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.
Introductions

Erin Cooney
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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

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

Describe Your Mood Today

Sunshine  Rainy  Thundery  Cloudy  Rainbow

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Welcoming Activity

What is the theme song to your life?

Use the Q & A box to respond.
Engaging Activity: Mindful Minute
Learning Objectives

- Describe “Start with the Heart: Shine K-2” 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
Largest Multi-Method CONTROLLED Longitudinal YOUTH Yoga Study in US

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.

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

Erik Gonzalez/Shutterstock

“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

Sleep

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

One group received the intervention, the other did not

The intervention was 2, 30-minute sessions of Pure Power weekly.

Sleep

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

Breathe

Smell the Rose,
Blow Out the Candle
Goal: any teacher can pick up and use.

Includes 8 of our best Pure Power lessons.

Weaves Brain Breaks throughout each lesson.

Aligned with Brain Breaks videos we created to support curriculum.
Contents

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Topics covered include:
• Superpowers
• Awareness of breath & movement
• Neuroscience of self-regulation
• Mindful listening
• Positive self-talk
• Taking in the Good
Video
Breathe
Countdown Calm Down
Lesson Two
Building Awareness of Breath

Guiding Question
How does it feel to focus on your breath?

Objective
Students will be able to apply the practice of mindful breathing using the mind jar to calm their body and mind before reacting to strong emotions.

Teacher Tips
- If you choose to include Mindfulness Promises, repeat them at the start of each lesson.
- Encourage the learners to have fun with the exercises. You can set the tone by being playful, using your imagination, and inviting them to use theirs.
- Remind learners to breathe in and out the nose for most exercises.
- As you introduce the Guided Rest exercise, remember that it may take a few repetitions for learners to settle in to the exercise. Some movement is to be expected; just like any of our Brain Breaks, resting takes practice to master.

Vocabulary
- emotion
- overwhelmed
- physical sensation

Materials
- Mind jar recipe

Brain Breaks
- Breathing Ball
- Smell the Rose: Blow out the Candle
- Animal Arms: Crocodile
- Animal Arms: Butterfly
- Guided Rest with Breathing Buddies

Cover Page
- Lesson Title
- Guiding Question(s)
- Objective
- Vocabulary
- Materials
- Brain Breaks
- Teacher Tips
Main Lesson

LESSON TWO

Brain Break 1  

**Breathing Ball**

1. Have students sit in a circle in the classroom.

2. Today, I brought a special tool we are going to use for a breathing exploration.

3. Display the mind jar at the center of the student circle.

**Active Engagement**

1. Move students into a circle in the classroom.

2. Today I brought a special tool we are going to use for a breathing exploration.

3. Display the mind jar at the center of the student circle.

The sparkles slowly settle. Instruct students to continue that body breathing until all of the sparkles settle at the bottom of the jar. Ask students to share how they feel after the jar becomes clear and calm.

Connected

Last time we worked together, we learned that mindfulness means noticing what is happening as it is happening, with a sense of kindness and curiosity. We began practicing our breath and using brain breaks to help us activate our superpowers. Does anyone remember what “activate” means? Today we will continue to activate our power to be kind and calm through mindful breathing.

**Optional Group Activity**

**Weather on the Inside**

Standing in mountains, slowly inhale your arms up above your head, and then slowly exhale them down by your sides.

Repeat 2 or 3 times.

Standing in your oldest mountains, notice how you feel. Now let’s weather the inside!

**Sunny + Thaw Up**

**Cloudy + Snow Storm**

**Very Cold**

**Very Cold with Arms Low**

**Very Cold with Arms Balanced**

**Link**

Today we learned that both our bodies and our minds experience our emotions, because they are connected. Taking a few body breaths can help our minds and bodies calm down when we are feeling stirred up like the sparkles in the mind jar. Next time we meet, we will strengthen our mindfulness muscle by coordinating our breath and movement with mindful walking.

**Home Practice**

This week, notice when you feel stirred up, like the sparkles in our mind jar. Sometimes, mindfully noticing when your sparkles are stirred up can help you activate your power to be calm. You can also practice slow, deep body breathing to help yourself calm down.
Sections of the Lesson

Connect
Active Engagement
Teach
Optional Activity
Link
Home Practice
Brain Breaks
Video

Move

Recharge Sequence
Visual Supports for the Classroom

Lesson One

Your Superpowers!

Seated Mountain

Visual Supports for the Classroom
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**Handouts/Activities**

**Lesson Four**

**Reflection Journal 2 Story: Page 9**

The sun sets over the horizon, casting a warm glow across the land. A gentle breeze rustles the leaves, creating a peaceful melody. The sky is painted with hues of orange, pink, and purple, as the day slowly fades into night.

**Lesson Five**

**When Our Amygdala Feels Safe Handout**

**When Our Amygdala Feels Safe, It Calms and Dampens Information, On to the PFC (Prefrontal Cortex) for Higher Thinking and Reasoning.**

**Lesson Five**

**Emotions!**

- Color the parts of the brain where you feel strong emotions. Label them if you wish.
- Developing awareness of where you feel emotions strengthens your power to take your temper.

**Lesson Seven**

**Way to Go!**

Fill in the thought bubbles with your own positive self-talk. Start with the first blank, move your way through, and then add more.

- "I am _____.
- "I am _____.
- "I am _____.

**Getting to Know Your Brain: Amygdala and Prefrontal**

- Prefrontal Cortex
- Frontal Cortex
- Plan with Focus and Care

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Video

Move

Brain Balance Sequence
Guidelines for Delivery

We recommend delivering on a consistent schedule, at the same day and time.

- Daily
- Two or three times a week*
- Weekly*

*Incorporating Brain Breaks on non-lesson days will support retention and maximize impact.
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!
Brain Breaks Review

**Breathe**
- Breathing Ball
- Smell the Rose, Blow out the Candle
- Countdown Calm Down

**Move**
- Recharge Sequence
- Brain Balance Sequence
- 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 PureEdgelnInc.org.
Thank you for joining us!

Session: Start with the Heart: K-2
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.