



Thank you for joining us!

Session: Activate Your Superpowers: Pure Power Curriculum Grades 3-5, Part 2

Trainer: Erin Cooney

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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Email: getmoving@pureedgeinc.org



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

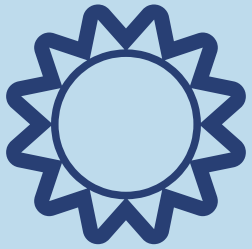
Director of Curriculum & Instruction
and National Trainer



Welcoming Activity

Respond to the poll to share your response with our group.

Describe Your Mood Today



Sunshine



Rainy



Thundery



Cloudy



Rainbow



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.





3-5

POWER Curriculum |

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



3–5

POWER Curriculum |

Pure Power: Standards

Each unit is aligned with
National Standards for:

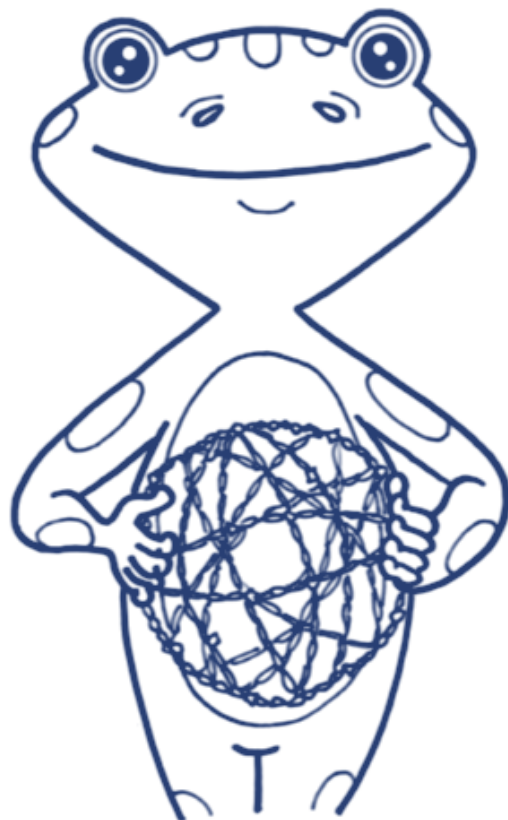
- ❖ Social & Emotional Learning
- ❖ Physical Education
- ❖ Health Education

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



Engaging Activity: Breathing Ball

Inhale



Exhale



Pure Power Unit 3

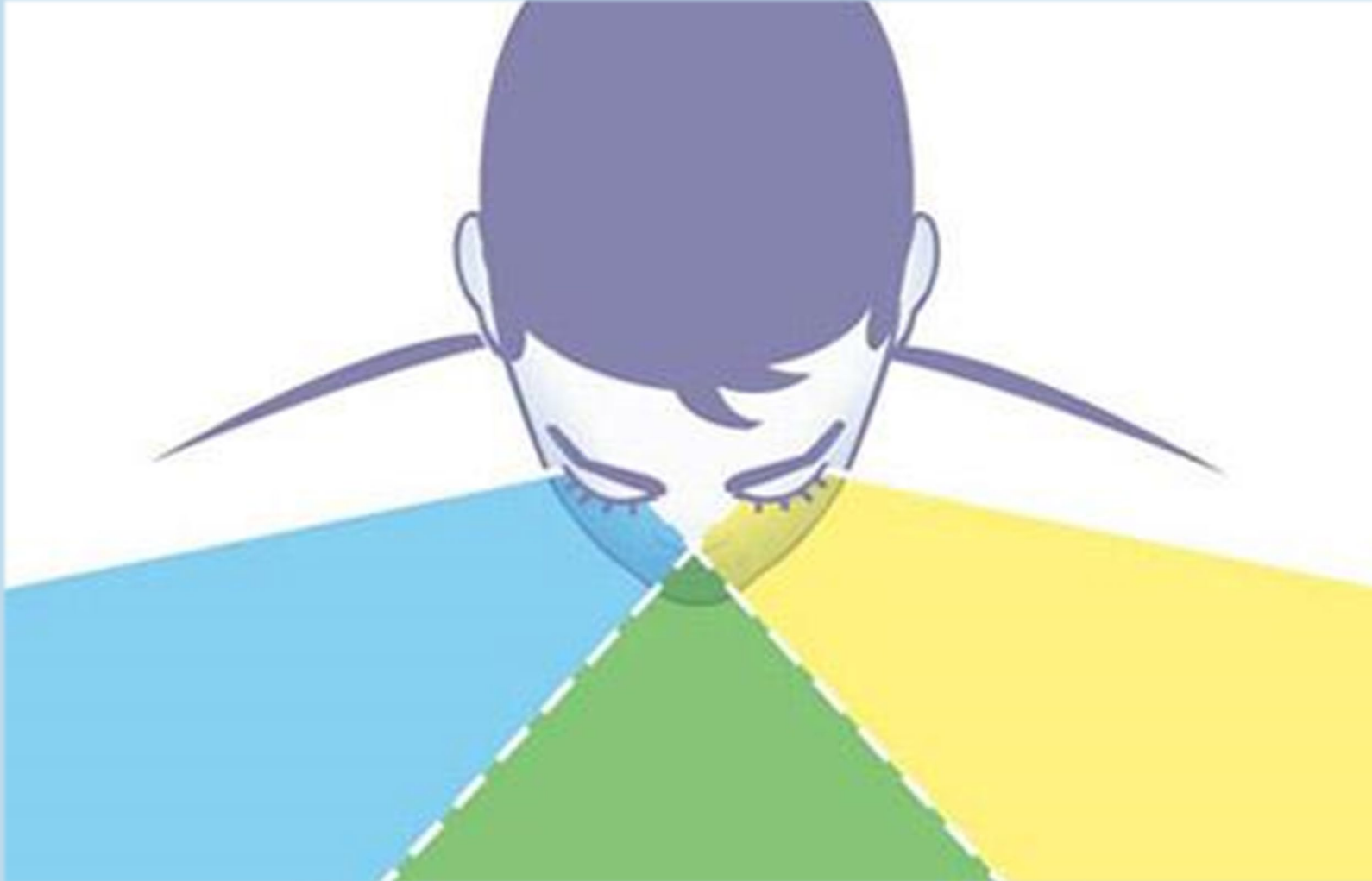
Grades 3-5 Unit 3
Power to Laser
Focus



Students develop focus and explore mindfulness through the senses.

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

Engaging Activity: Peripheral Vision



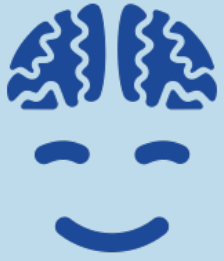
Engaging Activity: Around the Clock



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Engaging Activity: Rest Your Eyes



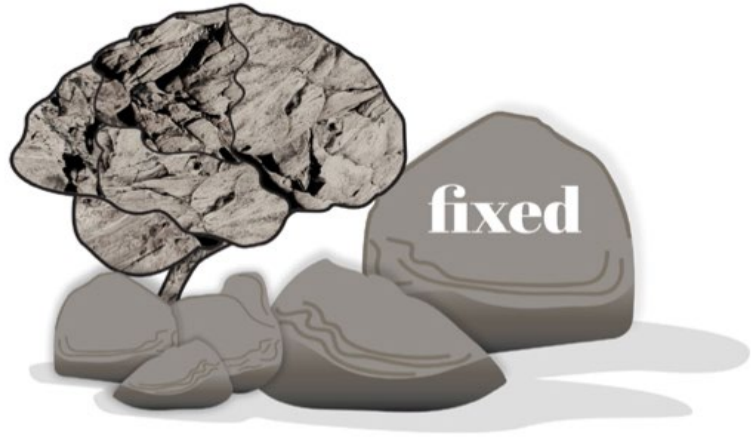
Pure Power Unit 4



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."

MINDSETS



versus

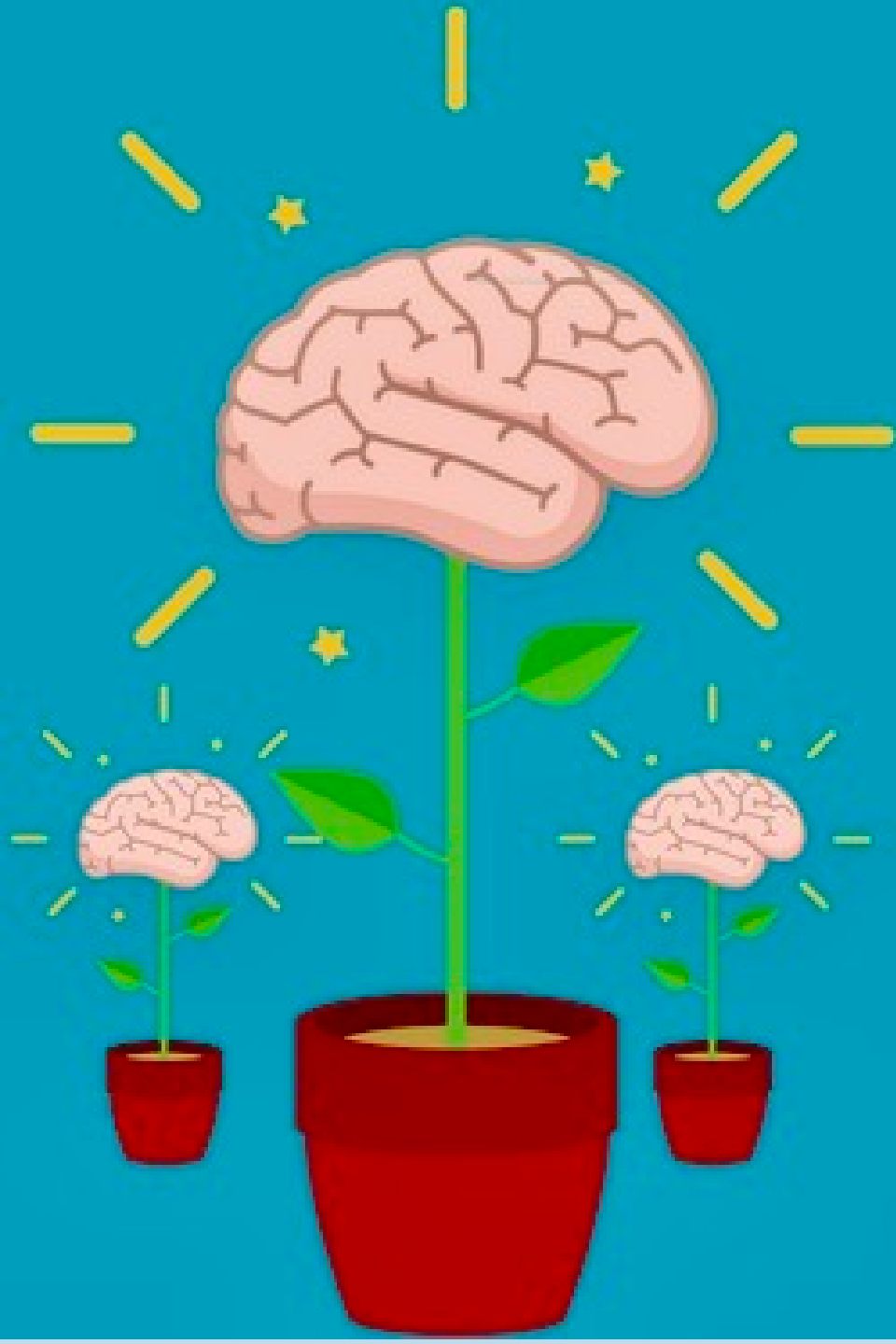


A growth mindset inspires the necessary ingredients for achievement: a love of learning, perseverance, courage, and resilience. Neuroscientists have proven that the growth mindset works because our brains are constantly changing and growing, enabling us to learn new things.

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

Attitude affects behavior and the ability to
succeed in different environments.

Developing a growth mindset empowers us to face
daily frustrations with more mindful responses and
maintain effort despite setbacks.





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

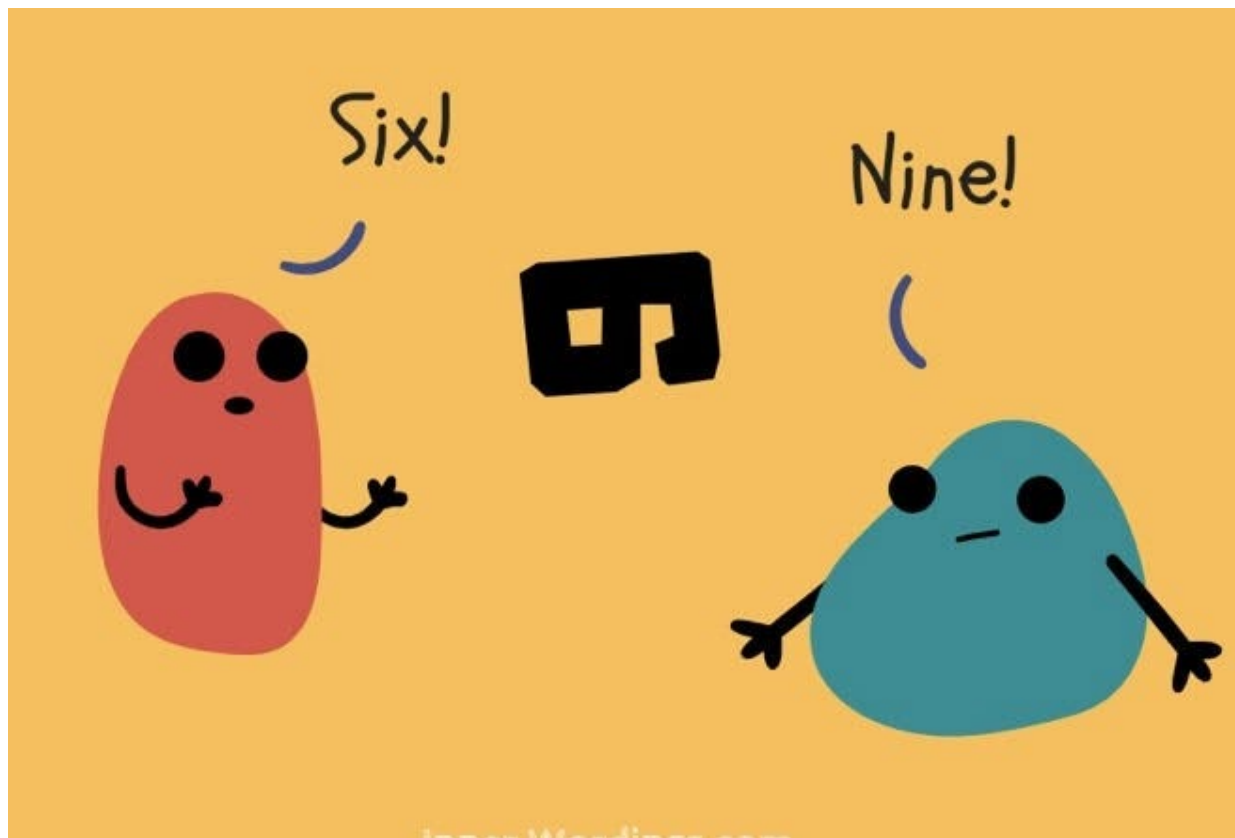
6



Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.¹

Nearly all humans share a **negativity bias**, that is...our tendency to hold on to or collect negative information in the form of **memories** or **impressions**.





“The brain is like Velcro for negative experiences and like Teflon for positive ones.”¹

Rick Hanson, Ph. D.



Image: <https://www.relevantinsights.com/blog/10-cognitive-biases>

Negativity Bias

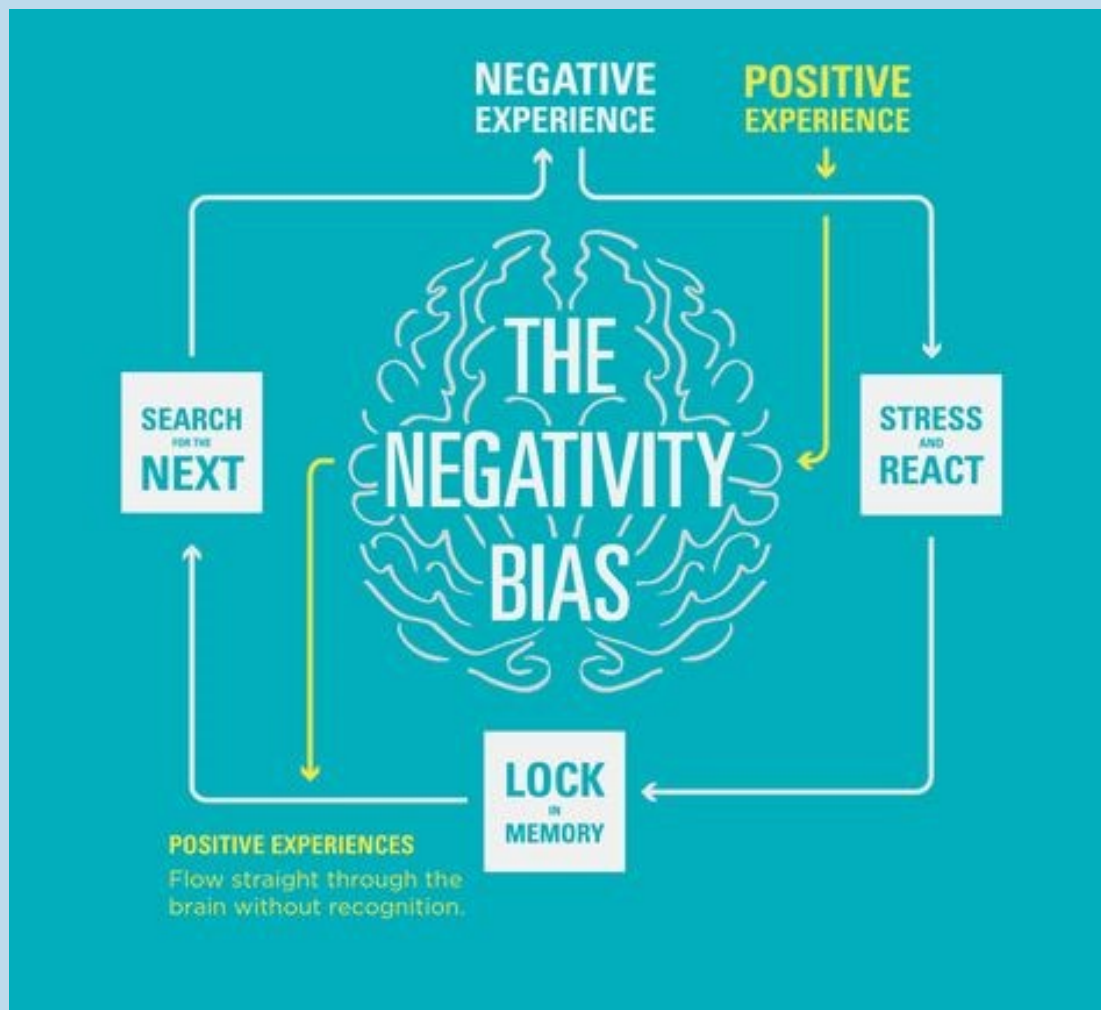
Negativity bias can take the shape of:

- ❖ Excessive worry
- ❖ Anxiety
- ❖ Frustration
- ❖ Aggression
- ❖ Judgement

Sometimes it leads us to look for or expect danger.



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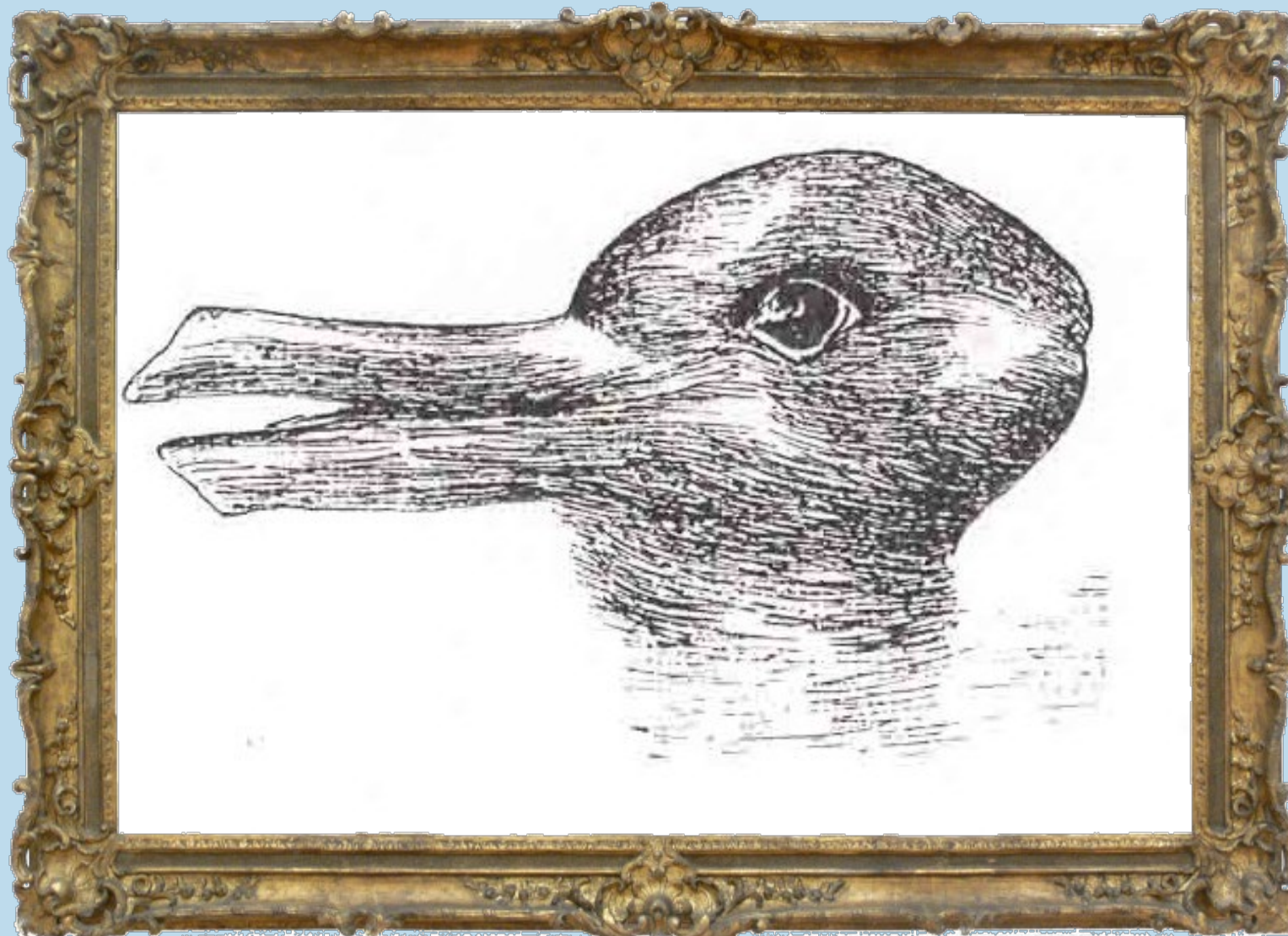


- Unpleasant experiences stick to the brain's longer-term memory.
- While pleasant experiences are less likely to stay put.

It takes **2-3 seconds** for one's brain to remember something **unpleasant**.

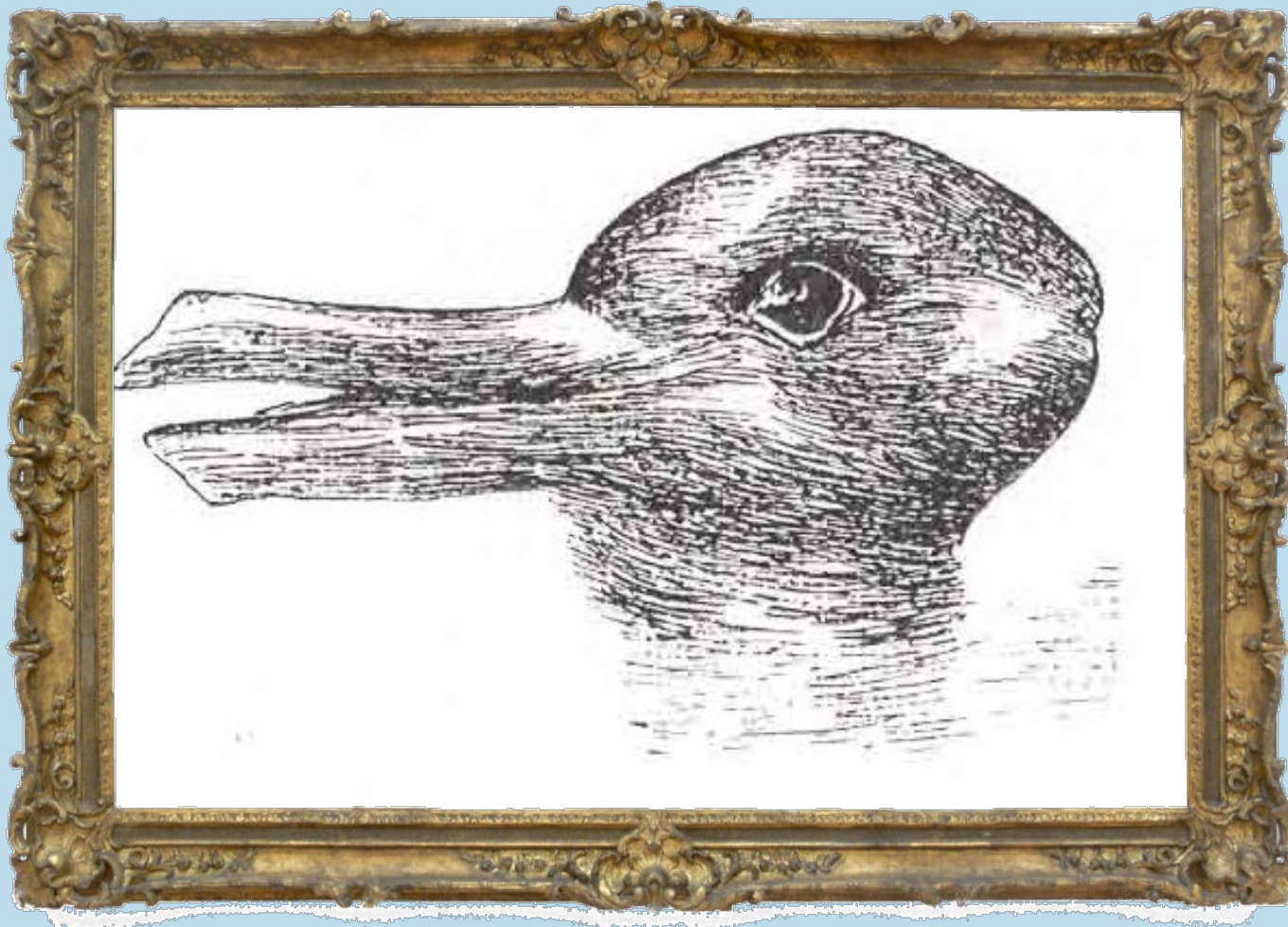
It takes **20-30 seconds** for your brain to remember something **pleasant**.

Engaging Activity: What do you see?



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Duck-Rabbit Image



We interpret situations, people's actions, and even pictures differently. because we have different experiences, needs, goals, feelings, and values that shape our perspective and understanding

Sometimes, we're too quick to judge a situation.

We don't always take the time to fully consider other perspectives.

We can practice **Taking in the Good** by making an effort to see things from a more positive perspective.

Matthew scored an 85 percent on his math test. His parents are going to be very proud of his achievement, especially since math is Matthew's most challenging subject. He dedicated a lot of time to improve his math skills. This is the highest score he earned this year! He felt a sense of satisfaction because his hard work paid off. Later that day, Matthew found out that some of his classmates scored above a 90 percent on their math tests.





Engaging Activity: Taking in the Good



Pure Power Unit 5



Students Learn:

- ❖ Define leadership
- ❖ Conflict triggers & escalation
- ❖ Active listening skills
- ❖ Kind communication skills
- ❖ Good citizenship & altruism

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.

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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
- ❖ Rest Your Eyes
- ❖ Taking in the Good

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



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Pure Community

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