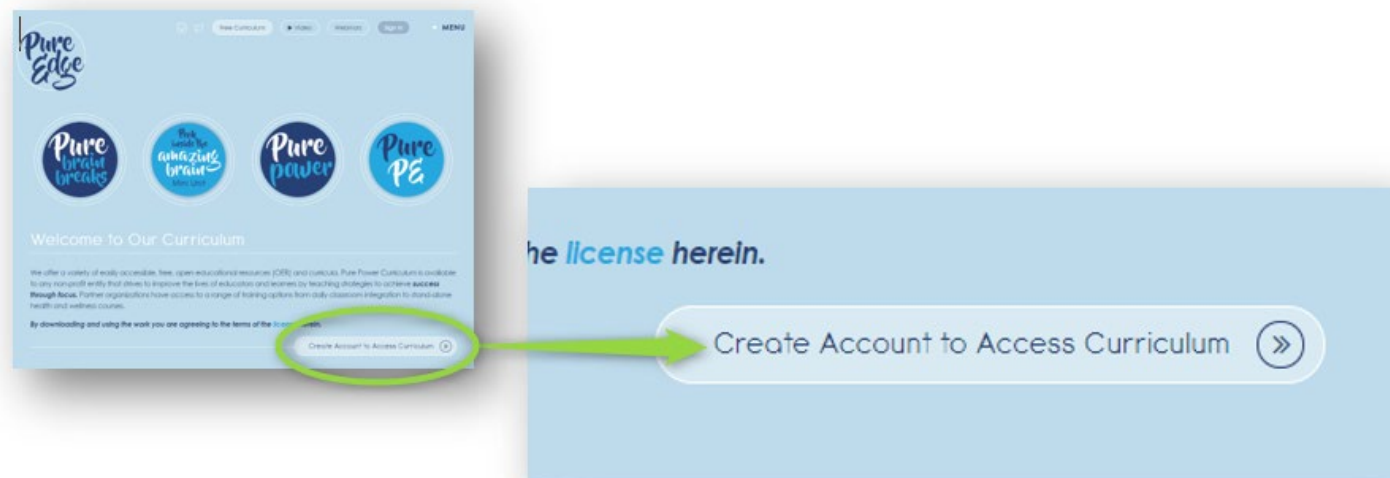
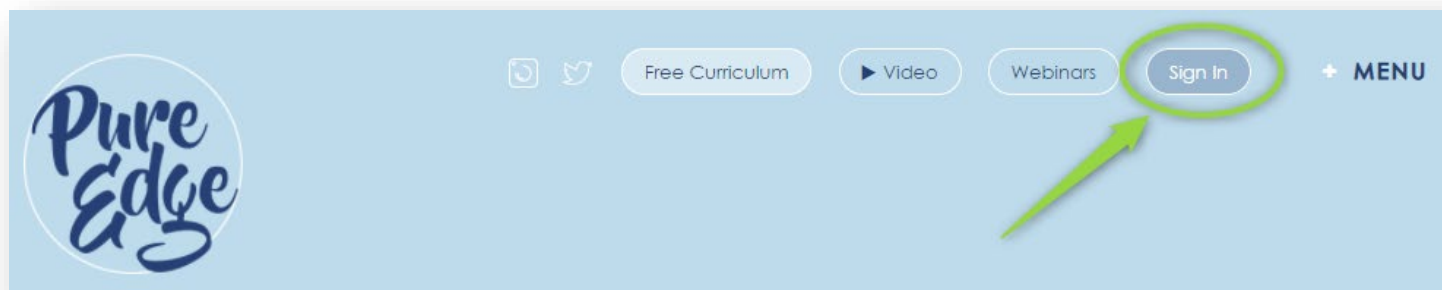


PURE EDGE – account setup and login directions

☆ To access Pure Edge resources and curriculum, create a free account at pureedgeinc.org



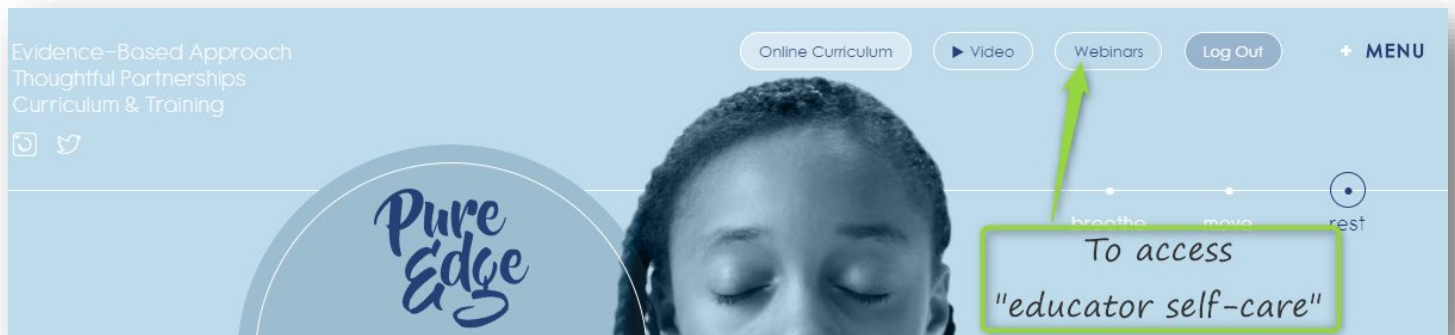
☆ Once the account is activated (it may take a few minutes), sign in for full access



NEXT

DIRECTIONS TO ACCESS – staff resources for their own self-care

☆ From the Pure Edge homepage, select “Webinars”



☆ Then from the left menu, select “Educator Self-Care”



☆ Staff can access a self-care video series through the lens of CASEL's five SEL competencies



DIRECTIONS TO ACCESS – resources for student brain breaks

☆ Once signed in, select “Online Curriculum” and then → “Pure Brain Breaks” from the left menu

The screenshot shows the 'Curriculum: Pure Brain Breaks' page. On the left, there's a sidebar with grade bands: Pre K, K-2, 3-5, and 6-12. Each band has links for 'Implementation Guide', '3x5 Cards', and 'Videos'. The main content area shows a detailed view for each grade band with links for 'Training Manual', 'Implementation Guide', '3x5 Cards', and 'Videos'. A green box with the text 'Access the Breathe, Move, & Rest Videos' has three green arrows pointing to the 'Videos' link for each grade band (K-2, 3-5, and 6-12).

☆ Select “Videos” in your designated grade band

The screenshot shows the video selection interface. At the top, there are five circular icons: 'Pure brain breaks breathe', 'Pure brain breaks move', 'Pure brain breaks rest', 'Peek inside the amazing brain Short Movement Sequences', and 'Peek inside the amazing brain Long Movement Sequences'. Below these icons is a green box with the text 'Choose a brain break video to demonstrate with students'. At the bottom, there are five video thumbnails with play buttons: 'Insta Short Starfish', 'Insta Short Breathing Ball', 'Insta Short Breathing Before Test', 'Seated Mountain', and 'Even-in Even-out'.