



Thank you for joining us!

Session: Brain Breaks for Grades 6-12, Part 1

Trainer: Erin Cooney,
Director of Curriculum & Instruction

Getting Started:

1. If you have any questions, please type them into the Q&A box!
2. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion/attendance record.

Follow us @pureedgeinc



Website: www.pureedgeinc.org

Email: getmoving@pureedgeinc.org



Introductions

Erin Cooney, Ed. M.

erin@pureedgeinc.org

*Director of Curriculum & Instruction,
National Trainer*



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.



Follow us @PureEdgeInc



©2020 Pure Edge, Inc.

Welcoming Activity: How are you feeling?

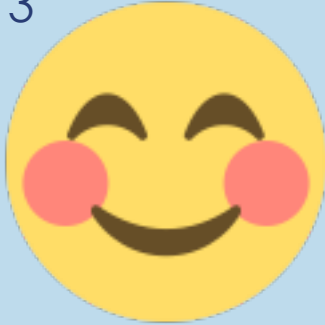
1



2



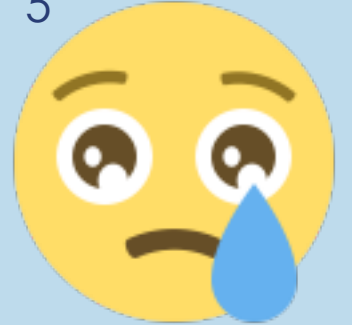
3



4



5



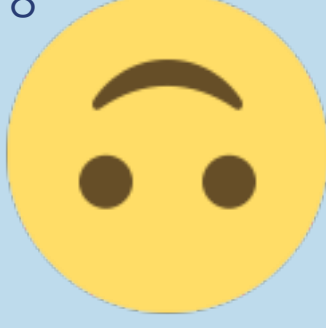
6



7



8



9



10





Engaging Activity: Mindful Minute



Follow us @PureEdgeInc



©2020 Pure Edge, Inc.

Learning Objectives

- ❖ Identify the aspects of Pure Edge Brain Breaks.
 - ❖ Experience Pure Edge Brain Breaks
 - ❖ Create a Brain Breaks implementation plan.
 - ❖ Describe how Brain Break strategies align with SEL standards/CASEL framework.
 - ❖ Explore the neuroscience behind the exercises.
-



“

“The three most important aspects of learning
–attention, focus, and memory–
are all controlled by our emotions,
not by cognition.”

Marc Brackett

”



Social Emotional Learning (SEL) is...

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.



Signature Practices to Integrate SEL:

Welcoming Activity, Engaging Activity, and Optimistic Closure



Welcoming Inclusion Activities

(1-9 minutes)

- Support contribution by all voices
- Set norms for respectful listening
- Create connection and belonging
- i.e. Community building, check-in

Engaging Strategies

(1-15 minutes)

- Sense Making
- Transitions
- Brain Breaks
- Intentionally build adult SEL skills
- i.e. Brain Break, think-ink-pair-share

Optimistic Closure

(3-5 minutes)

- Creates momentum towards taking action
- Reflection and looking forward
- Intentional Closure
- Topic reinforcement
- i.e. Reflective questions



Follow us @PureEdgeInc

Source: SEL 3 Signature Practices Playbook 2019



©2020 Pure Edge, Inc.



1 - 5 minute activities for any classroom

- ❖ Breathing
- ❖ Mindful movement
- ❖ Mindfulness breaks

Ideal for:

- ❖ Start and end of day
- ❖ Transition Times
- ❖ Before Testing

Brain Breaks align to twenty of the ninety-eight National PE Standards for PreK-5, and four of five National PE over-standards.



Follow us @PureEdgeInc



©2020 Pure Edge, Inc.

Breathe

Move

Rest





Engaging Activity: Breathing Ball



1. Take a breath in as the ball opens.
2. Breathe out as the ball closes.

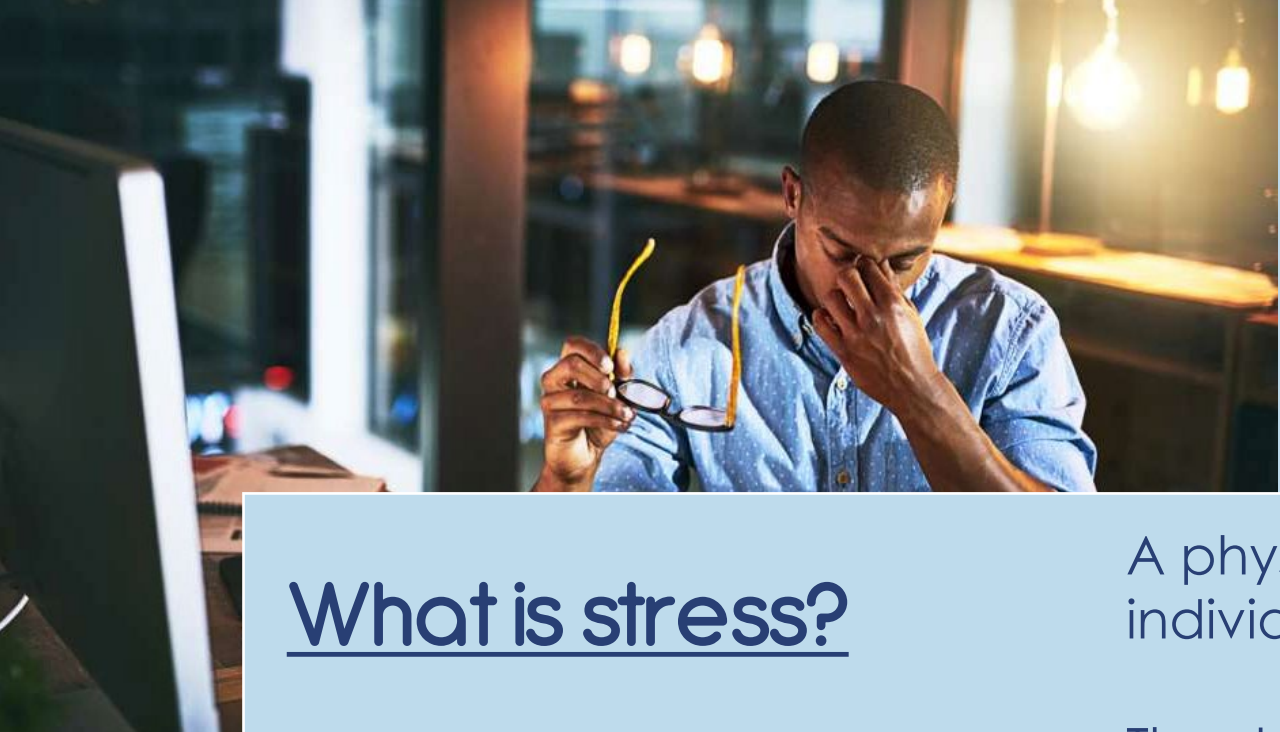
- ❖ We use a Hoberman Sphere™ as a breathing ball.
- ❖ You can have learners take turns leading a few rounds with the breathing ball.
- ❖ Explain that the expansion and contraction of the breathing ball represents the change in size of the lungs as they fill with air on the inhalation and expel the air on exhalation.



Benefits of Nasal Breathing

- ❖ **Filters dust and impurities** from the air
- ❖ Warms the air to body temperature
- ❖ The diaphragm is more easily controlled, which supports the development of **internal core strength**
- ❖ More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- ❖ Increased oxygen from nasal breath **increases energy** and vitality





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.



Follow us @PureEdgeInc

McEwen, BS; Stellar, E (Sep 27, 1993). "Stress and the individual. Mechanisms leading to disease". Archives of Internal Medicine. 153 (18): 2093–101.



©2020 Pure Edge, Inc.



Engaging Activity: Even In – Even Out

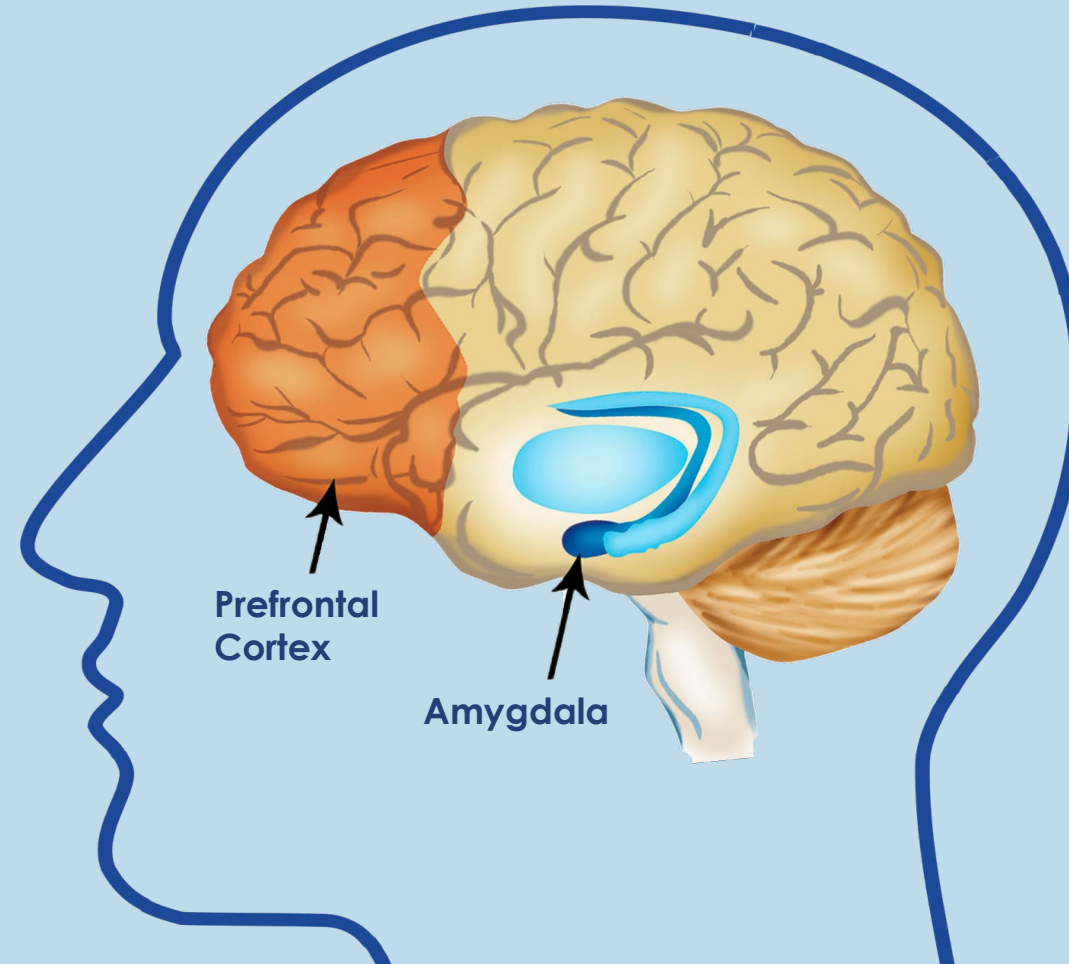


1. We are going to focus on making our inhales and exhales even. Try to stay with my count, but do not force or hold your breath.
2. Inhale deeply through the nose for a count of one.
3. Exhale for a count of 1.
4. Inhale (1, 2)
5. Exhale (2, 1)
6. Inhale (1, 2, 3)
7. Exhale (3, 2, 1)
8. Inhale (1, 2)
9. Exhale (2, 1)
10. Inhale (1)
11. Exhale (1)
12. Breathe naturally through the nose.
13. Notice how you feel.

**The inhalation and exhalation should be equal in length. Count up as you breathe in (1, 2, 3) and count down as you breathe out (3, 2, 1). The count may increase up to a count of five as the breath becomes deeper and fuller.*



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.



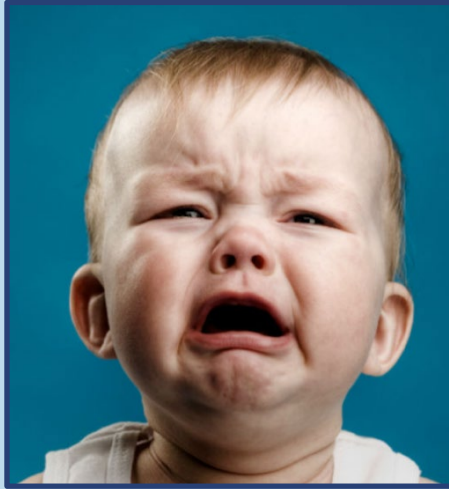
Follow us @PureEdgeInc

<http://depresseddisorder.blogspot.com/2015/09/7-ways-to-stimulate-your-vagus-nerve-to.html>
<https://www.yogauonline.com/yogau-wellness-blog/vital-vagus-what-vagus-nerve-and-what-does-it-do>



©2020 Pure Edge, Inc.

Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

Parasympathetic Nervous System:
Rest and Digest





Engaging Activity: Take Five



1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.

**Learners are synchronizing their movement, breath, and gaze. On the inhale, index finger and eyes trace upward along a finger; on the exhale, index finger and eyes trace downward along a finger. Each upward movement is coupled with an inhale, whereas each downward movement is coupled with an exhale.*



“

The neuroscience shows that
how we *think* is affected by
how we *feel*.

Dr. Kimberly Schonert-Reichl

”



Stress Is Contagious



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

Researcher Kimberly Schonert-Reichl (University of British Columbia) urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.



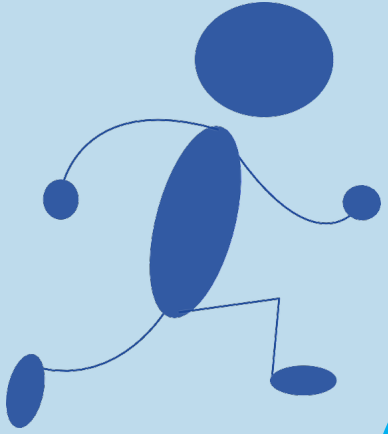


Engaging Activity: Chair Cat/Cow



1. Sit in Seated Mountain with hands on knees. You can either keep your hands on your knees throughout the exercise, or interlace fingers and press the palms away from you.
2. As you inhale, reach the center of your chest up toward the ceiling, and lift your chin so that you are looking at the ceiling. If you have interlaced your fingers, reach your arms overhead. (Cow)
3. As you exhale, round your spine and drop your chin toward your chest. If hands are overhead, in the same movement bring your hands forward until arms are parallel with the floor. (Cat)
4. Repeat for several breaths: inhale, chest up, gaze lifts. Exhale, round the spine, chin tucks, gaze drops.
5. Return to Seated Mountain.





Your Brain on Exercise

Physical activity enhances neuroplasticity —your memory is sharpened, neurological connections are forged, and existing connections are fortified. As Dr. John Ratey says, “That which makes us think, also makes us move.”

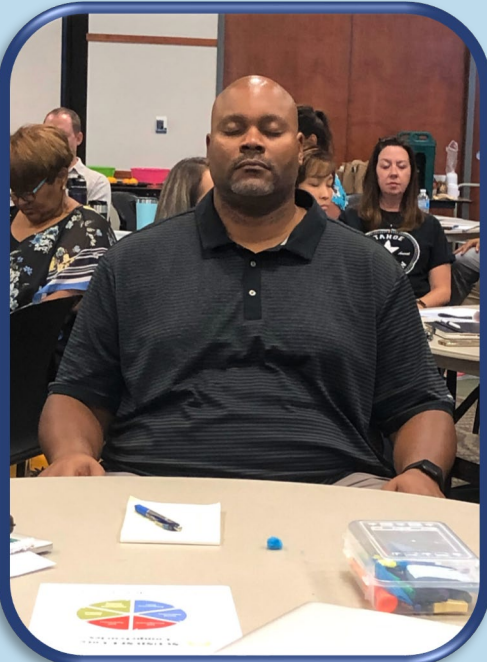
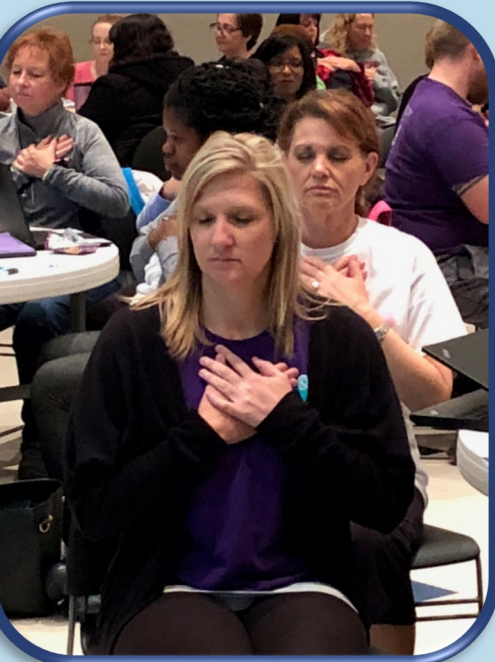


Physical Regulation

Through practices of:

Breathe, Move, Rest

We learn again and again, what it feels like
to move through our experiences in a
thoughtful, nonreactive way.



What we hope to do

Respond

Vs.

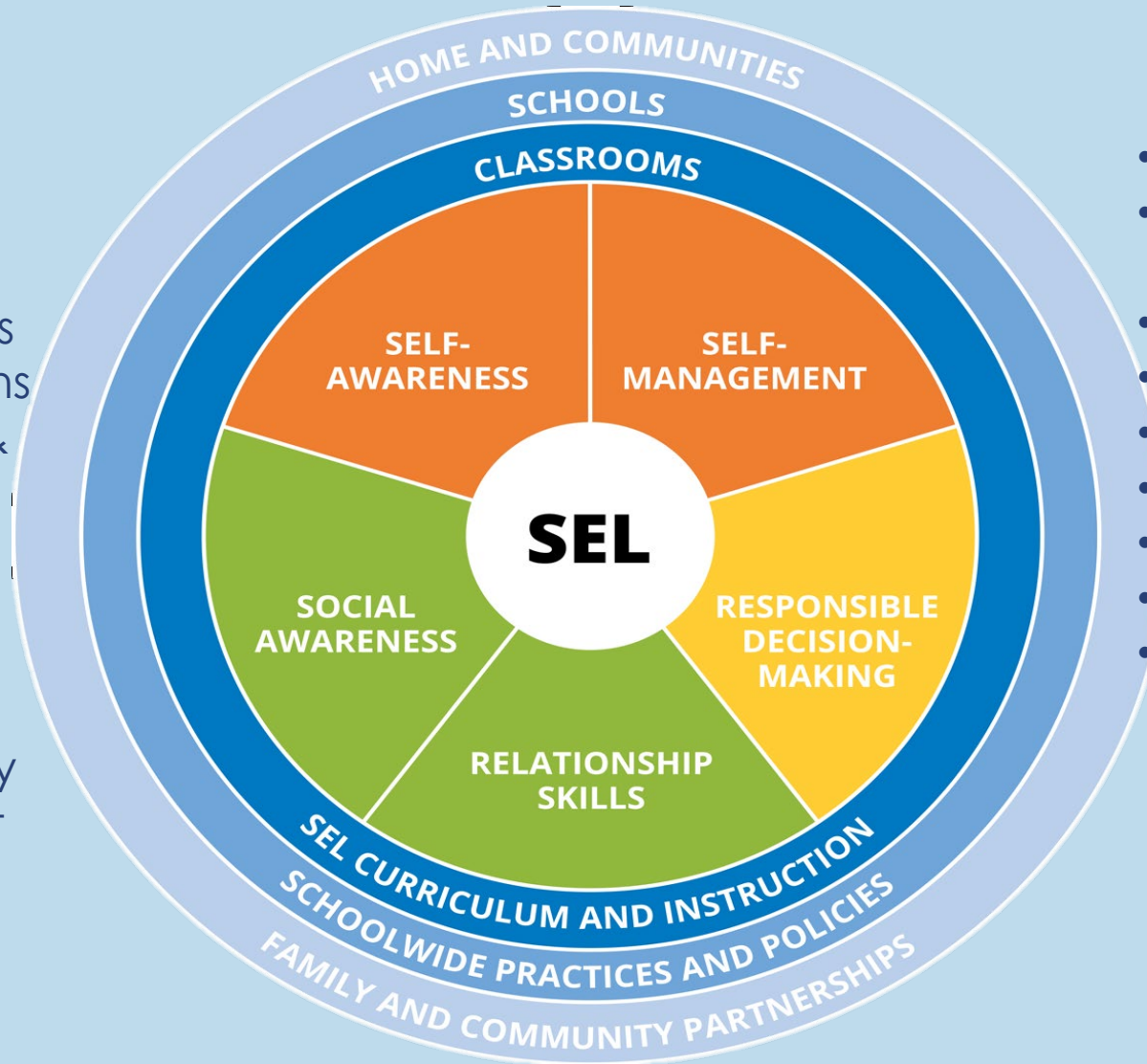
React



How is social emotional learning (SEL) connected to self-care?

Self-Awareness

- Integrating personal & social identities
- Identifying personal, cultural, & linguistic assets
- Identifying one's emotions
- Demonstrating honesty & integrity
- Linking feelings, values & thoughts
- Examining prejudices & biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests & a sense of purpose



Self-Management

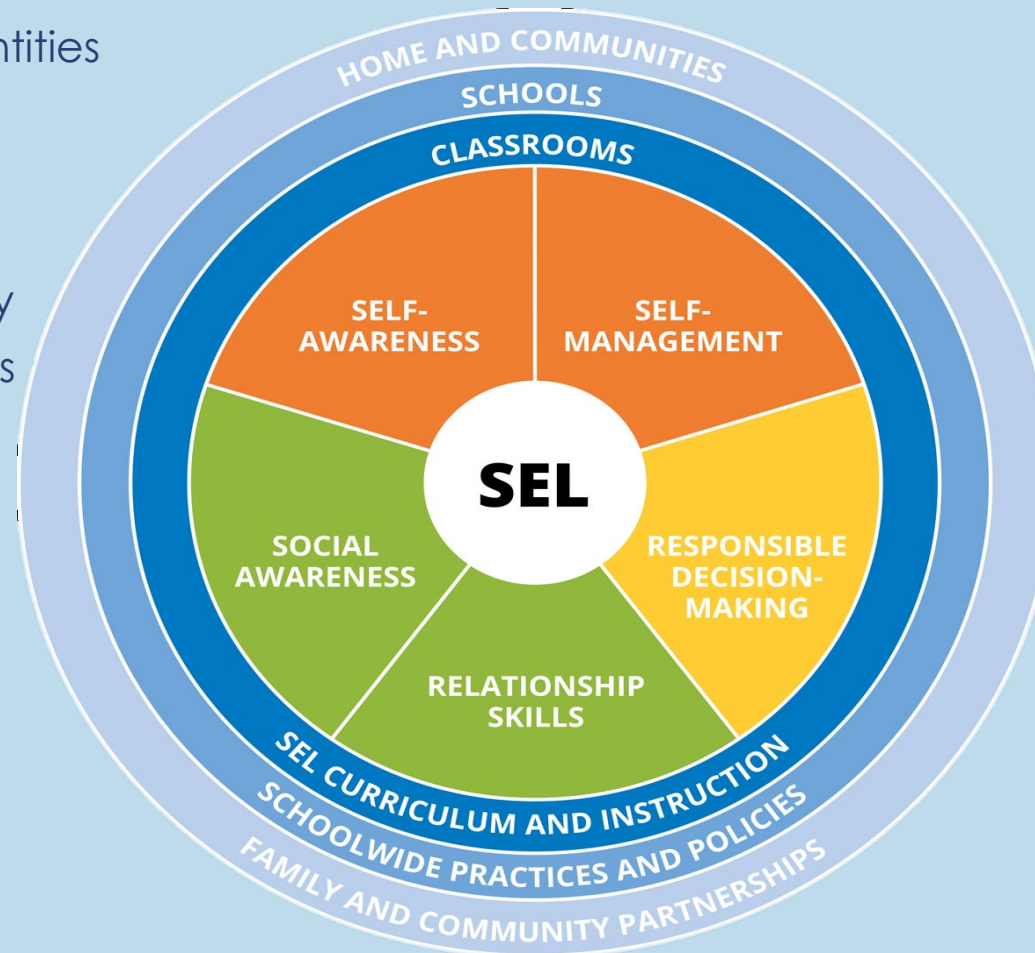
- Managing one's emotions
- Identifying and using stress management strategies
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills
- Taking initiative
- Demonstrating personal and collective agency



How is social emotional learning (SEL) connected to self-care?

Self-Awareness

- ❖ Integrating personal & social identities
- ❖ Identifying personal, cultural, & linguistic assets
- ❖ Identifying one's emotions
- ❖ Demonstrating honesty & integrity
- ❖ Linking feelings, values & thoughts
- ❖ Examining prejudices & biases
- ❖ Experiencing self-efficacy
- ❖ Having a growth mindset
- ❖ Developing interests & a sense of purpose



Self-Management

- ❖ Managing one's emotions
- ❖ Identifying and using stress management strategies
- ❖ Self-discipline
- ❖ Self-motivation
- ❖ Perseverance
- ❖ Goal-setting
- ❖ Organizational skills
- ❖ Taking initiative
- ❖ Demonstrating personal and collective agency



Engaging Activity: Chair Twist



1. Sit in Seated Mountain.
2. Inhale, sit up tall.
3. Exhale, touch your right knee with your left hand and put your right hand on your hip (or the back of the chair).
4. Inhale, sit up tall.
5. Exhale, look over your right shoulder.
6. Stay still and take 3 relaxed breaths.
7. Inhale, come back to Seated Mountain.
8. Exhale, repeat to other side.

**In both Chair Twist and Chair Sunrise Twist, as you twist to one side notice what happens to your knees. Try to keep the knees even with each other and pointing straight ahead.*



Brain Breaks Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises



Getting Started

Start Small * Practice * Create Routines

- ❖ **Open and/or Close** with Breathing Exercise:
 - ❖ **Breathing Ball, Even In - Even Out, or Starfish Breathing/Take 5**
- ❖ Because you and your learners are likely sitting for long periods of time, include a movement **break every 45–60 minutes**:
 - ❖ **Chair Twist or Cat Cow**



pureedgeinc.org

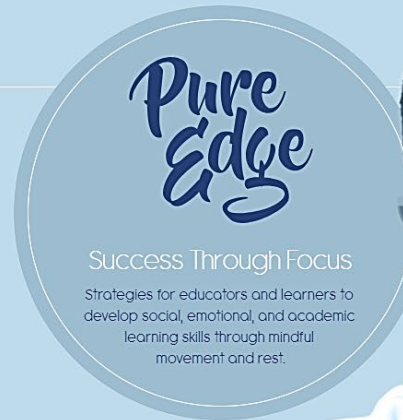
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•
breathe

•
move

•
rest



Follow us @PureEdgeInc



©2020 Pure Edge, Inc.



Training Manual

Grades
6-12

Grades
6-12



Here are a few suggestions for when to implement Brain Breaks for grades 6-12. The suggested exercises are meant to support the educator in getting started with Brain Breaks. Once the learners are familiar, other exercises from the manual can be incorporated. Check our website, www.pureedgeinc.org, for video tutorials and access to the Brain Breaks manual.

Arrival/ Homeroom

Mindful Minute offers learners a chance to check in with themselves at the start of the school day. The start of the day is also a great time to incorporate **Breathe** exercises such as **Anchor Breathing** or **Rest** exercises like **Mindful Listening**.

Refocus Between Classes

Use the breath to help settle students as they transition from one class to another. Good options to start with are **Breathing Ball**, **Even-In, Even-Out** or **Belly-Heart Breath**.

Break During Class

Bring a little movement and breathing as a break to re-energize learners during longer lessons. **Chair Cat/Cow**, **Chair Twist**, **Desk Dog**, **Tree** or **Eagle** work well.

Before Testing

Breathing exercises help relieve testing-related stress and put learners in a state of focus. Use exercises that learners are already familiar with. **Take Five**, **Belly Breathing**, and **Alternate Nostril Breathing** are simple and effective choices.

Afternoon Slump

To re-engage sluggish learners, some breath and movement can be helpful. **Chair Pose Twist** and **Forward Bend**, **Standing Half Moon**, and **Recharge Sequence** will get learners moving. Offering **Guided Rest** before movement when learners are tired can also re-energize them.

Departure

Taking in the Good and **One Minute Reflection** are **Rest** exercises designed to help learners reflect at the end of the day.



Video Library: English

Videos en Español ▶



Featured Video

Our Breathe Library takes you through breathing techniques that will help with focus, feeling emotions and a sense of calm. Each breathing technique is modeled in 1 to 2 minute video tutorials.



Follow us @PureEdgeInc



©2020 Pure Edge, Inc.



Engaging Activity: Guided Rest or Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.



Optimistic Closure: My Next Step



Follow us @PureEdgeInc

This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)



©2020 Pure Edge, Inc.

Takeaways

Circle back:

- Allostatic load can be reduced by practicing Breathe-Move-Rest strategies.
- Self-care practice directly develops self-awareness and self-management competencies.
- Create routines for including Brain Breaks in your classroom.

Brain Breaks Review:

❖ Breathe

- Breathing Ball
- Even In – Even Out
- Take Five

❖ Move

- Chair Cat/Cow
- Chair Twist

❖ Rest

- Mindful Minute
- Guided Rest or Body Scan





Pure Community

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance.

Thank you for joining us!

Session: Brain Breaks for Grades 6-12, Part 1

Trainer: Erin Cooney, Director of Curriculum & Instruction



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



Follow us @PureEdgeInc

