Getting Started:

1. If you have any questions, please type them into the Q&A box.

2. Place a pen/pencil/paper nearby to jot down your thoughts.

3. Make sure you have some space to move.
Introductions

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

http://www.earlylearninghq.org.uk/class-management/multilingual-hello-poster/
Introductions

Erin Cooney
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Director of Curriculum & Instruction;
National Trainer
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.
Welcoming Activity

Be honest, are you wearing PJs right now?

- Never!
- 100% Yes
- Business on top, PJs on the bottom
- I literally changed into “real clothes” a minute ago

Welcoming Activity

What is the theme song to your life?

Use the Q & A box to respond.

https://beleaderly.com/15-songs-for-your-leadership-playlist-2/
Engaging Activity: Mindful Minute
Learning Objectives

- Describe “Start with the Heart: Shine Pre-K” Curriculum.
- Practice and implement Breathe, Move, and Rest strategies for Self-Awareness and Self-Management.
- Access and use PureEdgeInc.org online resources.
Video:

Breathe

Breathing Ball
Video:

Breathe

Smell The Rose,
Blow Out The Candle
Start with the Heart

- Goal: any teacher can pick up and use.
- We animated 10 of our favorite Brain Breaks for Pre-K.
- Includes teaching guidelines and sample schedules for delivery.
- Simplifies the process of bringing Brain Breaks into your classroom.
Video:

Breathe

Animal Arms: Crocodile
Video:

Breathe

Animal Arms: Butterfly
Largest Multi-Method CONTROLLED Longitudinal YOUTH Yoga Study in US

Social Emotional, Cognitive & Academic

Multi-Method

Neuro-endocrine

Sleep Quality

Brain Structure & Functioning

Dr. Victor G. Carrion, John A. Turner, M.D. Professor and Vice Chair of Psychiatry and Behavioral Sciences at Stanford University and Director of the Stanford Early Life Stress and Pediatric Anxiety Program.
Mindfulness training helps kids sleep better, Stanford Medicine study finds

Children who learned techniques such as deep breathing and yoga slept longer and better, even though the curriculum didn’t instruct them in improving sleep, a Stanford study has found.

At-risk children gained more than an hour of sleep per night after participating in a mindfulness curriculum at their elementary schools, a study from the Stanford University School of Medicine.

Taught mindfulness techniques, stretching and breathing exercises, children in a study gained over an hour of sleep per night. 

Erik Gonzalez/Shutterstock
Sleep

“To fall asleep you have to relax, but they have a hard time letting their experiences go.”

Victor Carrion, MD
Director, Stanford Early Life Stress and Resilience Program

- Children in the study come from two low-income communities in the San Francisco Bay Area with:
  - high rates of crime and violence
  - food insecurity
  - unstable housing.

Image Sources: Pure Edge
Learners who received the intervention...

- Gained an average of 74 minutes of sleep per night.
- Gained an average of 24 minutes of REM sleep.

Sleep

- The health of both the brain and the body depend on the quality of our sleep.

- Highly important mental functions can all be impaired due to lack of sleep:
  - focusing attention, thinking, remembering
  - problem solving, emotional regulation
  - connecting with others
Video:

Move

Sunrise/Sunset
When to use Brain Breaks

- Start of Day
- End of Day
- Transition Times
- Circle Time
- Before Rest Time.
Guidelines for Delivery

- **Be Consistent**: deliver Brain Breaks at the same time every day.
- **Start Small**: just a few simple Brain Breaks on day one.
- **Slowly Build**: over time, add in new Brain Breaks to your routine.
- **Repeat**: kids’ brains respond well to repetition.
- **Focus on the Breath**
Video:

Move

Standing Half Moon
## Sample Schedule: Week One

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathe</td>
<td><strong>Smell the Rose, Blow out the Candle</strong></td>
<td><strong>Smell the Rose, Blow out the Candle</strong></td>
<td><strong>Smell the Rose, Blow out the Candle</strong></td>
<td><strong>Smell the Rose, Blow out the Candle</strong></td>
<td><strong>Smell the Rose, Blow out the Candle</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Breathing Ball</strong></td>
<td><strong>Breathing Ball</strong></td>
<td><strong>Breathing Ball</strong></td>
<td><strong>Breathing Ball</strong></td>
<td><strong>Breathing Ball</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Animal Arms: Crocodile, Pufferfish</strong></td>
<td><strong>Animal Arms: Dolphin, Butterfly</strong></td>
<td><strong>Animal Arms: Butterfly, Pufferfish</strong></td>
<td><strong>Animal Arms: Crocodile, Dolphin</strong></td>
<td><strong>Animal Arms: Pufferfish</strong></td>
</tr>
<tr>
<td>Move</td>
<td>None</td>
<td>None</td>
<td><strong>Sunrise/Sunset</strong></td>
<td><strong>Sunrise/Sunset</strong></td>
<td><strong>Sunrise/Sunset</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Standing Half Moon</strong></td>
<td><strong>Standing Half Moon</strong></td>
<td><strong>Standing Half Moon</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Tree</strong></td>
<td><strong>Tree</strong></td>
<td><strong>Tree</strong></td>
</tr>
<tr>
<td>Rest</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td><strong>Guided Rest with Breathing Buddy</strong></td>
</tr>
</tbody>
</table>
Sample Schedules

- 10 minutes a day
- Do *Breathe* exercises first, then *Move*, then *Rest*
- If you don’t have time for all the exercises, just eliminate one or two from each category.
Video:

Move

Tree
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

Self-Care
Video:

Move

Guided Rest with Breathing Buddy
Optimistic Closure: One Word To Describe How You Feel—Type it in the chat box!

Photo: Juan Monino

Follow us @PureEdgeInc

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Brain Breaks Review

**Breathe**
- Breathing Ball
- Smell the Rose, Blow out the Candle
- Animal Arms: Crocodile
- Animal Arms: Butterfly

**Move**
- Sunrise/Sunset
- Standing Half Moon
- Tree

**Rest**
- Mindful Minute
- Guided Rest with Breathing Buddy

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Takeaways

- Start with the Heart is designed for easy implementation.
- Brain Breaks benefit learners and educators.
- Resources available on PureEdgeInc.org.
Thank you for joining us!

Session: Start with the Heart: Pre-K
Trainer: Erin Cooney

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. This is for live webinars via Zoom only.

Follow us @pureedgeinc
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