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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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.
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
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
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
Engaging Activity: Rest Your Eyes
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.”
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

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
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.”

Rick Hanson, Ph. D.

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.

Image: https://www.relevantinsights.com/blog/10-cognitive-biases
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?
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
Students Learn:

- Define leadership
- Conflict triggers & escalation
- Active listening skills
- Kind communication skills
- Good citizenship & altruism
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.
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.
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
Thank you for joining us!

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

Trainers: Erin Cooney

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