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/

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Introductions

Gill McClean
gill@pureedgeinc.org
Director of Professional Development;
National Trainer
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
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”: Discover 3-5 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

Longitudinal Study Design

Social Emotional, Cognitive & Academic

Multi-Method

Neuro-endocrine

Sleep Quality

Brain Structure & Functioning

Comparison Group

EXPERIMENTAL

CONTROL

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
“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

Image Sources: Pure Edge
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

Starfish Breathing
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.
Topics covered include:

• Discover Your Superpowers
• Building Awareness of Breath
• How Habits Grow Your Brain
• Getting to Know Your Brain
• Minding Your Mindset
• Taking in the Good
Video
Move
Chair Sunrise Twist
Lesson Three

How Habits Grow Your Brain

GUIDING QUESTION
Why are your thoughts and feelings important?

OBJECTIVE
Students will be able to define neuroplasticity by interpreting the statement “Neurons that fire together wire together.”

TEACHER TIPS
• Explain that practicing the same exercises again and again is important because our brains and bodies respond well to repetition.
• Make the connection between neuroplasticity and learning the exercises by asking students to compare the experience of practicing an exercise they have done before with one that is brand-new to them. What do they notice?

VOCABULARY
- neuron
- neuroplasticity
- neurotransmitter

MATERIALS
- Handout
- Image of a neuron

BRAIN BREAKS
- Breathing Ball
- Countdown Calm Down
- Chair Sunrise Twist
- Tree
- Attitude of Gratitude

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

Lesson Three

Teach
There is a special brain science word that describes your brain’s lifelong ability to change and grow: neuroplasticity. “Neuro” refers to the brain. “Plasticity” has the word “plastic” in it. Something that is plastic can be molded, or change shape.

Neuroplasticity means that your brain slowly adapts and changes shape in response to your habits and experiences, which include what you eat, how you think, and how you act. The more you practice something through repetition, like shooting a basketball, riding a bicycle, or memorizing facts for your social studies exam, the better you become at that task. Because the neurons in your brain are responsible for that skill, stronger connections are made between neurons.

Ask students what they think will happen to the brain cells responsible for helping them focus when they practice mindful breathing.

Brain Break 5
Attitude of Gratitude

Link
Every moment is an opportunity to shape and grow your brain. Mindfulness practice helps you take a core of your brain and grow to your full potential by training your attention to focus on what you choose.

Home Practice
Practice Attitude of Gratitude once a day—maybe in the morning when you first wake up or at night before you go to bed. See whether you notice any change in your outlook as you practice focusing on the positive.

1. Instead of being “busy,” being “productive,” or  "on call," train your brain to break away from the constant pull of social media, email and text messages. Instead, step back and notice how much you can do while truly being present. Make time to actually do what you want to do, not what you have to do. www.oursocialbrain.com/.../a/6/6a/62/...
Sections of the Lesson

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

Move

Tree
Visual Supports for the Classroom

LESSON ONE

Optional Group Activity: “Your Superpowers” Handout

Your Superpowers!

Volume Scale:

1. Whisper Voices
2. Quiet Talking
3. Presentation Voice
4. Outdoor or Emergency Voice

Silent Symbols:

- Yes
- No
- Celebration / I’m excited
- Sending kind support
- I agree / I feel
- I’m sorry
- Thank you
- You’re welcome
Handouts/Activities

**Sending Kindness to Yourself**

Draw a picture of yourself and how you feel after sending yourself three kind thoughts.

3. **Optional Group Activity** | ‘Kindness to Yourself’ Handout

Try sending yourself three kind thoughts.

Name three things you like about yourself, and send yourself three shout outs.

1. _My three kind thoughts:_

2. _

3. _

**Optional Activity** | ‘Kindly Shout Outs’ Handout

**Mindful or Unmindful?**

Color in the boxes showing mindful behavior.

1. Take 3 mindful breaths to activate your power to have focus notice your ears, or they tense or remain.
2. Continue your mindful breathing and simply observe all the objects displayed or the toy for the assigned time.
3. Record as many of the items from the toy as you can remember. Even though the items are not now covered, can you still see the image of the items in your brain?

**Optional Activity** | Explorer’s Documentation Log Handout

**Explorer’s Documentation Log**

- Topic: Mindful Shouting
- Date: __________
- Object: __________

- Draw or write about a time you were angry but chose a mindful response (a time you used the ‘Mind Leader’ part of your brain).
Video

Move

Standing Half Moon
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

Mirror Movement
Neurochemicals

Neurotransmitters

Endorphins

Improved mood

Improved memory


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Self-Care
Video

Rest

Guided Rest
Optimistic Closure: One Word To Describe How You Feel—Type it in the chat box!
Brain Breaks Review

**Breathe**
- Breathing Ball
- Starfish Breathing

**Move**
- Chair Sunrise Twist
- Tree
- Standing Half Moon
- Mirror Movement

**Rest**
- Mindful Minute
- Guided Rest

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Takeaways

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

Session: Start with the Heart: 3-5
Trainer: Gill McClean

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.