



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.

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

Pure Edge can tailor sessions to provide strategies to support a specific role in the school district. This option is perfect for all of the support staff at the district that are working outside of the classroom. These sessions can be anywhere from 1 hour to a full day.