

Pure Edge

Suggested Materials:



- Pen/Pencil
- Notebook/Journal

Thrive Thursdays:
Start with the Heart -Grades Pre-K to 2

Presenter: Erin Cooney

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Welcome: While We Wait

Please type into the **chat**:

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



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Pure Edge logo in the top right corner.

Introductions:

Trainer: **Erin Cooney**
Director of Curriculum & Instruction / National Trainer
Erin@PureEdgeInc.org

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Pure Edge logo in the top right corner.

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.

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Engaging Activity: Mindful Minute




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Learning Objectives

- Describe **Start with the Heart** curriculum & supports.
- Access and use **PureEdgeInc.org** online resources.
- Practice and implement **Breathe, Move, Rest strategies** for self-awareness and self-management.

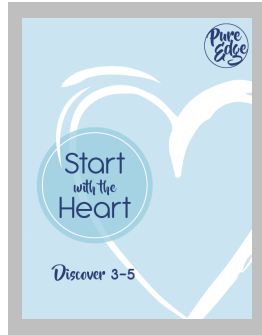


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Start with the Heart

This new curriculum is our answer to the question educators always ask us during trainings: How do I get started sharing this work with my students?



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Breathe

Move

Rest




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Human Relationships

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


©2023 Pure Edge, Inc. Learning Policy Institute, Educating the Whole Child: Improving School Climate to Support Student Success, Sept.7, 2018 Follow us @PureEdgeInc  

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



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Mindfulness in Early Childhood

Kindergarten students participated in a 20- minute mindfulness intervention, 3x/week, for 6 weeks. There were 127 students, ages 4-6, in the study; 72 received the intervention and 55 in a control group. Compared to the control group, the learners who received the intervention showed:

- **Greater improvement in self-regulation**
- **More prosocial behavior**
- **Less hyperactive behavior**



These outcomes were especially true for learners who scored low on these areas initially.



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Mindfulness in Early Childhood

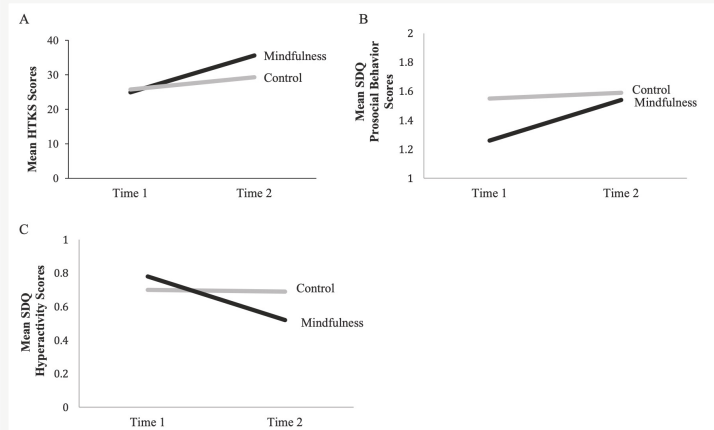


Fig. 2 a Change in self-regulation from Time 1 to Time 2 **b.** Change in prosocial behavior from Time 1 to Time 2 **c.** Change in hyperactivity from Time 1 to Time 2



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Nasal Breathing & Extended Breaths


- Lung capacity increases
- 18% more oxygen is absorbed
- Heart relaxes
- Respiratory & nervous systems cohere
- Blood pressure decreases

Mouth Breathing

- Body moisture gets sapped
- Lungs get irritated
- Soft tissue of mouth flexes, leaving less space to breathe

©2022 Pure Edge, Inc. Nestor, J. (2020, May 21). The Healing Power of Proper Breathing. Retrieved from www.wsj.com/articles/the-healing-power-of-proper-breathing-11590098696 Follow us @PureEdgeInc

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Start
with the
Heart

Shine Pre-K

Pre-K Goals:


- Any teacher can pick up and use.
- Offers **sequences** of Brain Breaks exercises.
- Describes how to implement for **maximum impact**.
- Aligned with animated Brain Breaks videos.

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Week One ♥

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: Crocodile	Animal Arms: Dolphin	Animal Arms: Butterfly	Animal Arms: Crocodile	Animal Arms: Pufferfish
Animal Arms: Pufferfish	Animal Arms: Butterfly	Animal Arms: Pufferfish	Animal Arms: Dolphin	



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
None	None	None	None	Guided Rest with Breathing Buddy


Shine: Pre-K

- Repetition is essential.
- Start small, then build.
- Add variety once learners are comfortable with the exercises.

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The image shows the cover of a resource titled "Start with the Heart Shine K-2". The cover has a light blue background with a white heart shape. The text "Start with the Heart" is in a white circle, and "Shine K-2" is below it. A "Pure Edge" logo is in the top right corner of the cover.


K-2 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.

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K-2 Learners will explore:

- Let Your Superpowers Shine
- Building Awareness of Breath & Movement
- Getting to Know Your Brain: Amygdala & Prefrontal Cortex
- The Brain-Breath Connection
- Mindful Listening
- Taking in the Good

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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 in to 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

Cover Page:

- Lesson Title
- Guiding Question(s)
- Objective
- Vocabulary
- Materials
- Brain Breaks
- Teacher Tips

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Main Lesson

LESSON TWO

Brain Break 1
REPEATING BALL

Active Engagement

- Have students sit in a circle in seated positions.
- Today, I brought a special ball we are going to call our breath repetition.
- Display the model for the center of the student circle.

Brain Break 2
BLow OUT THE CANDLES

Connect

Last time we worked together, we learned that visualization means looking and a feeling happening as it's happening, with a sense of awareness and curiosity. We began practicing our breathing, nose and our diaphragm, and we help us activate our superpowers. Does anyone remember what "breath" is called? Today we will continue to activate our powers to feel and calm through visual breathing.

LESSON TWO

the spaces down, write, without students to complete their body breathing and all of the questions write at the bottom of the jar. Ask students to show how they feel.

Brain Break 3
ANIMAL ARMS

Optional Group Activity


HEARING ON THE INSIDE

Home Practice

Brain Breaks

LESSON TWO

Mind Jar Recipe




Our brain works much like the mind jar. The activities are the ingredients, thoughts and memories, and all the other information comes from our brain. When we are angry, sad, or when our brain can't think of ideas, a "mind jar" breathing can help our brain calm down into a more calm and clear state.


When we are stressed, calm the mind to feel relaxed and choose the best response. Intentional breathing can help calm our bodies and brains so we can think and choose our responses wisely.

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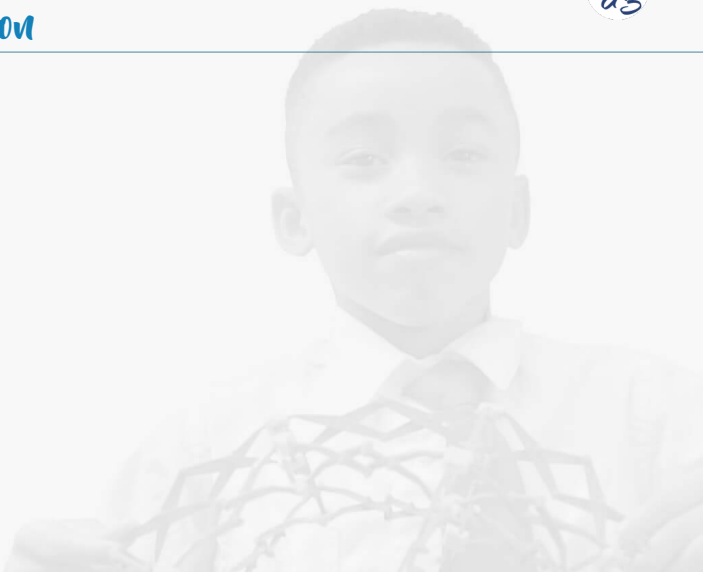
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Sections of the Lesson




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



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A faded background image of a classroom where students are raising their hands. In the top right corner, there is a small "Pure Edge" logo.

Guidelines for Delivery

We recommend delivering on a consistent schedule, at the same day and time.

- Daily
- Two or three times a week*
- Weekly *

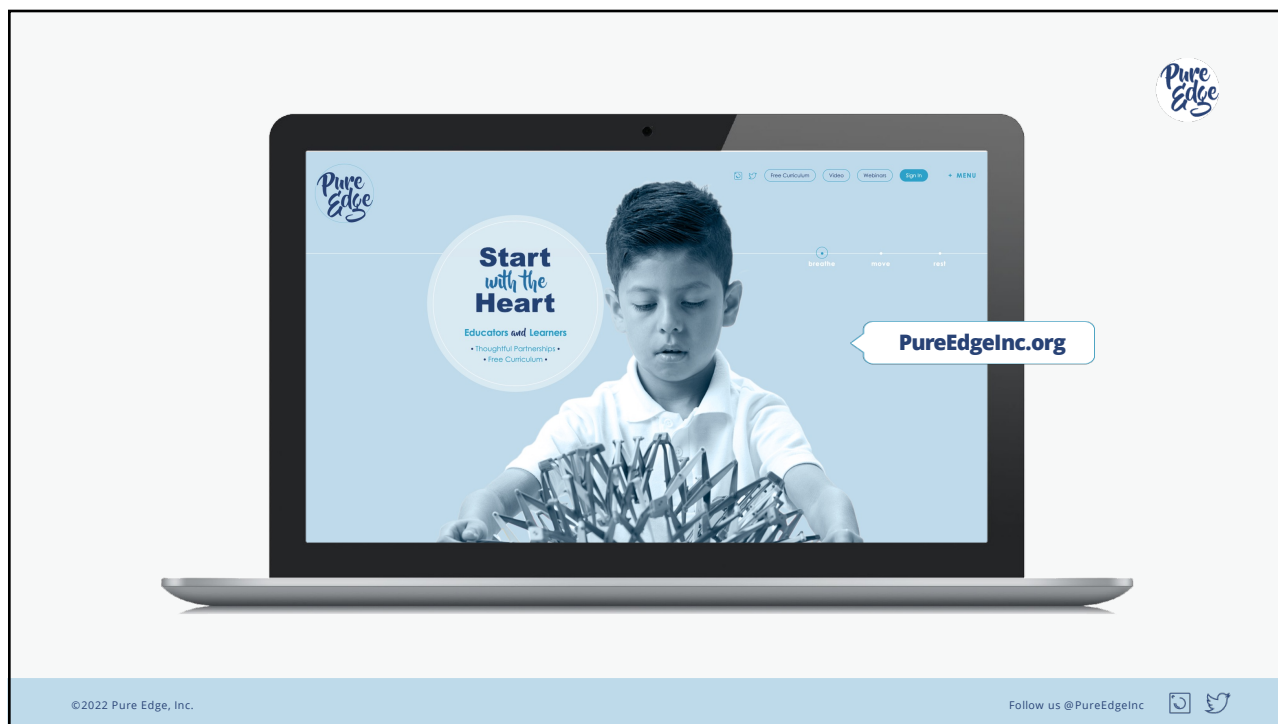
**Incorporating Brain Breaks on non-lesson days will support retention and maximize impact.*

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Start with the Heart Resources

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Start with the Heart
Shine Pre-K

Start with the Heart
Shine K-2

brain breaks
Pre K-5th Grade
Pure Edge, Inc.
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Brain Breaks

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 1:49 format 1:1 format	Animal Arms: Butterfly 1:49 format 1:1 format	Animal Arms: Dolphin 1:49 format 1:1 format	Animal Arms: Puffer Fish 1:49 format 1:1 format

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Engaging Activity: Taking in the Good




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Start with the Heart Take-Aways

- **Start with the Heart** is designed for easy implementation.
- **Brain Breaks** benefit learners and educators.
- Resources available at [PureEdgeInc.org](https://www.PureEdgeInc.org)



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Thank you for joining us!

Trainer: **Erin Cooney**
Start with the Heart: Pre K-2

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