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
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Welcoming Activity: How are you feeling?
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 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
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

Mystery sound #1

Mystery sound #2
Engaging Activity: Mindful Listening
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”¹

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

1. **Child’s Pose**
   - Start small as a tiny seed

2. **Gate**
   - Sprout an arm and a leg, try both sides

3. **Mountain**
   - Rise and stand strong

4. **Tree Pose**
   - Lift both arms and one leg to balance.
   - Can you hold Tree for five breaths?

5. **Tree Pose**
   - Now, try it balancing on the other leg
   - Five breaths? Or more...

6. **Mountain Pose**
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.
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

Move
- Movement Story
  - Child’s Pose
  - Gate
  - Mountain
  - Tree

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

- 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
Thank you for joining us!

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

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