



Suggested Materials:

- Pen/Pencil
- Notebook/Journal

Thrive Thursdays:

Start with the Heart – Grades 3-5

Presenter: Gill McClean





WELCOMING
ACTIVITY

What is the *theme song* to your life?





Introductions:

Trainer: **Gill McClean**

Director of Professional Development / National Trainer
Gill@PureEdgeInc.org





Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

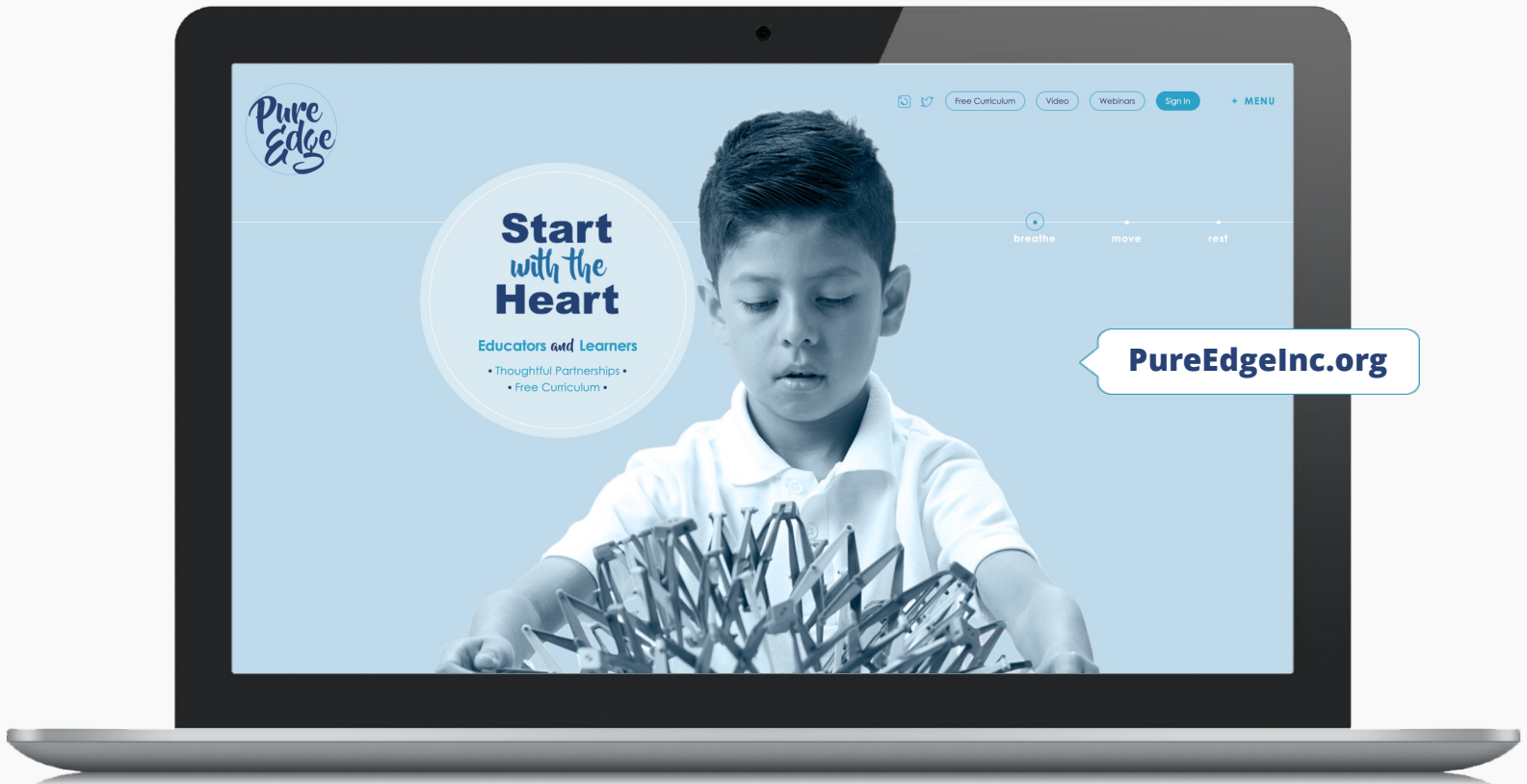
PEI also provides grants to national organizations that advance the work of whole child development & SEL.





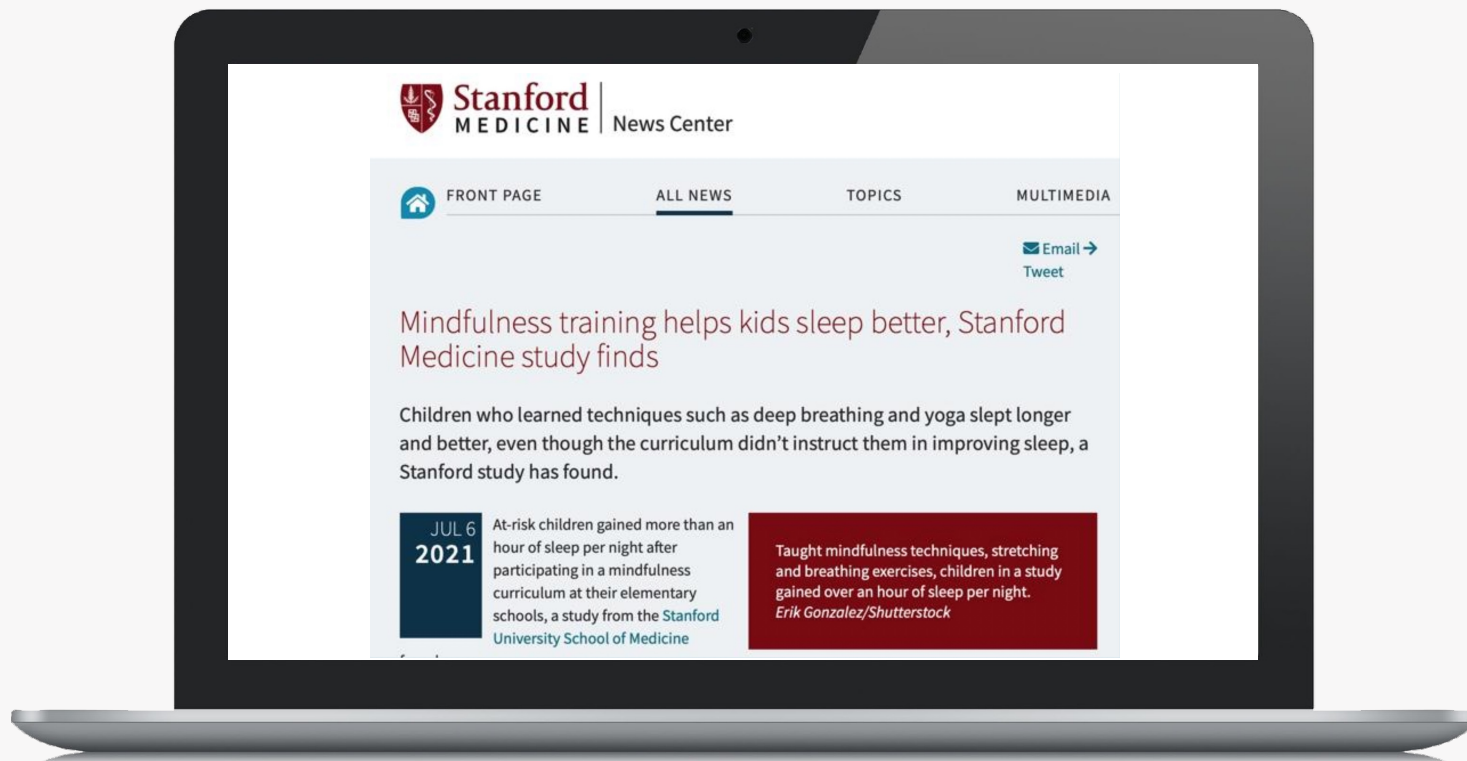
Engaging Activity: Mindful Minute







Stanford Medicine Sleep Study





“ To fall asleep they have to **relax**, but they have hard time letting their experiences go. ”

Victor Carrion, MD

Director, Stanford Early Life Stress and Resilience Program





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
per night.





Sleep

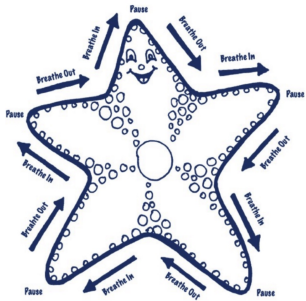
The health of the brain & the body depend on the quality of our sleep.

Highly important mental functions can all be impaired due to lack of sleep:

- **focusing attention, thinking, remembering**
- **problem solving,**
- **emotional regulation**
- **connecting w/others**

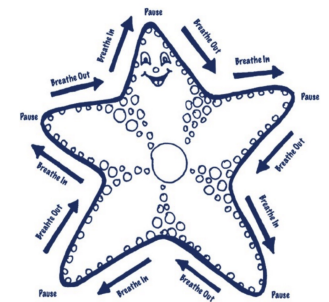


Breathe



Starfish Breathing

1. Make a starfish with one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our starfish hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the starfish hand





Start with the Heart

Curriculum Design

Grades 3-5





Start with the Heart

discover 3-5



Goals:

- 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 Include:

- Discover Your Superpowers
- Building Awareness of Breath
- How Habits Grow Your Brain
- Getting to Know Your Brain
- Minding Your Mindset
- Taking in the Good

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Lesson Three

How Habits Grow Your Brain



GUIDING QUESTION

Why are your thoughts and feelings important?

OBJECTIVE

Students will be able to define neuroplasticity by interpreting the statement "Neurons that fire together wire together."



TEACHER TIPS

- Explain that practicing the same exercises again and again is important because our brains and bodies respond well to repetition.
- Make the connection between neuroplasticity and learning the exercises by asking students to compare the experience of practicing an exercise they have done before with one that is brand-new to them. What do they notice?



VOCABULARY

neuron
neuroplasticity
neurotransmitter



MATERIALS

Handout
Image of a neuron



BRAIN BREAKS

Breathing Ball
Countdown Calm Down
Chair Sunrise Twist
Tree
Attitude of Gratitude

Cover Page:



Lesson Title



Guiding Question(s)



Objective



Vocabulary



Materials



Brain Breaks



Teacher Tips



Main Lesson

LESSON THREE

Brain Break 1

BREATHING BALL

Connect

Last time we worked together, we continued to strengthen our mindfulness muscles and activate our power to be kind and calm with mindful breathing exercises. Today, we are going to learn how your habits and experiences, which include your thoughts, feelings, and behavior, gradually mold your brain, just like a sculptor molds clay.

Brain Break 2

COUNTDOWN CALMDOWN

Teach

I have a mystery for you to solve.

(Display an image of a neuron.)

Give a thumbs-up if you think you can identify the image captured in the photo.

(Give students at least three seconds of "wait" or "think" time. Then invite two students to share their predictions.)

This is an image of a unique type of cell.

There are many different types of cells in the human body, and each type **performs** a different job. The cell in this image is a brain cell, or neuron. Every brain is made up of

neurons, which communicate by sending messages to one another. You are able to learn and remember things because your neurons are constantly making and strengthening connections with one another. Learning occurs as more and stronger connections are made between neurons.

In your brain, messages are passed on, or transmitted, from neuron to neuron through special chemicals called neurotransmitters. A neuron is similar to an on-off light switch. It is either "off" during its resting state or "on" when it is sending, or transmitting, a message to neighboring neurons.

Brain Break 3

CHAIR SUNRISE TWIST

Teach

There is a saying inspired by the work of neuroscientist Dr. Donald Hebb, "Neurons that fire together, wire together." Each of your experiences, including your thoughts, feelings, and sensations, becomes rooted in the network of brain cells that produce that experience. The connection between these neurons is strengthened every time you repeat a particular thought or action. This is a good thing when you learn something useful, like remembering the route from your classroom to the bathroom or your morning routine to get ready for school. The strengthening of neural connections is not so great when you repeat bad habits, such as being unkind to your classmates, being unkind to yourself through negative self-talk,

HOW HABITS GROW YOUR BRAIN 15

LESSON THREE

or becoming super stressed out every time you have to take a test.

Brain Break 4

TREE

Teach

There is a special brain science word that describes your brain's lifelong ability to change and grow: neuroplasticity. "Neuro" refers to the brain. "Plasticity" has the word "plastic" in it. Something that is plastic can be molded, or change shape.

Neuroplasticity means that your brain slowly adapts and changes shape in response to your habits and experiences, which include what you learn, how you think, and how you act. The more you practice something through repetition, like shooting a basketball, riding a bicycle, or memorizing facts for your social studies exam, the better you become at that task, because the neurons in your brain responsible for that skill form stronger connections to one another. You are training your brain to improve at a particular skill.

Ask students what they think will happen to the brain cells responsible for helping them focus when they practice mindful breathing.

IMAGE OF NEURON

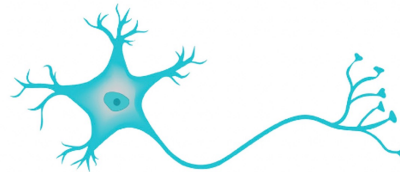


Illustration of a neuron. Credit: David Balwit/UC San Diego

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LESSON THREE

Explain that the focused attention they build through mindfulness helps improve their skills in other activities, whether it's learning a sport, a dance routine, or a musical instrument.

Neuroplasticity helps us establish patterns of thought, behavior, and feeling that make it easier for us to respond a certain way in different situations. The next Brain Break will help us practice feeling the positive emotion of gratitude.

Brain Break 5

ATTITUDE OF GRATITUDE

Link

Every moment is an opportunity to shape and grow your brain. Mindfulness practice helps you take care of your brain and grow to your full potential by training your attention to focus on what you choose.

Home Practice

Practice Attitude of Gratitude once a day—maybe in the morning when you first wake up or at night before you go to bed. See whether you notice any change in your outlook as you practice focusing on the positive.

1 Robert J. Sligh, "Using 'Think-Time' and 'Wait-Time' Skillfully in the Classroom," ERIC Digests. <http://www.ericdigests.org/1995-1/think.htm>.

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Sections of the Lesson

- Connect
- Active Engagement
- Teach
- Optional Activity
- Link
- Home Practice
- Brain Breaks





Move

Tree

Visual Supports for the Classroom

LESSON ONE

OPTIONAL GROUP ACTIVITY | 'YOUR SUPERPOWERS' HANDOUT

Your Superpowers!

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LESSON ONE

VOLUME SCALE

- 4 Outdoor or Emergency Voice
- 3 Presentation Voice
- 2 Quiet Talking
- 1 Whisper Voices
- 0 Silent

SILENT SYMBOLS

Yes!	No.	Celebration! / I'm excited!	Sending kind support.
I agree! / Me too!	I'm sorry.	Thank you!	You're welcome!

DISCOVER YOUR SUPERPOWERS 7

Handouts and Activities

LESSON ONE

OPTIONAL GROUP ACTIVITY | 'KINDNESS TO YOURSELF' HANDOUT

Sending Kindness to Yourself

Draw a picture of yourself and how you feel after sending yourself three kind thoughts.

Try sending yourself three kind thoughts. Name three things you like about yourself, and send yourself Silent Shout Outs.

My three kind thoughts:

- 1.
- 2.
- 3.

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LESSON FOUR

OPTIONAL ACTIVITY | 'MINDFUL OR UNMINDFUL?' HANDOUT

Mindful or Unmindful?

Color in the boxes showing mindful behavior.

Draw or write about a time you were angry but chose a mindful response (a time you used the 'Kind Leader' part of your brain).

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LESSON SIX

OPTIONAL ACTIVITY | 'EXPLORER'S DOCUMENTATION LOG' HANDOUT

Explorer's Documentation Log

Topic: Mindful Seeing

Date: _____

Object: _____

1. Take 3 mindful breaths to activate your power to laser focus; notice your eyes: are they tense or relaxed?
2. Continue your mindful breathing and simply observe all the objects displayed on the tray for the assigned time.
3. Record as many of the items from the tray as you can remember. Even though the items are now covered, can you still see the image of the items in your brain?

Tip: Try mindful breathing to help remember the items.

Object #1	Object #2	Object #3	Object #4
Object #5	Object #6	Object #7	Object #8

MINDFUL SEEING 35

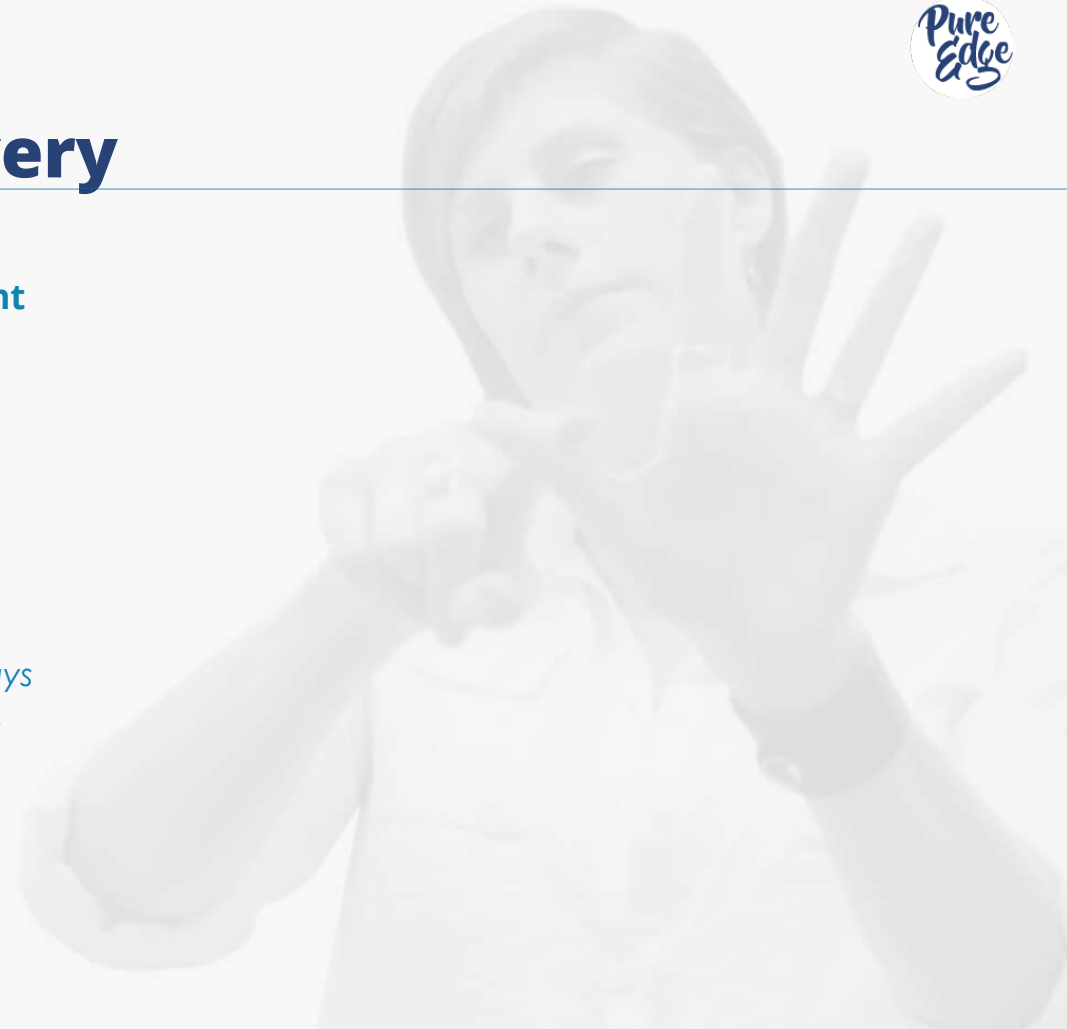


Guidelines for Delivery

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.*



Educator Self-Care

In order to have an impact on others, you must first have an impact on yourself.





***Start with the Heart* Takeaways**

- ***Start with the Heart*** is designed for easy implementation.
- **Brain Breaks** benefit learners and educators.
- Resources are available at **PureEdgeInc.org**.





Start with the Heart: 3-5

Trainer: **Gill McClean**

Thank you for joining us!

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.

