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
erin@pureedgeinc.org
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

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

Describe Your Mood Today

Sunshine  Rainy  Thundery  Cloudy  Rainbow
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.
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.
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

- 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
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 found.

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

Erik Gonzalez/Shutterstock
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

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:

- Superpowers
- Awareness of breath & movement
- Neuroscience of self-regulation
- Mindful listening
- Positive self-talk
- Taking in the Good
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 into 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
**Main Lesson**

**Lesson Two**

**Brain Break 1**
- **Breathing Ball**

**Brain Break 2**
- **Smell the Rose, Blow out the Candle**

**Connect**

Last time we worked together, we learned that mindfulness means noticing what is happening as it happens, with a sense of kindness and curiosity. We began practicing our breath, more and less. Brain Breasds 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.

**Active Engagement**

1. Move students in a circle in Sweeted Mountains.

   **Today** I brought a special tool we are going to use for a breath-exploration.

2. Display the mind jar in the center of the student circle.

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

   **Notice how we can calm our minds angry thoughts and calm or bodies instead of reacting in a way that makes us feel worse or hurts someone’s feelings.**

   **For our next Brain Break, we are going to practice moving in time with the breath.**

**Sneak Breaks 3 and 4**
- **Animal Arms: Crocodile**
- **Animal Arms: Butterfly**

**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 to 3 times.

Standing in your stiller mountains, notice how you feel. Notice this weather on the inside?

**Sunny = Think Up**

**Cloudy = Think Service**

**Stormy = Think Down**

**Lions of Energy = Fire Sign with Arms**

**Peaceful = Balance Sign with Both Arms**

**Building Awareness of Breath**

12 **Start with the Heart; Shine B.B.**

**Mind Jar Recipe**

Our breath words might like the mind jar. The sparkles are like our feelings, thoughts and memories, and all the other information stored in our brains. When we are angry, sad, or afraid, our brains can feel at stirred up. Mindful breathing can help our brain settle down into a more calm and clear state.

Notice how you react the next time someone skips the line or grunts your pencil. Is your heart beating slower, or fill about your breathing?

When we are stressed it can be hard to think clearly and choose the best response. Mindful breathing can help calm our bodies and brains so we can pause and choose our responses wisely.
Sections of the Lesson

Connect
Active Engagement
Teach
Engagement Questions
Optional Activity
Link
Home Practice
Brain Breaks
Sunrise/Sunset
Visual Supports for the Classroom

Your Superpowers!

Seated Mountain

Follow us @PureEdgeInc

©2021 Pure Edge, Inc.
Handouts/Activities

Lesson Five

Emotions!

Way to Go!
Fill in the thought bubbles with your own positive self-talk. Then, re-frame some negative self-talk.

1 am

1 am

1 am
Recharge 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.
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!

Photo: Juan Monino
Brain Breaks Review

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

**Move**
- Sunrise/Sunset
- Recharge Sequence
- Tree

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

Follow us @PureEdgeInc

©2021 Pure Edge, Inc.
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: 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.