



August 17: Early Childhood

**Thrive Thursdays:**  
**Breathe, Move, & Rest to Kick off the School Year**



## Welcome: **While We Wait**

Please type into the **chat**:

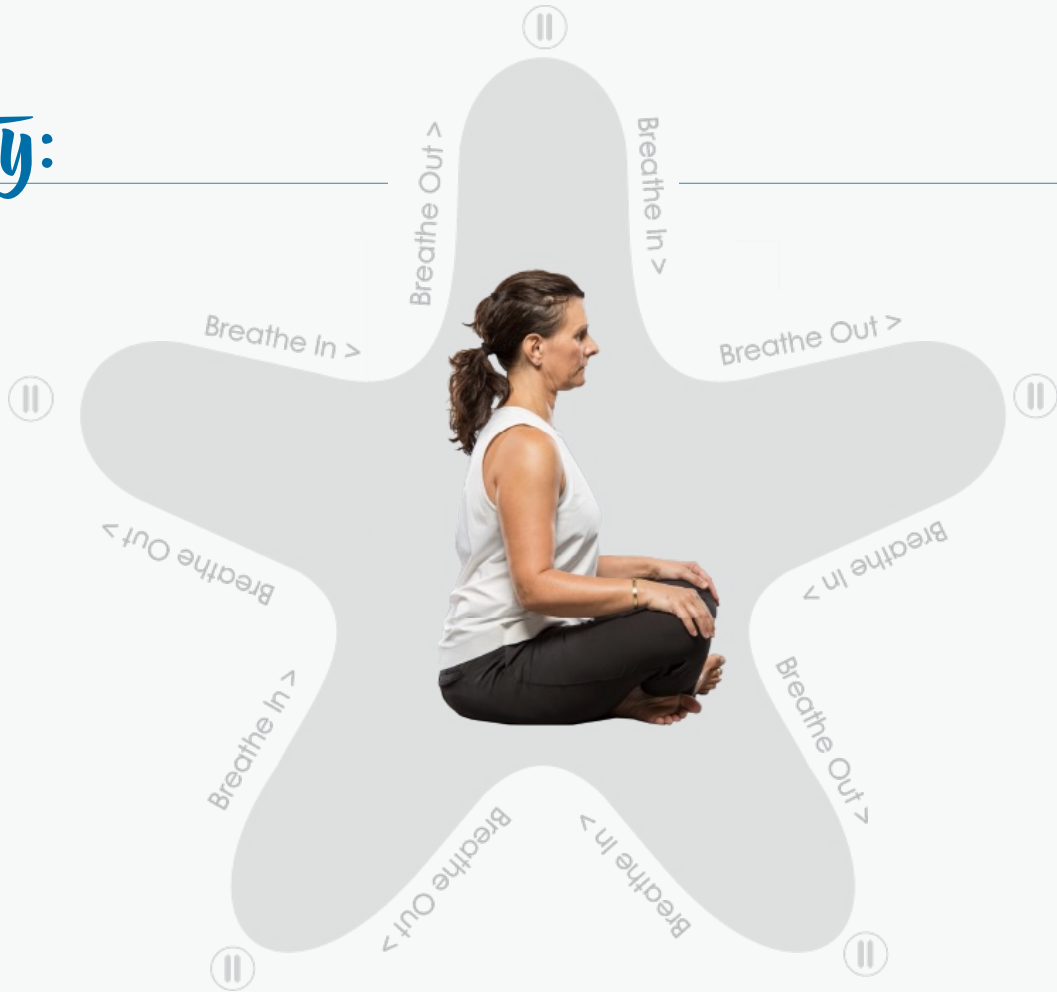
- 1) First Name
- 2) City, State
- 3) School District or Organization
- 4) Role





# Engaging Activity:

## Starfish Breathing or Take Five





# Who We Are

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**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.





## Introductions:

Trainer: **Erin Cooney**

*Director of Curriculum & Instruction / National Trainer*

**Erin@PureEdgeInc.org**





# Agenda

- Early Childhood: **Prime Time for Brain Development**
- Resources: **Open-Source Access and Implementation Guide**
- Implementation: **Modeling & Sustaining Good Practice**





# Early Childhood Educator Well-being: Survey

Survey of **307** Early Childhood Educators in Korea in 2021. Topics of survey included:

- **Job-related stress levels.**
- **Teacher-child relationships.**
- **Personal mindfulness and resilience.**



- Job-related stress predicted low levels of teacher–child interaction.
- Greater attention to early childhood educators' well-being is needed to enhance the quality of early childhood education and care.
- Suggests the benefit of preventive intervention programs for early childhood educators targeting **mindfulness** and **resilience**.





# Human Relationships

Human relationships are the essential ingredient that catalyze healthy development and learning.







# What is Neuroplasticity

The brain's capacity to **change** and **rewire** according to environment and experience

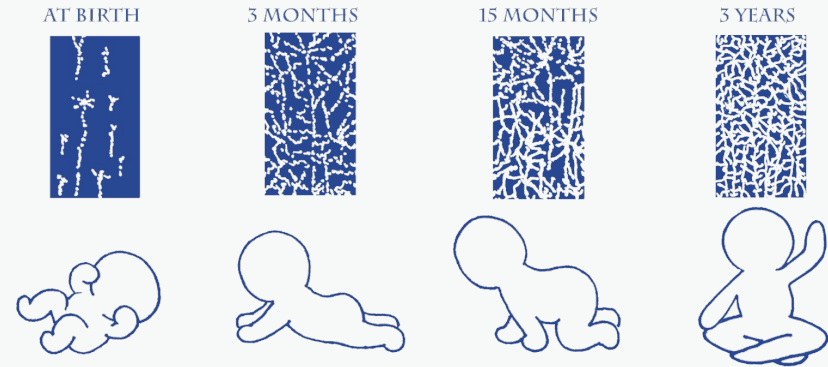
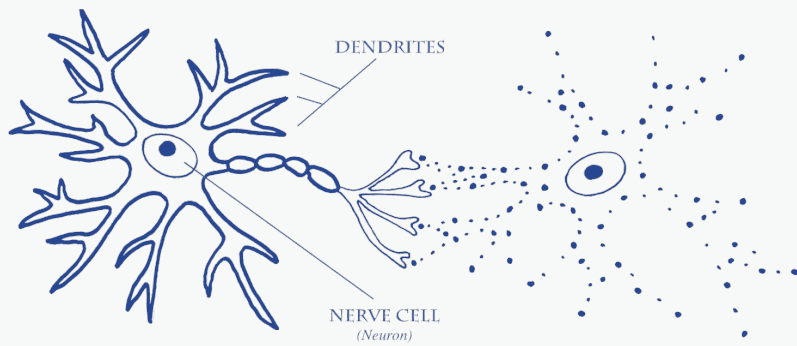




“ A child’s brain forms more than 1,000,000 neural connections **EVERY SECOND** during the first years of life. ”



# Brain Development Factors







“ Educators can deliver the daily doses of healing interactions that truly are the antidote to toxic stress. And just as the science shows that **it’s the cumulative dose of early adversity that’s most harmful**, it also shows that **the cumulative dose of healing, nurturing interactions is most healing.** ”

*Madine Burke-Harris, MD*





Breathe

Move

Rest





# Brain Breaks: When to Use Them

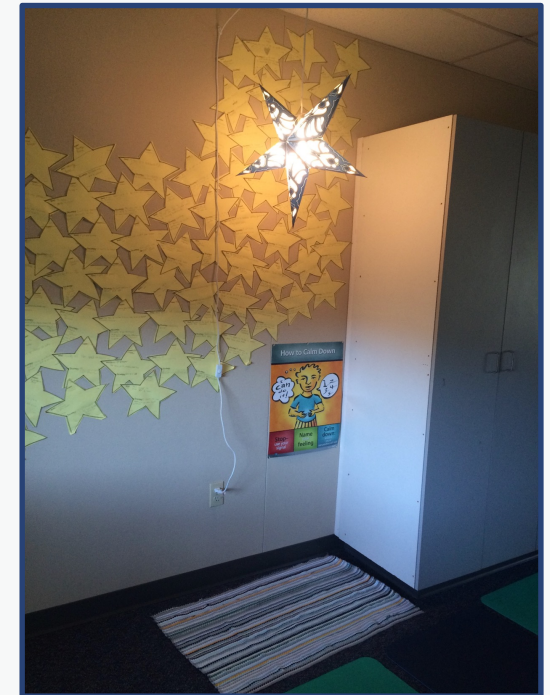
- Arrival and Departure
- Large Group/Circle Time
- Small Group
- Free Choice
- Outdoor Time
- Rest Time
- Meals and Snacks





# Calming Corner

- Soft Textures
- Mind Jar
- Breathing Ball
- Brain Breaks Card Deck
- Posters

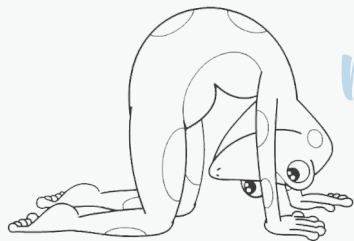


# Implementation Tips

- Establish a consistent routine
- Start of day/end of day/transitions
- Start small, then build
- Repeat, repeat, repeat
- Be comfortable with the exercises



Breathe



Move

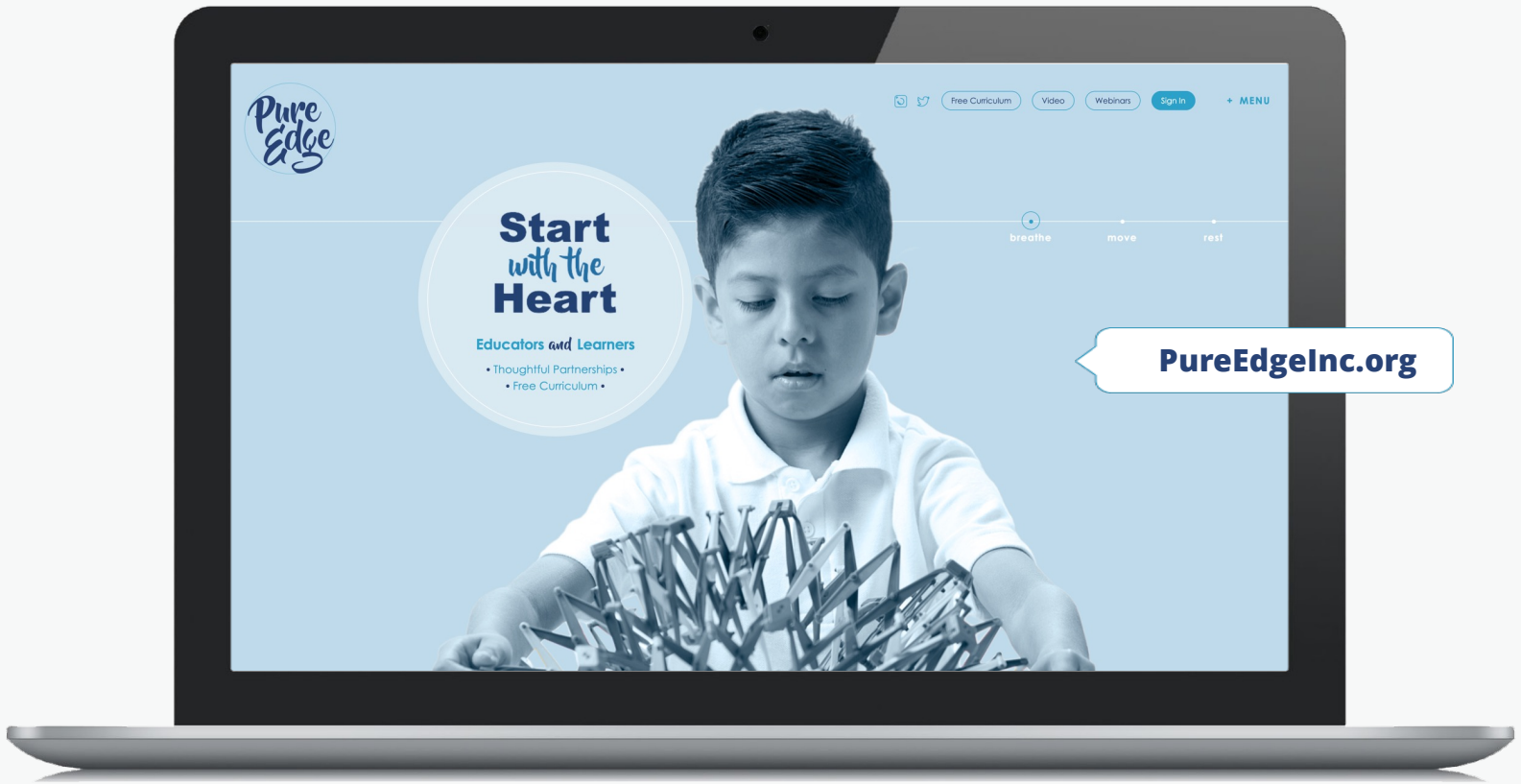


Rest



# Engaging Activity: Attitude of Gratitude







# Resources: Open-Source Curriculum



By Category

By Grade

## Pure Brain Breaks Curriculum

Select Language



**Pure Brain Breaks** are simple and effective strategies to alleviate stress and to calm overstimulated minds. Our 1-to-5-minute exercises are designed for classroom implementation and can be performed seated or standing, at desks or on the floor.

Pre-K

Implementation Guide

3x5 Cards

K-2

Training Manual

Implementation Guide

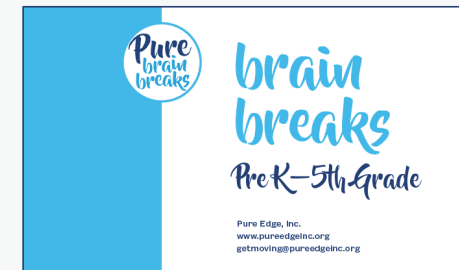
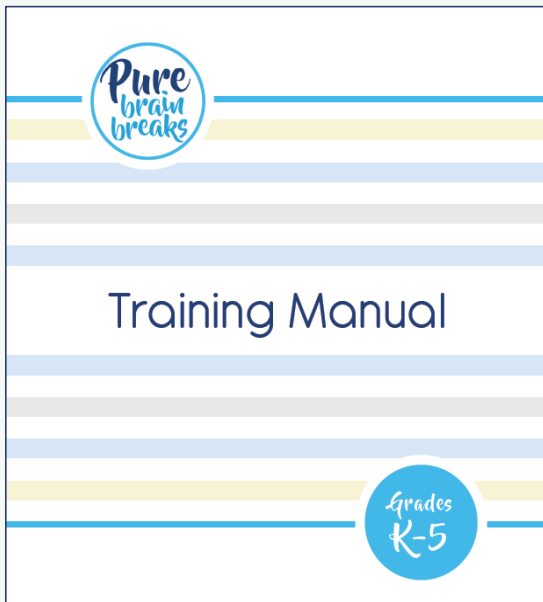
3x5 Cards

Videos





# Pure Edge Brain Breaks



# Resources: Brain Breaks Manual

## Move: Seated Exercises



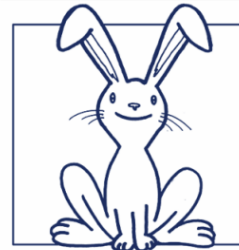
### Chair Cat/Cow

1. Sit in Seated Mountain with hands on knees.
2. As you inhale, stretch your arms overhead and interlace your fingers. Reach the center of your chest up toward the ceiling and lift your chin so that you are looking at the ceiling. (Cow)
3. As you exhale, in one movement bring your hands forward, round your spine, and drop your chin toward your chest. (Cat)
4. Repeat for several breaths: Inhale, arms up, gaze lifts, chest up. Exhale, round the spine, chin tucks, hands forward.
5. Return to Seated Mountain.



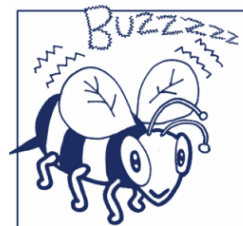
- You can have young learners moo like a cow and meow like a cat. Just make sure to do a few rounds moving with the inhale and exhale first.
- If on the floor, learners can come to hands and knees. Inhale, the belly drops down toward the floor and look up toward the ceiling (Cow). Exhale, look at your belly button and round your spine (Cat). Repeat for several breaths.

## Breathe



### Bunny Rabbit Breath

1. Sit down and get comfortable.
2. Take a big breath in through your nose.
3. Exhale in small, fast sniffs.
4. Can you keep the bunny rabbit breath going for 10 seconds?
5. What do you notice?



### Buzzing Bee Breath

1. Sit down and get comfortable.
2. Take a slow breath in.
3. *Buzzzzz* as you breathe out.
4. Try to extend your exhale.
5. What do you notice?



# Resources: Implementation Guide for Routines

Grade  
Pre-K



Here are a few suggestions for when to implement Brain Breaks for Pre-K. The suggested exercises are meant to support the educator in getting started with Brain Breaks. Once the learners are familiar, other exercises from the manual can be incorporated. Check our website, [www.pureedgeinc.org](http://www.pureedgeinc.org), for video tutorials and access to the Brain Breaks manual.

<b>Arrival/ Departure</b>	<b>Attitude of Gratitude</b> is a nice way to start off or wrap up the day, by remembering something or someone that makes us feel thankful.
<b>Large Group/ Circle Time</b>	Simple breathing exercises and exercises that engage learners visually will hold attention in the large group setting. Try <b>Breathing Ball</b> , <b>Animal Arms</b> , and <b>Listen to the Chime</b> . When learners are comfortable, adding in some balance postures like <b>Tree</b> can bring focus and fun.
<b>Small Group</b>	Small group offers time to give feedback and answer questions. Try <b>Anchor Breathing</b> to build breath awareness and focus. Introduce <b>Move</b> exercises like <b>Sunrise/Sunset</b> , <b>Chair</b> and <b>Brain Balance Sequence</b> . Give each learner a turn to shake the <b>Mind Jar</b> .

<b>Free Choice</b>	Have <b>Mind Jar</b> and <b>Breathing Ball</b> available for learners to access in a quiet area. Have posture cards printed (available on <a href="http://www.pureedgeinc.org">www.pureedgeinc.org</a> ) for learners to practice postures on their own.
<b>Outdoor Time</b>	Use <b>Mountain</b> and <b>Tree</b> postures to help learners stay calm during transition from inside to outside. Remember to focus on breathing! <b>Buzzing Bee</b> is a good way to help calm down and focus if learners have a lot of energy after they have played outside.
<b>Rest Time</b>	Practice <b>Balloon Breathing</b> while learners are lying on their cots. If you have small stuffed animals, students can place on their belly. We call these "Breathing Buddies" and they help young children focus on the breath as it moves their Breathing Buddy up and down. <b>Guided Rest</b> is also helpful at rest time.
<b>Meals/ Snacks</b>	<b>Starfish Breathing</b> is a great way to do some breathing, and make sure hands are clean! <b>Chair Twist</b> is a good exercise to help calm down and get ready to eat.







## Video Library • English Español

The Video Library takes you through 2-to-9-minute video tutorials that will help bring success through focus and a sense of calm.

- Animated
- Youth
- Adult
- Other Languages

### Animated

#### Breathe



**Animal Arms: Crocodile**  
16x9 format  
1x1 format



**Animal Arms: Butterfly**  
16x9 format  
1x1 format



**Animal Arms: Dolphin**  
16x9 format  
1x1 format



**Animal Arms: Puffer Fish**  
16x9 format  
1x1 format



Thank you for joining us!

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