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
erin@pureedgeinc.org
Director of Curriculum & Instruction; 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

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.
Pure Edge Programs

Pure brain breaks

Pure power

Start with the Heart

Peek inside the amazing brain

Pure PE

Follow us @PureEdgeInc

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Largest Multi-Method CONTROLLED Longitudinal YOUTH Yoga Study in US
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
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
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.

“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
Animal Arms: Crocodile
Animal Arms: Butterfly
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.
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**: connect breath and movement.
Sunrise/Sunset
### Week One

#### Sample Schedule

- **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.**
- **New Brain Breaks listed in bold.**

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Resources

- Scripts and illustrations included in manual for each Brain Break.
- Brain Break video library on pureedgeinc.org.
Tree
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

Self-Care
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
- Animal Arms: Crocodile
- Animal Arms: Butterfly

Move
- Sunrise/Sunset
- 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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Email: getmoving@pureedgeinc.org

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