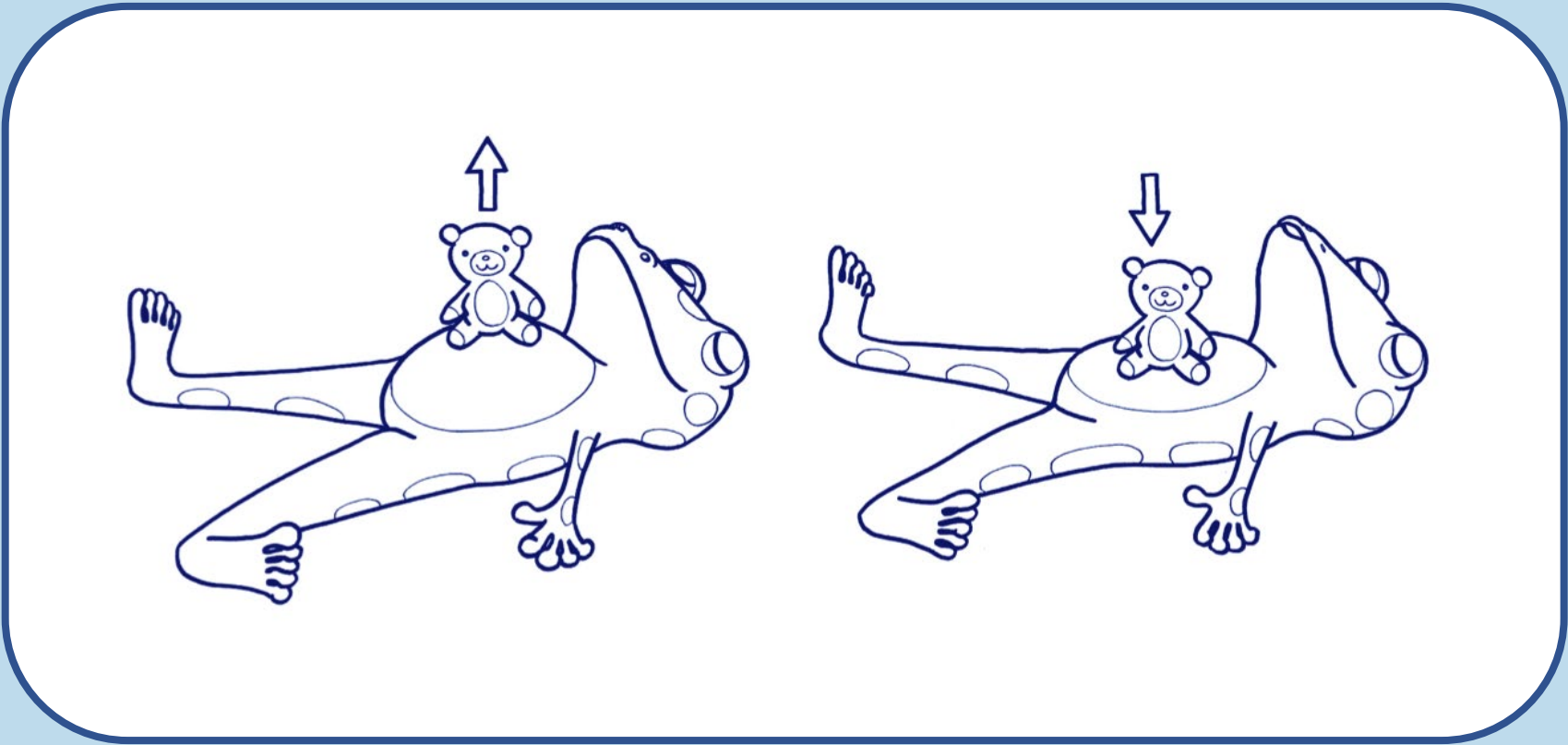


Students Learn:

- ❖ Definition of kindness & leadership
- ❖ How conflict can lead to positive change and growth
- ❖ Active listening skills
- ❖ Kind communication skills
- ❖ Altruism



# Engaging Activity: Guided Rest with Breathing Buddy



## More Notes on Virtual Delivery

- ❖ Start small: open/close online learning sessions with a Brain Break.
- ❖ Explore read aloud books.
- ❖ Split lessons into smaller sections.
- ❖ 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





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Video Library: English

Videos en Español



Insta Short Starfish



Insta Short Breathing Ball



Insta Short Breathing Before Test



Seated Mountain



Even-In Even-Out



# Brain Breaks Review



## Breathe

- ❖ Breathing Ball



## Move

- ❖ Movement Story
  - ❖ Child's Pose
  - ❖ Gate
  - ❖ Mountain
  - ❖ Tree



## Rest

- ❖ Mindful Minute
- ❖ Mindful Listening
- ❖ Guided Rest with Breathing Buddy



# Takeaways

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- ❖ Mindfulness is kind awareness.
- ❖ Learners can explore mindfulness through all five senses.
- ❖ A growth mindset is essential to continue learning and developing resilience.
- ❖ Keep it fun and engaging for young learners.
- ❖ Consistency & repetition are your friends!

# Optimistic Closure: My Next Step



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