

A large, stylized heart shape is formed by thick, white, curved lines that sweep across the light blue background. The heart is centered and occupies most of the page area.

# Start with the Heart

Shine Pre-K



## **Welcome to START WITH THE HEART: SHINE**

We know through research and experience that teaching self-care practices like breathe, move, and rest Brain Breaks supports the well-being of learners. When learners practice the Brain Breaks over time, they learn to manage powerful emotions and access a state of relaxation even in stressful situations. The skills gained while practicing Brain Breaks support learners' SEL competencies in the areas of self-awareness and self-management.

For pre-K, we want to share some simple Brain Breaks that you can use in your classroom to support the well-being of your students. We have animated several of our favorite Brain Breaks for use with this grade level. Start with the Heart: Shine Pre-K focuses on how to implement these animated Brain Breaks in the classroom.

Our goal was to make this guide a simple, user-friendly tool to help bring these Brain Breaks into your classroom in support of your young learners' well-being.

*Pure Edge Team*

# List of Brain Breaks

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Animal Arms: Crocodile  
Animal Arms: Butterfly  
Animal Arms: Dolphin  
Animal Arms: Pufferfish  
Breathing Ball\*  
Smell the Rose, Blow Out  
the Candle\*



Brain Balance Sequence  
Cat/Cow  
Mountain/Chair  
Strength Sequence  
Recharge Sequence  
Standing Half Moon  
Stork  
Sunrise/Sunset  
Tree



Guided Rest  
with Breathing Buddy

## When to Use

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**—Introduce just a few simple Brain Breaks on Day One.
- **Slowly Build**—Over time, begin to add new Brain Breaks to your routine.
- **Repeat**—Repeat the same Brain Breaks day after day. Kids' brains respond well to repetition and routine!
- **Focus on the breath**—The breath and the breath-movement connection are essential to support relaxation and focus.

### SAMPLE SCHEDULES

- As listed, these exercises should take about 10 minutes to complete.
- Follow the structure of first breathe, then move, then rest.
- If you don't have time for all of the exercises each day, just eliminate one or two from each category.

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\*These Brain Breaks were not animated, though we do have live-action videos of them. We included them in the guide because they are foundational Brain Breaks for this age level and are simple to implement with or without video.



## BREATHE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Smell the Rose, Blow Out the Candle</b>	Smell the Rose, Blow Out the Candle	Smell the Rose, Blow Out the Candle	Smell the Rose, Blow Out the Candle	Smell the Rose, Blow Out the Candle
<b>Breathing Ball</b>	Breathing Ball	Breathing Ball	Breathing Ball	Breathing Ball
<b>Animal Arms: Crocodile</b>	<b>Animal Arms: Dolphin</b>	Animal Arms: Butterfly	Animal Arms: Crocodile	Animal Arms: Pufferfish
<b>Animal Arms: Pufferfish</b>	<b>Animal Arms: Butterfly</b>	Animal Arms: Pufferfish	Animal Arms: Dolphin	



## MOVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
None	None	<b>Sunrise/Sunset</b>	Sunrise/Sunset	Sunrise/Sunset
		<b>Standing Half Moon</b>	Standing Half Moon	Standing Half Moon
			<b>Tree</b>	Tree



## REST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
None	None	None	None	<b>Guided Rest with Breathing Buddy</b>

\***Bold** indicates new Brain Break.

## BREATHE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smell the Rose, Blow Out the Candle	Smell the Rose, Blow Out the Candle	Smell the Rose, Blow Out the Candle	Smell the Rose, Blow Out the Candle	Smell the Rose, Blow Out the Candle
Breathing Ball	Breathing Ball	Breathing Ball	Breathing Ball	Breathing Ball
Animal Arms: any	Animal Arms: any	Animal Arms: any	Animal Arms: any	Animal Arms: any

## MOVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sunrise/Sunset	Sunrise/Sunset	Sunrise/Sunset	Recharge Sequence	Recharge Sequence
Tree	<b>Recharge Sequence</b>	Recharge Sequence	<b>Brain Balance Sequence</b>	Brain Balance Sequence
	Standing Half Moon	Tree	Standing Half Moon	Tree

## REST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy

\***Bold** indicates new Brain Break.

## BREATHE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose any breathing exercises(s)	Choose any breathing exercises(s)	Choose any breathing exercises(s)	Choose any breathing exercises(s)	Choose any breathing exercises(s)

## MOVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cat/Cow</b>	Cat/Cow	Cat/Cow	Sunrise/Sunset	Recharge Sequence
Recharge Sequence	<b>Mountain/Chair Strength Sequence</b>	Mountain/Chair Strength Sequence	Mountain/Chair Strength Sequence	Stork
Brain Balance Sequence	Tree	<b>Stork</b>	Stork	Standing Half Moon

## REST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy	Guided Rest with Breathing Buddy

\***Bold** indicates new Brain Break.

# Week Four and beyond

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Continue to follow the structure of first breathe, then move, then rest.

For the “move” section, try to include a variety of exercises, with at least one exercise that includes more movement and at least one exercise that focuses on balancing.

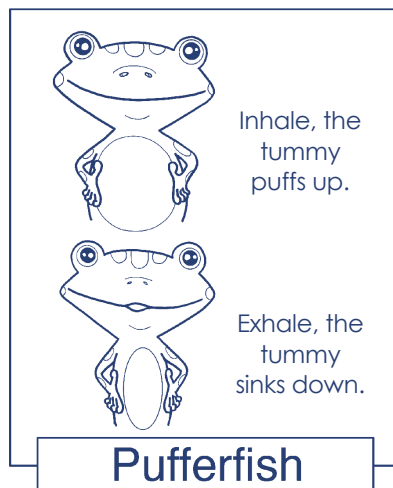
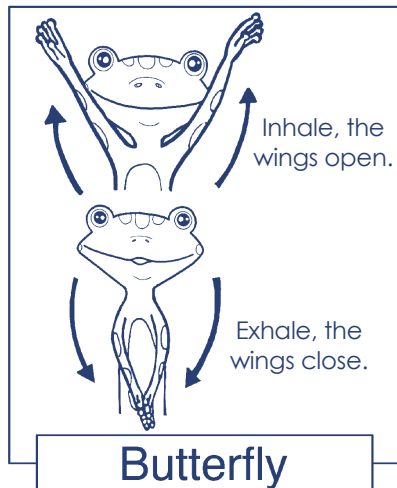
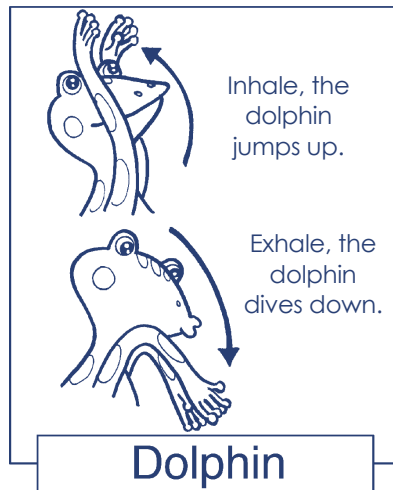
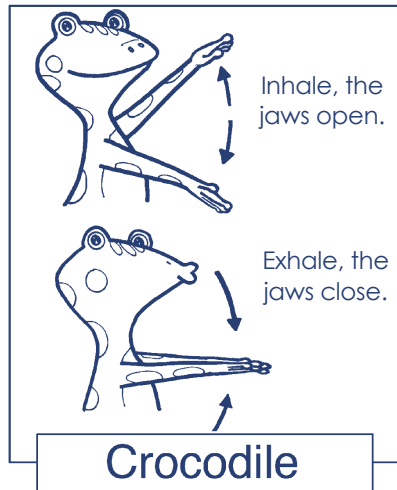
When you feel learners are ready for more variety, check out the Brain Breaks card deck or the Brain Breaks training manual for additional exercises.

# Brain Break Scripts



## Animal Arms

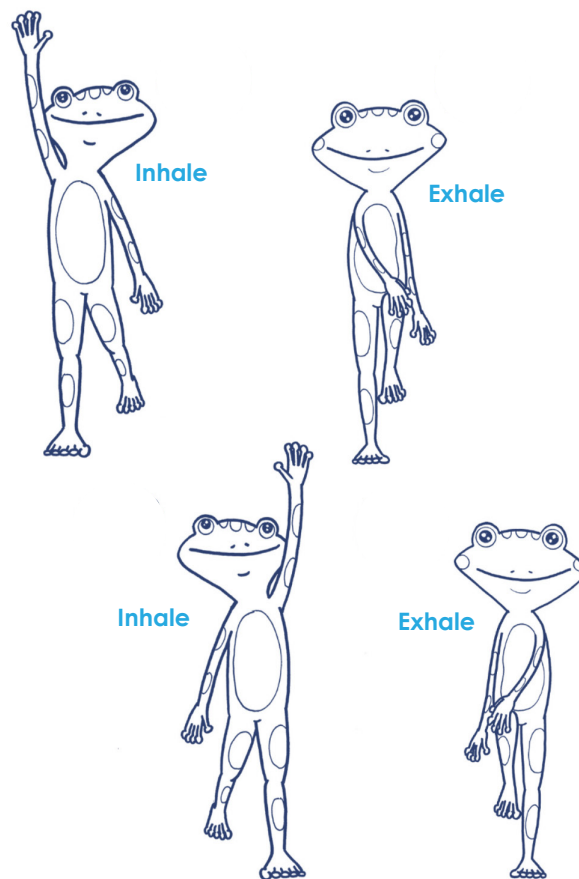
- Combine the exercises in a sequence, or just choose one or two to do at a time.
- If you have a harmonica, use the harmonica tone to indicate inhale and exhale.
- Count slow breaths and use an even tone of voice.





## Brain Balance Sequence

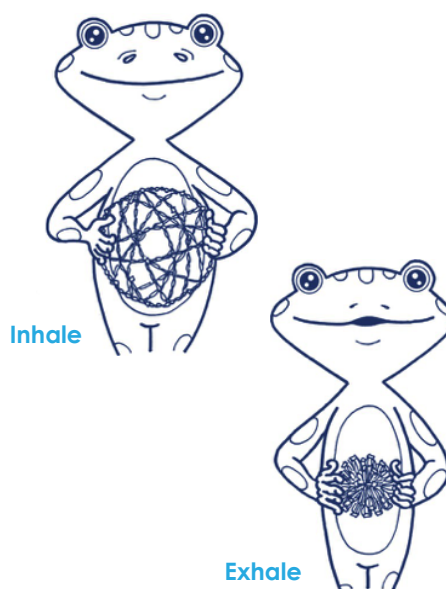
1. Inhale, take the right arm overhead and move the left foot slightly behind, placing only your toes on the floor.
2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
3. Inhale, return the right arm overhead and the left foot slightly behind, placing only your toes on the floor.
4. Exhale, again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
5. Repeat on the other side.



## Breathing Ball

1. Start in Seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the breathing ball?

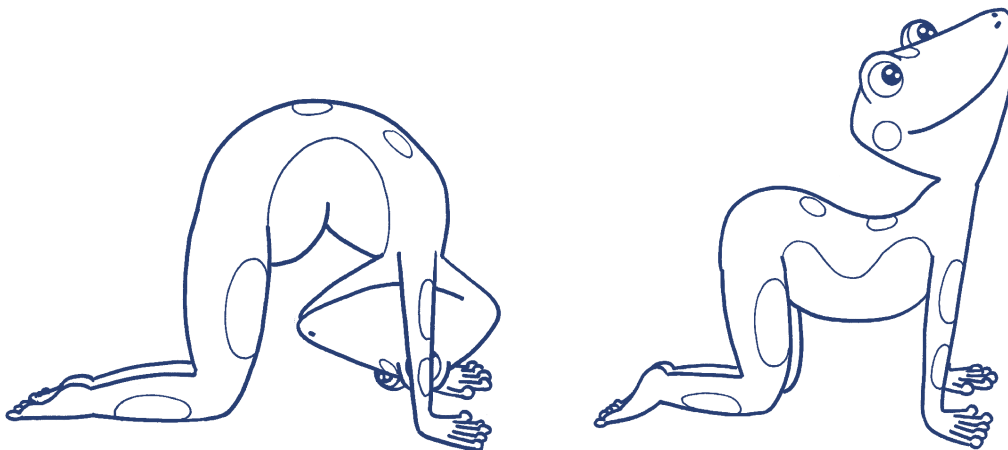
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- We use a Hoberman Sphere as a breathing ball.





## Cat/Cow

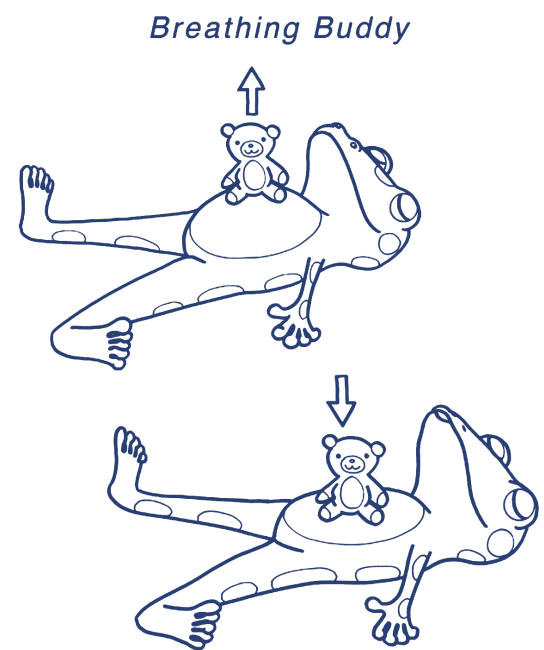
1. Come onto your hands and knees, with your knees underneath your hips and your hands on the floor right under your shoulders.
2. Look straight ahead. Take a deep breath in.
3. As you exhale, pretend you are a cat. Round your back, drop your head down, look at your belly, and press your hands into the floor.
4. Now inhale and pretend you are a cow. Lift your chest, drop your head back, and look toward the ceiling. Let your tummy drop down toward the floor. Let your tummy relax here.
5. Let's come into cat again. Exhale, pretend you are a cat, round your back.
6. Inhale into cow. Lift the chest, drop the head back, relax the tummy, and look at the ceiling.
7. Repeat several times, always going into Cat on an exhale and Cow on an inhale.
8. When you are ready to stop, come back to Seated Mountain.





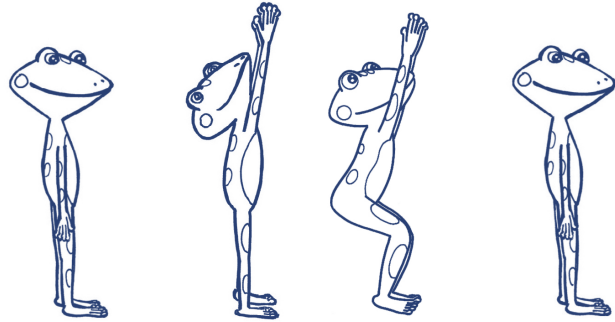
## Guided Rest with Breathing Buddy

1. Lie flat on the floor in a position that feels comfortable
2. Place the breathing buddy on your tummy.
3. Focus on your breathing.
4. As you inhale, see if you can feel your breathing buddy move and rise up a little.
5. As you exhale, see if you can feel your breathing buddy move down a little.
6. As you slowly breathe in, feel your buddy rising.
7. As you slowly breathe out, your breathing buddy lowers down.
8. Try this a few times on your own.
9. Notice how it feels to be calm. That way, when you need to be calm, you will understand how it feels.
10. Focus on every breath in and every breath out.
11. Slowly come back to sitting cross-legged and bring your breathing buddy with you.
12. Take a moment to notice how you feel.





## Mountain/Chair Strength Sequence

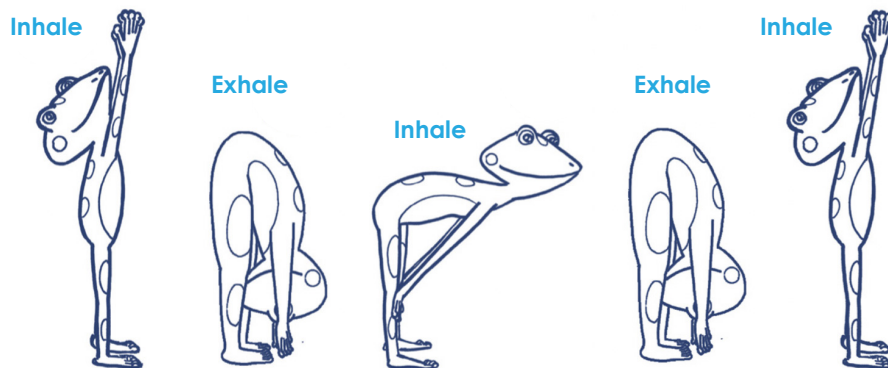


1. Begin in Mountain.
2. Inhale, raise your arms overhead.
3. Exhale, bend your knees and sit back as though you were going to sit in an imaginary chair.
4. Hold for 3 breaths.
5. Inhale, come back to Mountain.
6. Increase hold to 5 breaths as stamina increases.



## Recharge Sequence

1. Begin standing in Mountain with feet slightly apart, hands at your sides.
2. Inhale, take your arms overhead and look up.
3. Exhale, fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet, or the floor.
4. Inhale, place hands on shins, straighten legs and look up.
5. Exhale, fold over the legs once more.
6. Inhale, come all the way up to standing with arms overhead and look up.
7. Exhale, return to Mountain.





## Seated Mountain

1. If in a chair, sit with feet on the ground and knees pointing straight ahead. If on the floor, sit with crossed legs.
2. Place your arms straight at your sides or hands resting on side of chair or lap.
3. Sit up nice and tall and keep your shoulders relaxed.
4. Take deep breaths in and out; feel the floor beneath the feet.



## Smell the Rose, Blow Out the Candle

1. Sit tall in your chair.
2. Imagine you have a rose in one hand and a candle in the other.
3. Breathe in and smell your imaginary flower, then breathe out and blow out the flame on your imaginary candle.
4. Breathe in, smell the rose; breathe out, blow out the candle.
5. Inhale, smell the rose; exhale, blow out the candle.
6. Repeat a few times. Notice how you feel.





## Standing Half Moon

1. Begin in Mountain.
2. Inhale, take feet slightly apart. Lift left arm overhead alongside left ear and press right arm into right side.
3. Exhale, lean to the right. Gaze straight ahead or down toward the feet.
4. Inhale, return to the center.
5. Exhale, lower left arm.
6. Inhale, lift right arm overhead alongside right ear and press left arm into left side.
7. Exhale, lean to the left. Gaze straight ahead or down toward the feet.
8. Inhale, return to the center.
9. Exhale, lower right arm and step feet together into Mountain Pose.
10. Repeat as required.

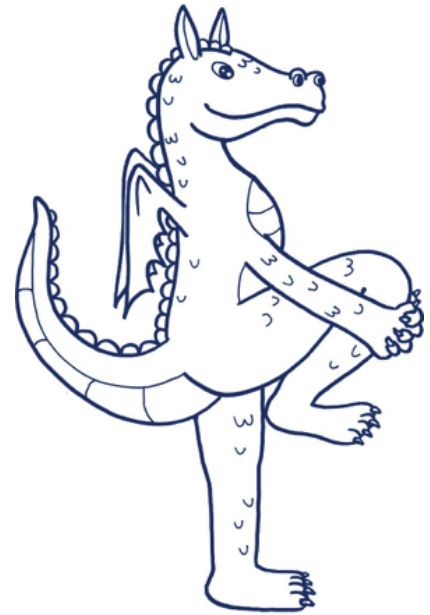
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- Use this sequence to awaken in the morning or to revive after lunch.



## Stork

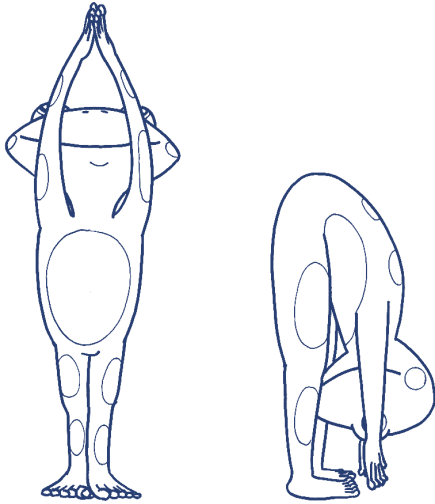
1. Begin standing in Mountain at the center of the mat, hands at hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Stand firmly on the left foot.
4. Pull up the right knee and hold it with your right hand.
5. Take 3 to 5 breaths here.
6. For a challenge, on the exhale open the knee out to the right and turn your gaze over your left shoulder. Take 3 to 5 breaths here.
7. Inhale, come back to center.
8. Exhale, return to Mountain.
9. Repeat on the left side.

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- If learners are wobbly, as they stand firmly on the left foot they can keep right toes on the ground for support, with right knee bent. If they feel steady, they can lift the right foot up for one breath to start building balance.





MOVE



## Sunrise/Sunset

1. Start in Mountain.
2. Inhale, reach your arms up overhead (this is Sunrise).
3. As you exhale, fold forward. Put your hands on your shins or your ankles, or maybe the floor (this is Sunset).
4. Inhale, all the way back up to Sunrise.
5. Exhale, hands down for Mountain.
6. Repeat a few times. Notice how you feel.



MOVE

## Tree



1. Begin in Mountain and bring hands to hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Shift your weight to your left foot.
4. Bend your right knee and lift up your right heel.
5. Point your knee out to the side. Keep your weight on your left foot. Take a few breaths here.
6. If you feel steady, you can stay right here or you can lift the right foot and place the sole on the inner left calf. Keep the right knee pointing out to the right. Take a few breaths here.
7. If you are still steady, you can move the foot to the inner thigh, using your hand if you need to.
8. Inhale the arms up overhead as if you were spreading branches. Balance for 5 to 10 breaths.
9. Exhale, return to Mountain. Repeat on the other side.



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