



Educator Self Care (60 minutes/90 minutes)

During this interactive session, participants will learn about stress and how it affects their bodies and nervous systems. Participants will explore breathing techniques, mindful movement, and guided relaxation as tools for promoting their own wellbeing. The 90-minute session includes an extended self-care practice. Both sessions introduce some simple Brain Breaks exercises which are short self-care exercises designed to promote focus and are able to be shared with students in the classroom.

Participants can perform the exercises seated or standing, at desks or on the floor. All attendees must come in suitable clothing for light exercise.

Educator Self Care & Brain Breaks (3 hours)

Participants will learn simple and effective strategies to alleviate stress and to calm over-stimulated minds. They will learn the importance of self-care, specifically in their role as educators. They will also engage in Pure Edge **Brain Breaks** that offer a set of tools designed to promote student focus. The exercises, 1 to 5 minutes in length, are designed for easy classroom implementation. Participants can perform these seated or standing, at desks or on the floor.

During this interactive session, participants will learn how to present the Brain Breaks strategies to students. We will explore and practice a variety of techniques and learn how to adapt these for all ages. Training can also be tailored for specific grade levels (i.e., Pre-K; K-5; 6-12).

All attendees must come in suitable clothing for light exercise.

Brain Breaks (3 hours)

Participants will learn simple and effective strategies to alleviate stress and to calm over-stimulated minds. They will also engage in Pure Edge **Brain Breaks** that offer a set of tools designed to promote student focus. The exercises, 1 to 5 minutes in length, are designed for easy classroom implementation. Participants can perform these seated or standing, at desks or on the floor.

During this interactive session, participants will learn how to present the Brain Breaks strategies to students. We will explore and practice a variety of techniques and learn how to adapt these for all ages. Sessions can also be tailored for specific grade levels (i.e., Pre-K; K-5; 6-12).

All attendees must come in suitable clothing for light exercise.

Mindful Movement (1-day or 2-day)

During this interactive session, participants will learn breath, posture and relaxation techniques that will enable them to teach short movement sequences to students. These sequences can be delivered in the classroom by classroom teachers, counsellors and

PE teachers. The training can be adapted for K-5 or 6-12 grade levels.

These sequences can also be used to deliver an afterschool program.

The one-day training will ensure competency teaching 1-2 sequences and the skills to learn subsequent sequences. The two-day training will ensure a strong foundation in the techniques and proficiency teaching 3-4 sequences.

All attendees must come in suitable clothing for light exercise.

A Peek Inside the Amazing Brain (Elementary, 1-day)

During this full day interactive session, participants will learn to implement the Pure Power Mini Unit, "A Peek Inside the Amazing Brain" in their classrooms. The Pure Power Mini-Unit is an eight-lesson curriculum which teaches neuroscience, social-emotional skills, and mindfulness techniques. Every lesson also includes a mindful movement sequence. Participants will become familiar with teaching mindful movement, including how to use the video library in their classroom. They will also become familiar with the content and techniques in the curriculum. Time is allotted for planning out and presenting lessons to the group.

All attendees must come in suitable clothing for light exercise.

Culture of Care (Elementary - 3 day)

The Culture of Care training prepares educators to deliver breathing, mindful movement, and relaxation exercises in the classroom, and to train colleagues to do the same. With a little practice, the exercises are simple for educators to learn and share. Participants in the training will learn and be able to communicate how this approach promotes socioemotional learning (SEL) in the classroom.

The training is delivered in three full-day sessions. Each session includes a self-care practice for participants, as well as time for Q & A and practical implementation strategies. The sessions are highly interactive and participants will practice teaching the exercises with colleagues. Participants will become familiar with the Pure Edge online resource library to support establishing a Culture of Care at their school site.

Day One: The WHY

This session explores the effect of stress on the field of education, and the importance of self-care for educators. The session also examines how breathing exercises and mindful movement improve the body's stress response by discussing breath's effect on the brain and the nervous system. Participants will experience a self-care practice designed to alleviate the effects of stress on the mind and body, and they will learn to implement Pure Edge's Brain Breaks program. Participants will also practice teaching mindful movement sequences from the Pure Power Curriculum.

Day Two: SEL & Culture of Care

The second session takes participants more deeply into SEL and how mindfulness supports SEL by improving the stress response and promoting self-awareness in the classroom. Participants will refine their teaching skills by practicing delivering Brain Breaks and mindful movement in small groups. The Pure Power Mini Unit and mindful games for the classroom are also included in this session.

Day Three: Train-the-Trainer

The final session builds on days one and two and ensures that educators are prepared to

build a Culture of Care in their classrooms and at their school sites. In addition to refining their mindfulness knowledge and teaching technique, participants will develop short- and long-term implementation goals for their classrooms and schools. Topics addressed include classroom implementation strategies and how to train colleagues.

All attendees must come in suitable clothing for light exercise.

Culture of Care (Secondary - 2 day)

The Culture of Care training prepares educators to deliver breathing, mindful movement, and relaxation exercises in the classroom, and to train colleagues to do the same. With a little practice, the exercises are simple for educators to learn and share. Participants in the training will learn and be able to communicate how this approach promotes socioemotional learning (SEL) in the classroom.

The training is delivered in two full-day sessions. Each session includes a self-care practice for participants, as well as time for Q & A and practical implementation strategies. The sessions are highly interactive and participants will practice teaching the exercises with colleagues. Participants will become familiar with the Pure Edge online resource library to support establishing a Culture of Care at their school site.

Day One: The WHY

This session explores the effect of stress on the field of education, and the importance of self-care for educators. The session also examines how breathing exercises and mindful movement improve the body's stress response by discussing breath's effect on the brain and the nervous system. Participants will experience a self-care practice designed to alleviate the effects of stress on the mind and body, and they will learn to implement Pure Edge's Brain Breaks program. Participants will also practice teaching mindful movement sequences from the Pure Power Curriculum.

Day Two: SEL & Culture of Care

The second session builds on day one and ensures educators are prepared to build a Culture of Care in their classrooms and at their schools. The session takes participants more deeply into SEL and how mindfulness supports SEL by improving the stress response and promoting self-awareness in the classroom. Participants will refine their technique delivering Brain Breaks and teaching mindful movement and develop short- and long-term implementation goals for their classrooms and schools. Pure Edge can tailor sessions to provide strategies to support a specific role in the school district.

All attendees must come in suitable clothing for light exercise.

Pure Edge Job Alike Sessions (School Counselors, Psychologists, Student Support Services, etc.)

Pure Edge can tailor sessions to provide strategies to support a specific role in the school district.

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