



August 10: Elementary School

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: Belly or Balloon Breathing

- Rest your hands on your belly.
- As you breathe in, feel the belly expand outward.
- As you breathe out, feel the belly move inward toward the spine.
- Notice how you feel.

This can take some practice to master. Learners need to relax the abdomen in order to feel the belly expand out on the inhale.



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.





Introductions:

Trainer: **Erin Cooney**

Director of Curriculum & Instruction / National Trainer

Erin@PureEdgeInc.org





Agenda

- Elementary School: **Mental Health Snapshot**
- Resources: **Open-Source Access and Implementation Guide**
- Implementation: **Modeling & Sustaining Good Practice**





Human Relationships

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





CDC Facts about Mental Health in US Children:

Indicators of positive mental health are present in most children.

Parents reported in 2016-2019 that their child mostly or always showed:

Affection (97.0%), resilience (87.9%), positivity (98.7%) and curiosity (93.9%) among children ages 3-5 years.

Curiosity (93.0%), persistence (84.2%), and self-control (73.8%) among children ages 6-11 years





CDC Facts about Mental Health in US Children:

Mental, behavioral, and developmental disorders begin in early childhood

- 1 in 6 U.S. children aged 2–8 years (17.4%) had a diagnosed mental, behavioral, or developmental disorder. (2016)





Children's Anxiety and Depression on the Rise

Between **2016 and 2020**, there were significant:

- increases in children's diagnosed anxiety and depression
- decreases in physical activity
- decreases in caregiver mental and emotional well-being and coping with parenting demands



“

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.**

”

Nadine Burke-Harris, MD

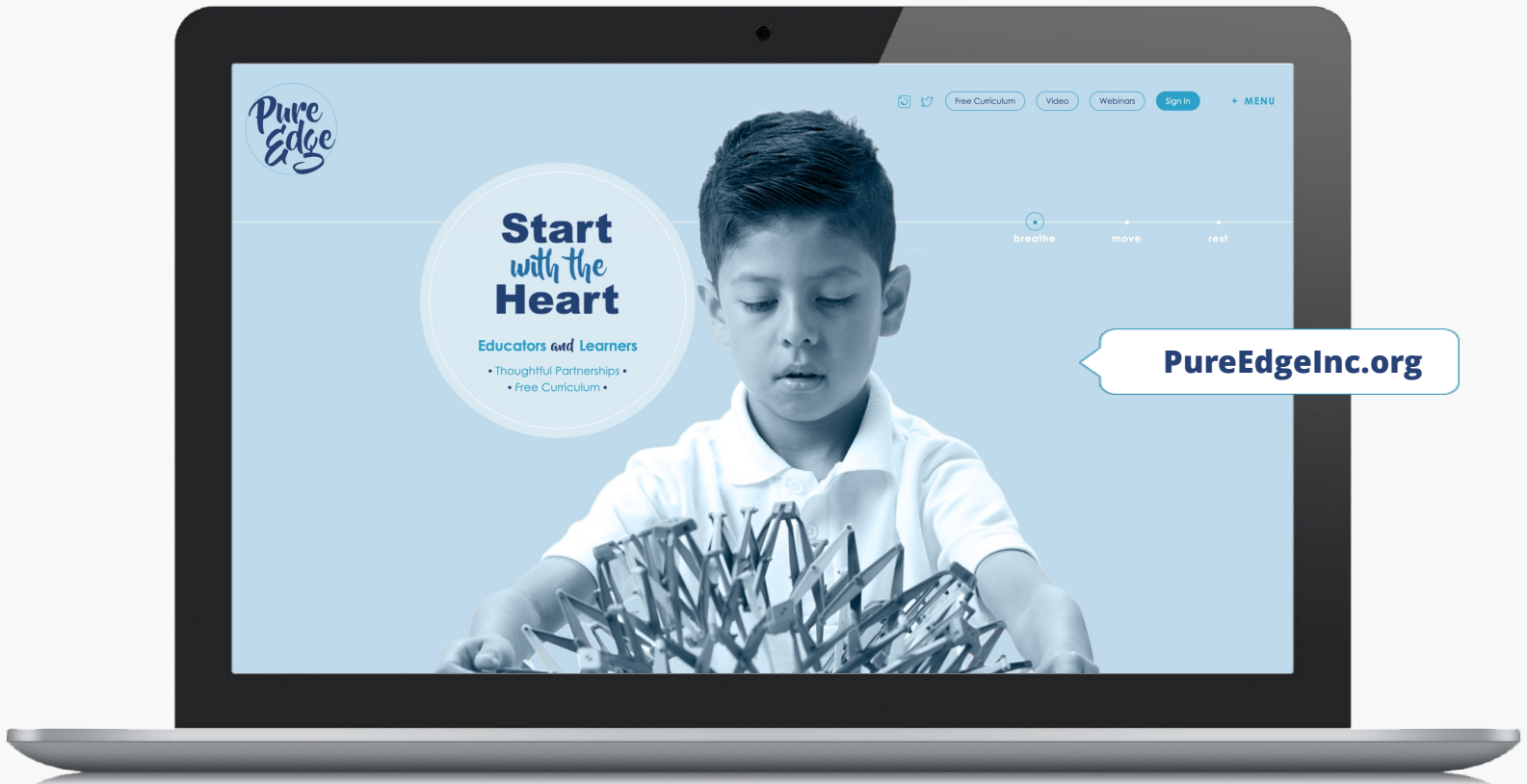
Breathe

Move

Rest









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

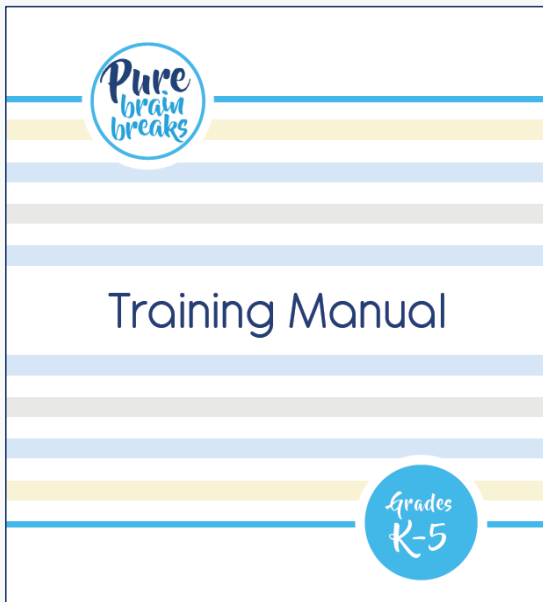
3x5 Cards

Videos



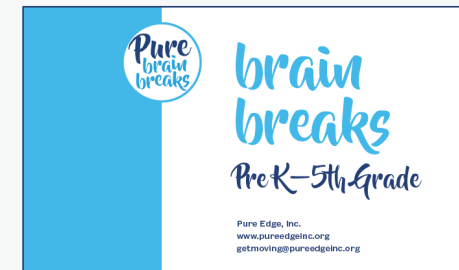


Pure Edge Brain Breaks



Grades 3-5	
<p>Here are a few suggestions for when to implement Brain Breaks for grades 3-5. 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, for video tutorials and access to the Brain Breaks manual.</p>	
Arrival	Mindful Minutes offers learners a chance to check in with themselves at the start or end of the school day.
Refocus Between Lessons	Bring a little movement and breathing as a break to re-energize learners. Good options are Chair-Cat/Cow, Chair-Twist, and Statue.
Before Testing	Breathing exercises help relieve testing-related stress and put learners in a state of focus. Breathing Ball, Starfish, and Balloon Breathing are good ones to start with.
Lining Up	Use Mountain breathing.
Recess	Chair-Sit has a lot of options.
Create a Calming Center	Have Mind Jar available for learners to use on their own.
Departure	Attitude someone.

Grades K-2	
<p>Here are a few suggestions for when to implement Brain Breaks for grades K-2. 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, for video tutorials and access to the Brain Breaks manual.</p>	
Arrival/Departure	Attitude of Gratitude is a nice way to start off or wrap up the day, by remembering something or someone that makes us feel thankful.
Large Groups/ Circle Time	Simple breathing exercises and exercises that engage learners visually will hold attention in the large group setting. Try Breathing Ball, Starfish, Animal Arms, and Listen to the Chime. When learners are comfortable, adding in some balance postures like Tree can bring focus and fun.
Small Group	Small group offers time to give feedback and answer questions. Try Anchor Breathing to build breath awareness and focus. Introduce Move exercises like Spider/Break, Chair and Eagle. Give each learner a turn to shake the Mind Jar.
Refocus Between Lessons	Bring a little movement and breathing as a break to re-energize learners. Good options are Chair-Cat/Cow, Chair-Twist, and Statue.
Before Testing	Breathing exercises help relieve testing-related stress and put learners in a state of focus. Use exercises learners are already familiar with. Breathing Ball, Starfish, and Balloon Breathing are simple and effective choices.
Lining Up	Use Mountain and Tree postures to help learners stay calm during transition to and from the classroom. Remember to focus on breathing.
Recess	Buzzing Bee is a good way to help calm down and focus if learners have a lot of energy after they have played outside.
Create a Calming Center	Have Mind Jar and Breathing Ball available for learners to access in a quiet area. Have posture cards printed (available on www.pureedgeinc.org) for learners to practice postures on their own.



Resources: Open Source by Grade Level

Move: Seated Exercises



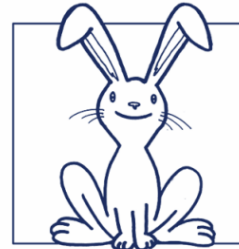
Chair Cat/Cow

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.



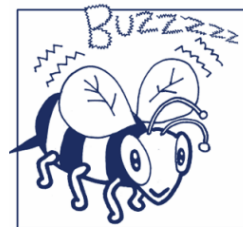
- You can have young learners moo like a cow and meow like a cat. Just make sure to do a few rounds moving with the inhale and exhale first.
- If on the floor, learners can come to hands and knees. Inhale, the belly drops down toward the floor and look up toward the ceiling (Cow). Exhale, look at your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

Grades
3-5



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Arrival	Mindful Minute offers learners a chance to check in with themselves at the start or end of the school day.
Refocus Between Lessons	Bring a little movement and breathing as a break to re-energize learners. Good options are Chair Cat/Cow , Chair Twist , and Statue .
Before Testing	Breathing exercises help relieve testing-related stress and put learners in a state of focus. Breathing Ball , Starfish , and Balloon Breathing are good ones to start with.
Lining Up	Use Mountain and Tree postures to help learners stay calm during transition to and from the classroom. Remember to focus on breathing!
Recess	Chair Sunrise Twist is a good way to help learners calm down if they have a lot of energy after they have played outside. Once they have settled down, try Even In-Even Out to build focus.
Create a Calming Center	Have Mind Jar and Breathing Ball available for learners to access in a quiet area. Have posture cards printed (available on www.pureedgeinc.org) for learners to practice postures on their own.
Departure	Attitude of Gratitude invites learners to remember something or someone that makes them feel thankful.





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

Enter Strategy Name

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

Brain Breaks: When to Use Them



Arrival or
Homeroom



Before Testing



Refocus
Between
Lessons



Breaks During
Class



Afternoon
Slump



Departure



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



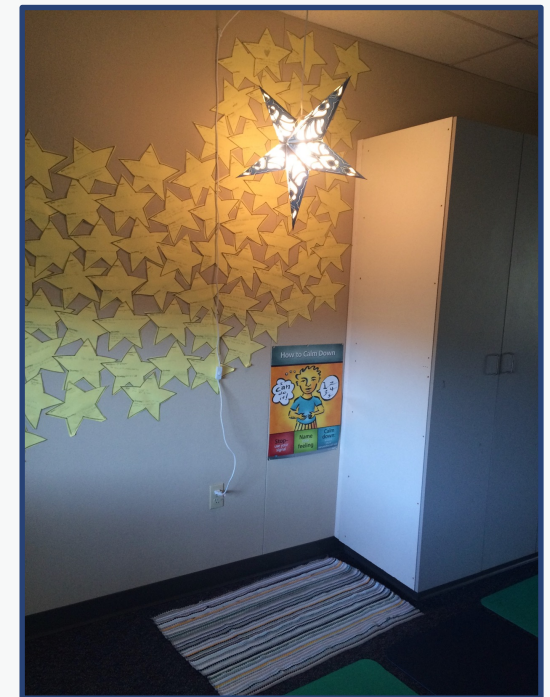
Move



Rest

Calming Corner

- Soft textures
- Mind Jar
- Breathing Ball
- Brain Breaks card deck
- Posters







Engaging Activity: Attitude of Gratitude



Gratitude Effects



Decreases heart rate—this may be due to activation of the Parasympathetic Nervous System.



Increases our ability to **regulate our emotions**.



Enhances **motivation**.



Optimistic Closure

One Word to
Describe How
You Feel





Thank you for joining us!

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