



Thank you for joining us!

Session 1: Early Childhood Education: Mindfulness for All
Trainer: Erin Cooney
Director of Curriculum & Instruction

Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in your respective agency's system in order to earn credit hours.
4. If you'd like, grab a pen/pencil/paper to jot down your thoughts.



Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Introductions



Respond to the poll
to tell us a little
about yourself.

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.



Mission

Pure Edge, Inc. believes that all educators and learners deserve to be taught strategies that help combat stress and support the development of social, emotional, and academic learning competencies with an open heart and mind.



Introductions

Erin Cooney

erin@pureedgeinc.org

*Director of Curriculum & Instruction,
National Trainer*



Welcoming Activity: How are you feeling?

1



2



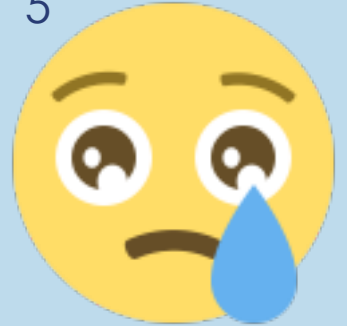
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4



5



6



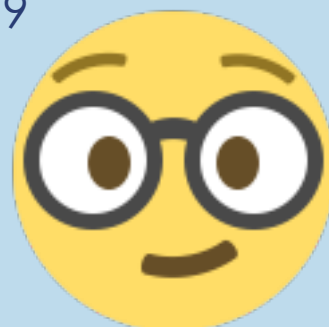
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8



9



10





Welcoming Activity: Mindful Minute



Learning Objectives

- ❖ Access Pure Edge's open educational resources.
 - ❖ Understand the impact of stress on educators and learners.
 - ❖ Experience Brain Breaks exercises as participant.
 - ❖ Develop a self care implementation plan.
 - ❖ This is session one of a three part series.
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pureedgeinc.org

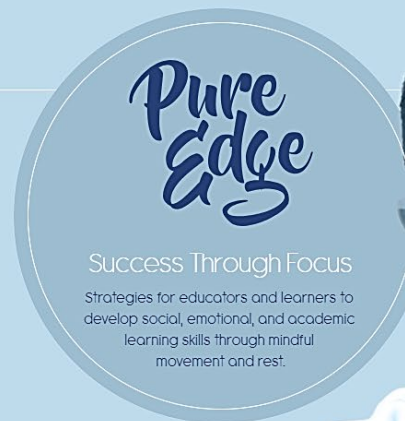
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

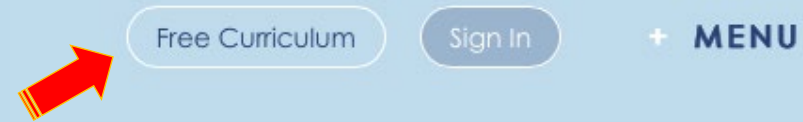
●
move

●
rest

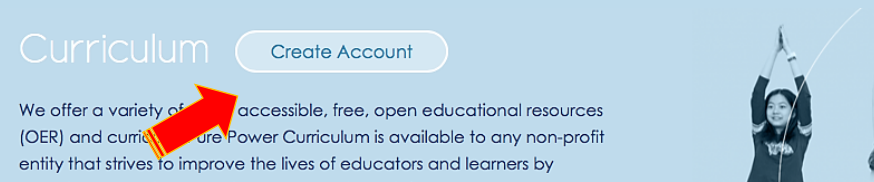


Setting up a New Account

1. From homepage, click on **"Free Curriculum"** button in top right corner.



2. From curriculum page, click on **"Create Account"**



3. Fill out Registration Form
 - **Use Work Email**
 - **Approval takes 1-2 business days**

Register to Access Our Curriculum Library

[Already have an account? Log in here](#)

Pure Edge, Inc. Power Curriculum is available to any non-profit entity that strives to improve the lives of children by teaching scholars strategies to achieve *success through focus*. If you would like to sign-up to access our curriculum and resources, fill out the form below. Please be sure to use your work email address. After you register, your request will be sent to the site administrator for approval. You will then receive an email with further instructions.

Username *

Password *

Enter password again *

HEADSPACE: Mindfulness On Demand



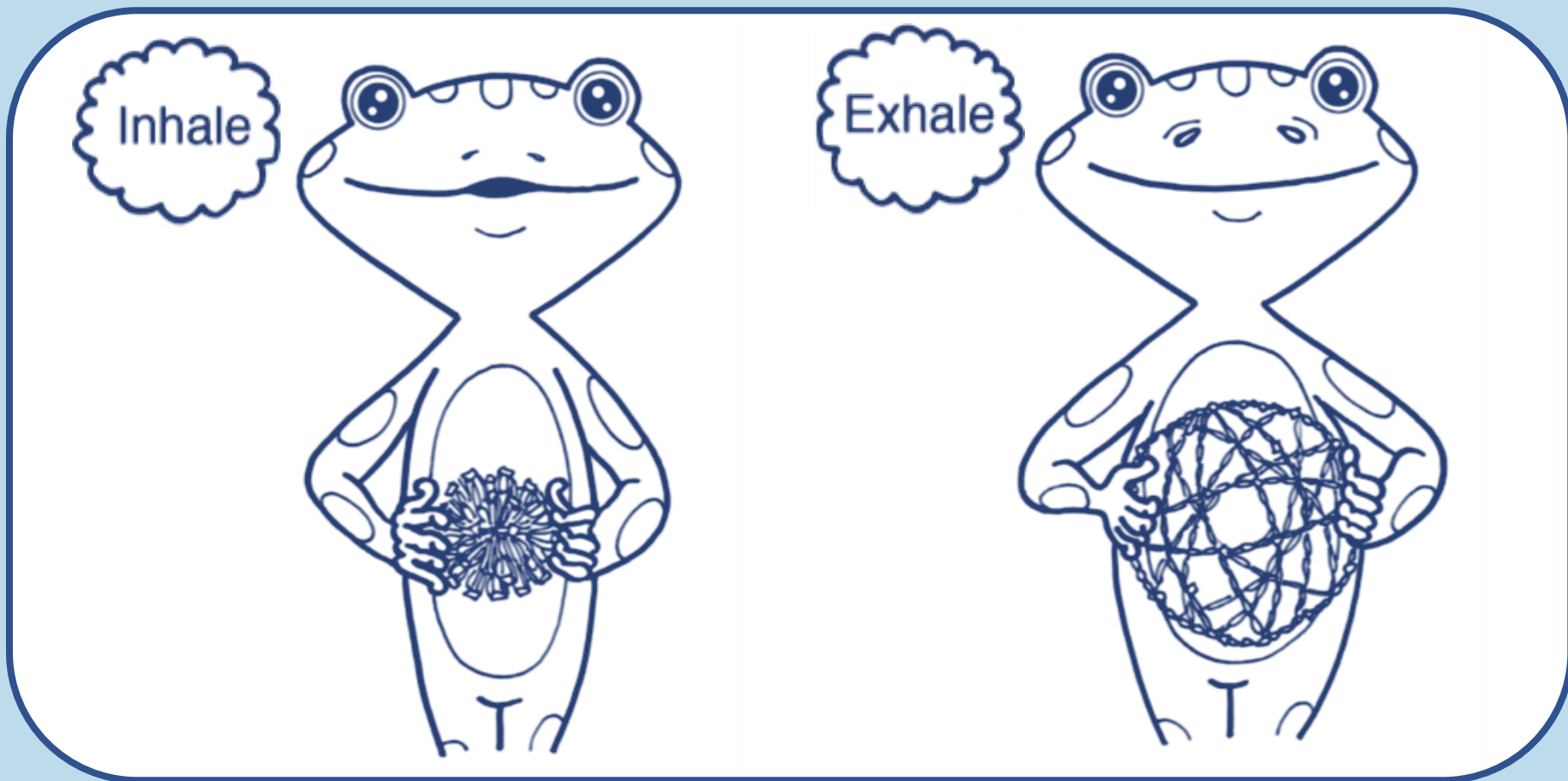
Headspace is donating their app
to all Educators.

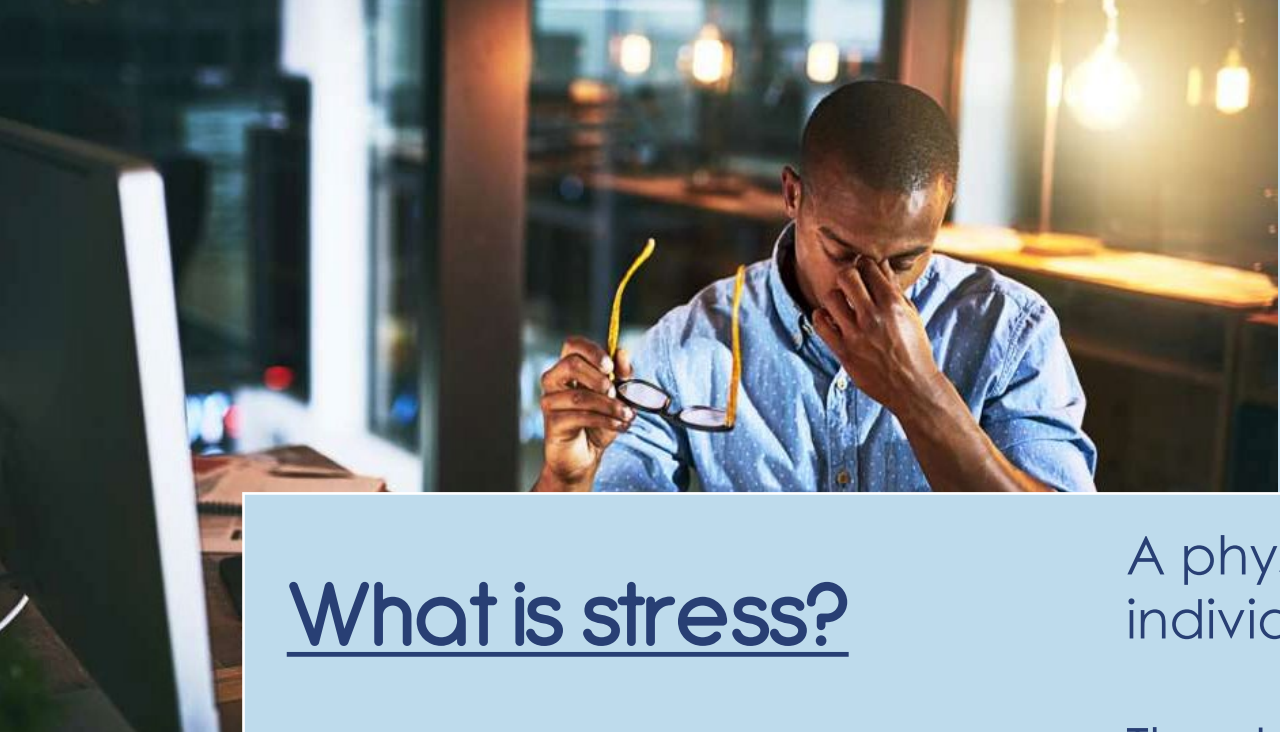
go.headspace.com/pureedge

Think of it as,
**A personal meditation guide,
right in your pocket.**



Engaging Activity: Breathing Ball





What is stress?

A physiological reaction that prepares an individual to respond to a stressor.

What is a stressor?

The stressor is usually something that threatens the well-being or homeostasis (stable equilibrium) of the individual.



Benefits

- ❖ Positive challenge
- ❖ Motivates us to take action
- ❖ Promotes well-being
- ❖ Enhances performance

Detriments

- ❖ No relief in sight
- ❖ Makes us physically sick
- ❖ Weakens immune system
- ❖ Impairs performance

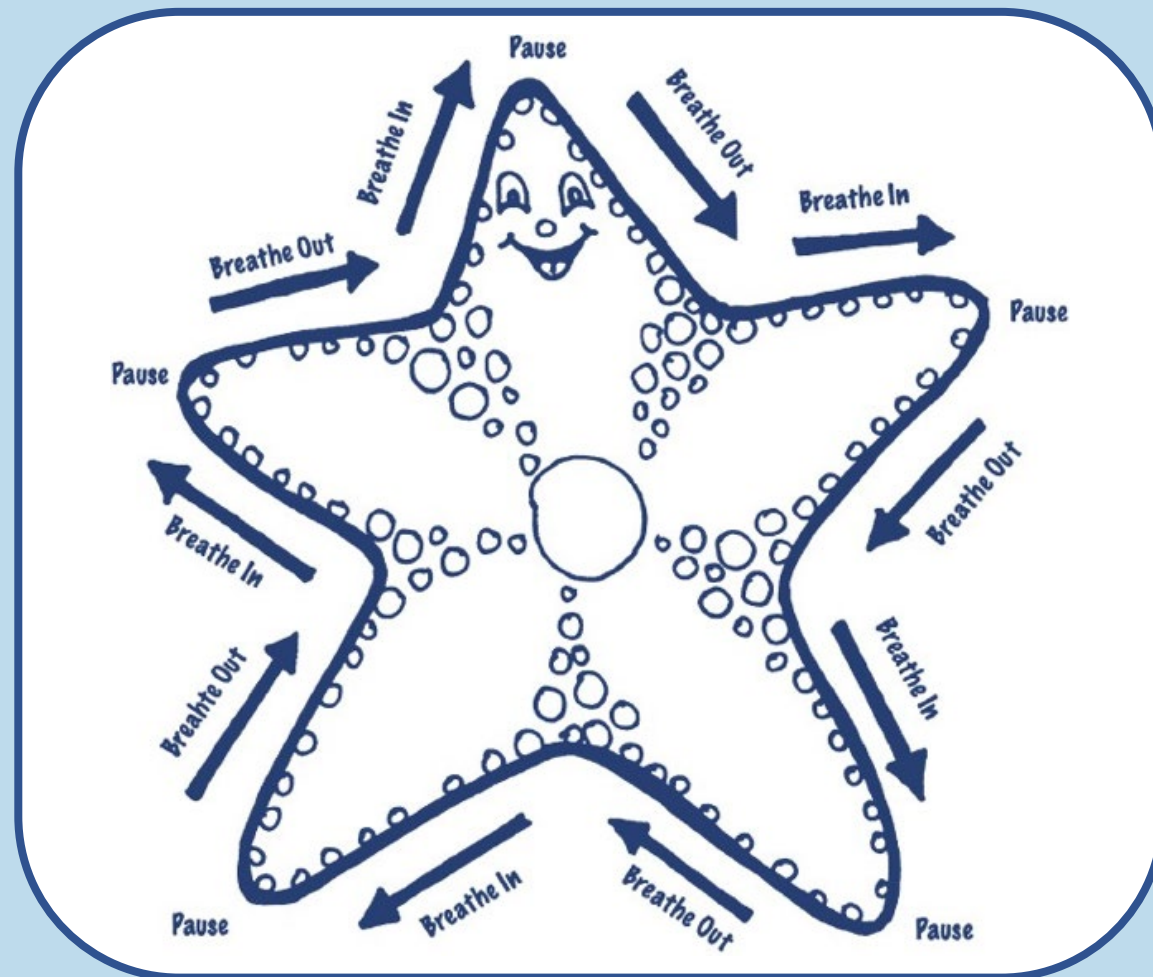
Stress Accumulates ↔ Allostatic Load

Allostatic load is "the wear and tear on the body," which accumulates as an individual is exposed to repeated or chronic stress.





Engaging Activity: Starfish Breathing



Breathe

Move

Rest



What we hope to do

Respond

Vs.

React

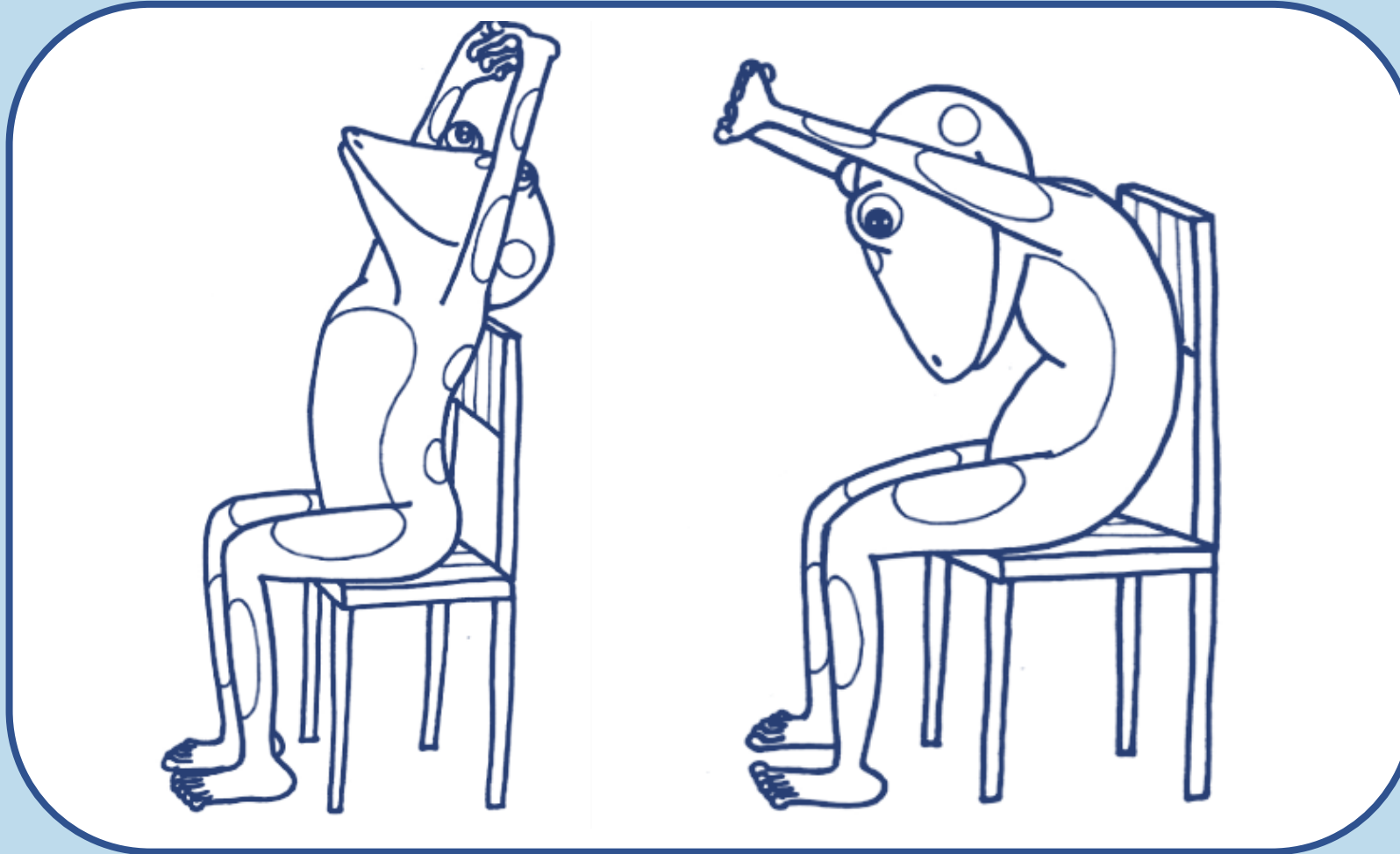


Mindfulness is kind
awareness.

There is no right or
wrong way to feel,
nor right or wrong
way to notice.



Engaging Activity: Chair Cat/Cow



STRESSOR: Pandemic (CDC)



- Health-related fear



- Sleep problems



- Eating problems



- Concentration problems



- Worsening of chronic health problems



- Increased use of alcohol, tobacco, and other drugs



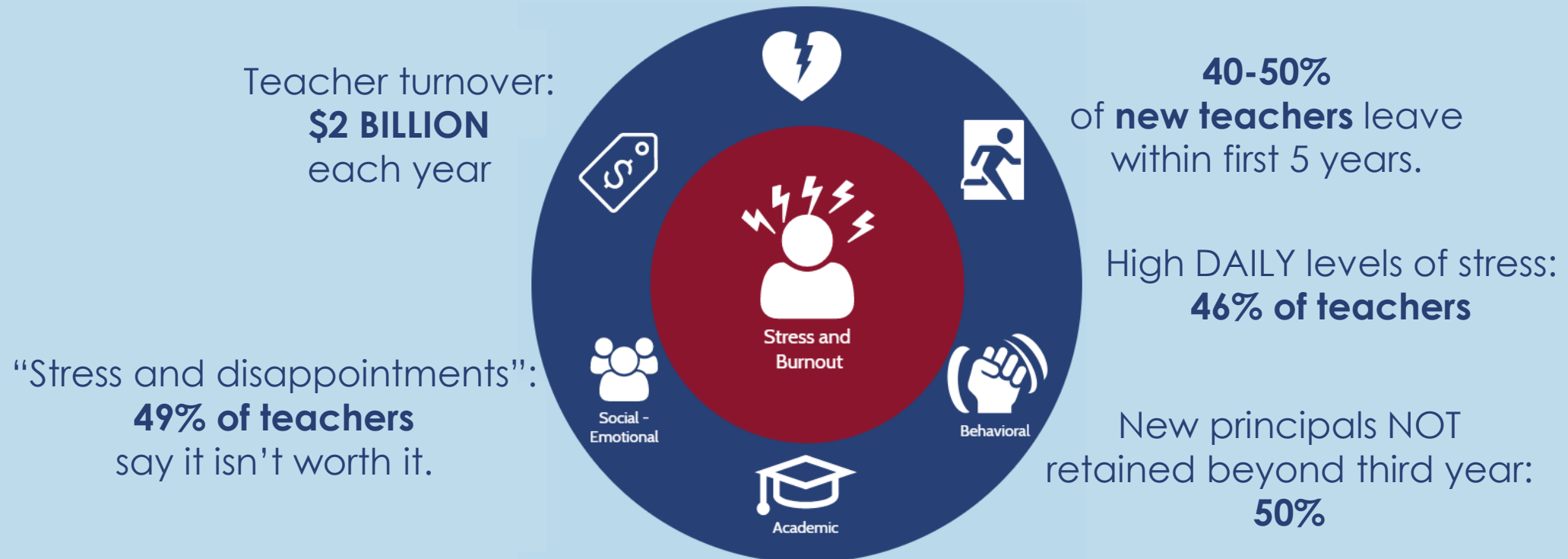
- Isolation
 - 50% of 20K responders reported feeling lonely (Cigna Survey)

Issues we face...



Why Focus on School Stress?

In highly stressed school environments, teachers and learners pay the costs.



When teachers are highly stressed, students show lower levels of both social adjustment and academic performance.

Teacher Burnout

Disrupts relationships between schools and communities

Turnover happens most in poorly performing schools, leading to destabilization of low-income neighborhood schools.



Stress Is Contagious



Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher **Kimberly Schonert-Reichl** urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.



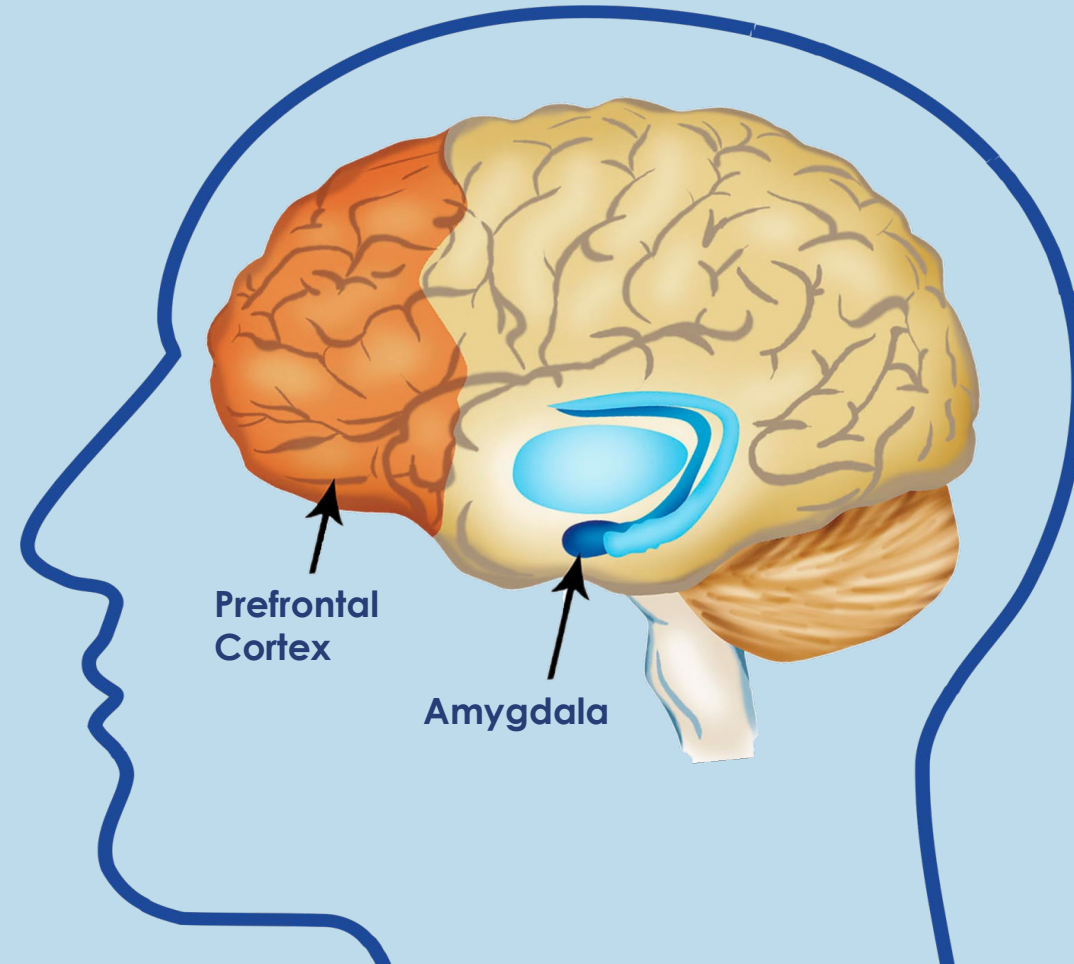
Self-Care is
primary to
caring for
others.



Engaging Activity: Chair Twist



Self-Regulation & the Brain



Neuroscience: Self-Care & Vagal Tone

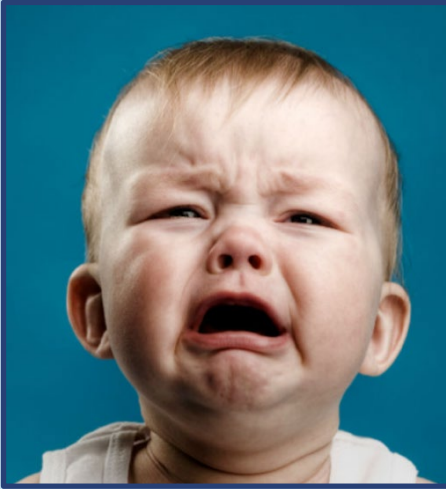


THE VAGUS NERVE

How to Hack Your Nervous System

The vagus nerve, the tenth cranial nerve, is the superhighway of the nervous system that connects the body and brain. We can tone the **vagus nerve** through deep breathing exercises.

Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



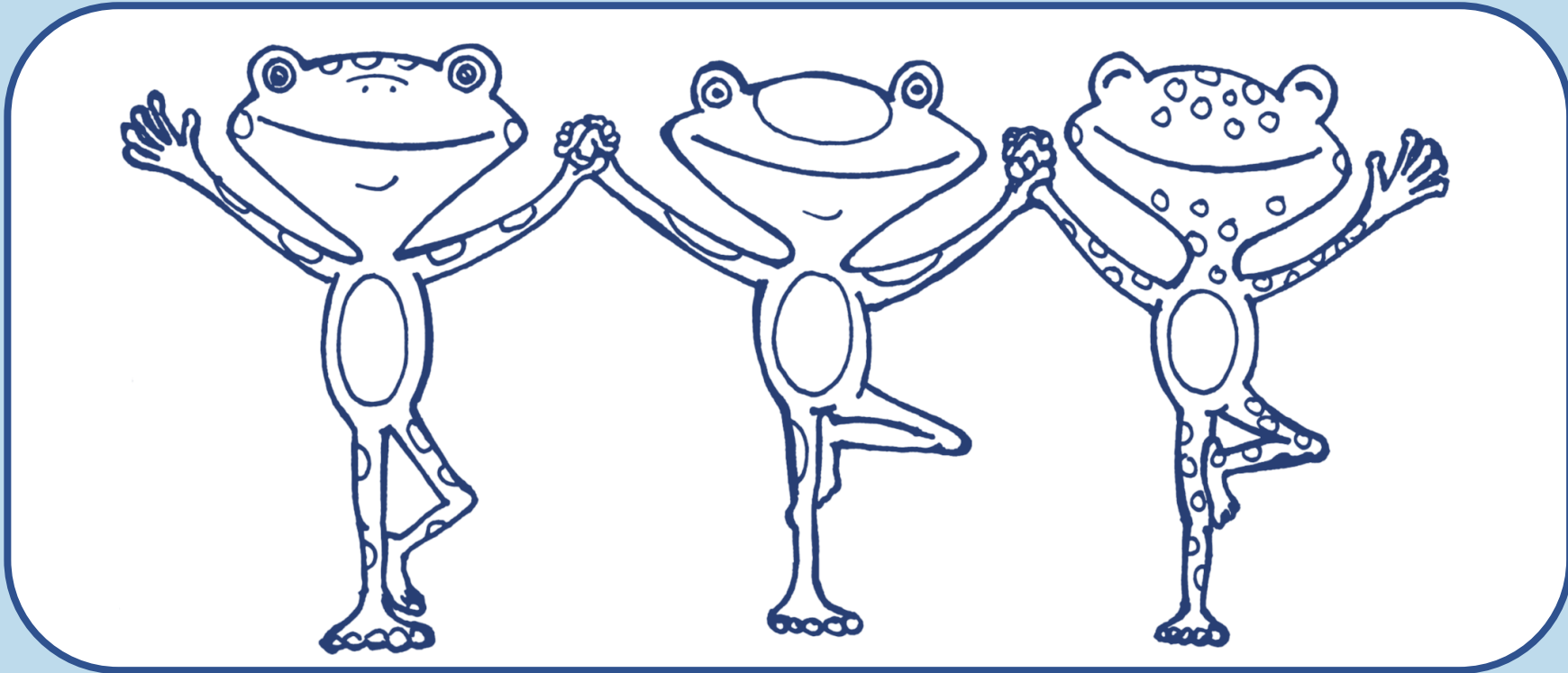
“Brake”

Parasympathetic Nervous System:
Rest and Digest





Engaging Activity: Tree



Engaging Activity: Think-Ink-Share

Educator Self-Care Implementation Exploration

What...

When...

Where...

Did you know?

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.



Engaging Activity: Attitude of Gratitude



Takeaways

Circle back:

- Use breathe, move, rest to alleviate Allostatic Load.
- When you “Flip your Lid,” breath is one tool to help bring the PFC back online.
- Be consistent with these strategies.
- Repetition is good.

Brain Breaks Review:

❖ Breathe

- Breathing Ball
- Starfish Breathing

❖ Move

- Chair Cat/Cow
- Chair Twist
- Tree

❖ Rest

- Attitude of Gratitude

Optimistic Closure: One Word Takeaway



Photo: Juan Monino



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