





Pure Community

Thank you for joining us!

Session: Family Brain Breaks Series: Sleep
Trainer: Michelle Kelsey Mitchell
 Director of Partnerships

Getting Started:

1. If you have any questions, please type them into the Q&A box!
2. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.


Follow us @pureedgeinc
 Website: www.pureedgeinc.org
 Email: getmoving@pureedgeinc.org



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Welcoming: **Mindful Minute**




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To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.




Call McClean

Welcoming: **Mindful Minute**



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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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Welcoming Activity: Synectics

"Sleep" is like...

1



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3



4



Because...

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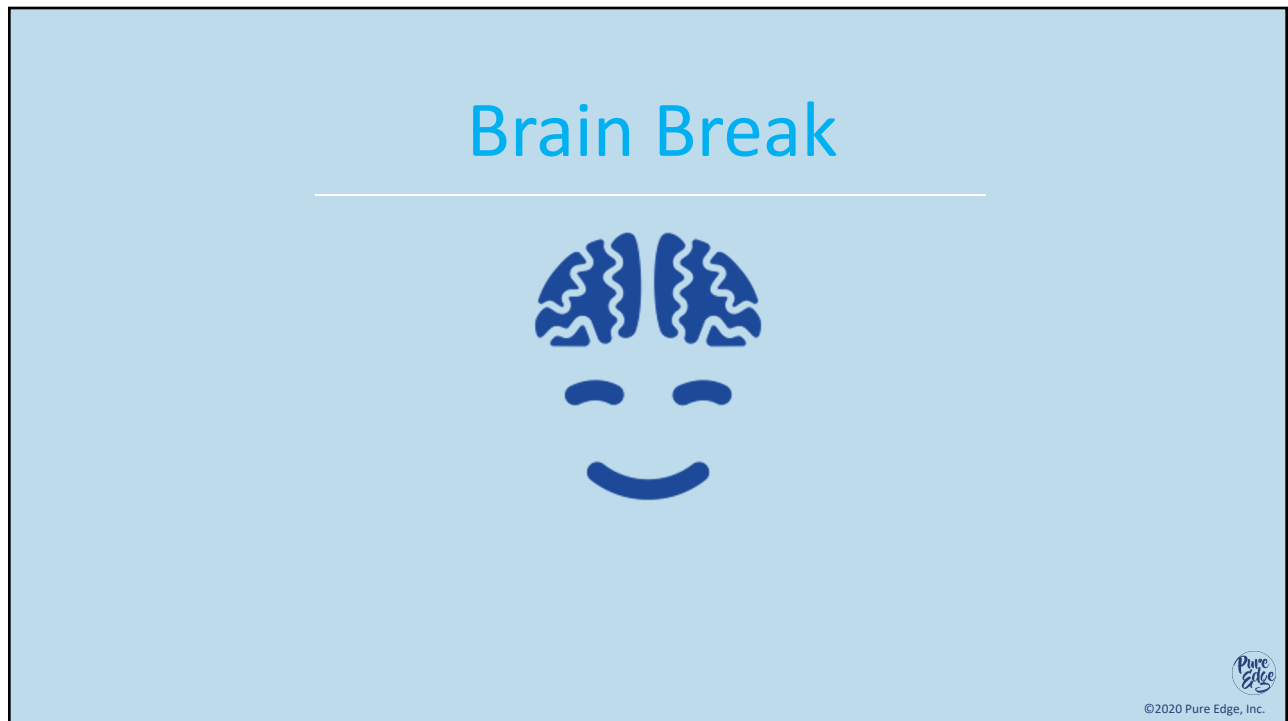


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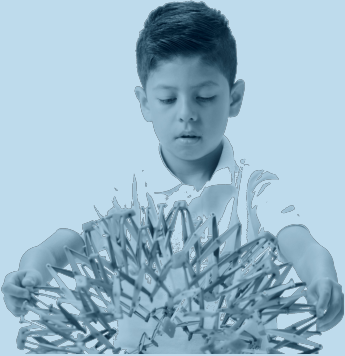


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Breathe




Move



Rest




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Engaging Activity: Starfish Breathing or Take Five



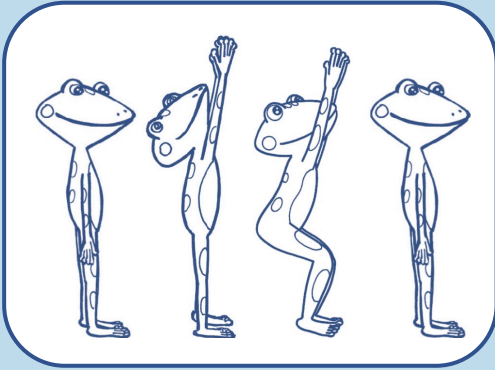



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Engaging Activity: Mountain/Chair Strength Sequence



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Engaging Activity: One Minute Reflection



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Sleep Recommendations

Age Group	Hours Per Day	Age Group	Hours Per Day
Newborns (0-3 months)	14-17 hours	Teenagers (14-17 years)	8-10 hours
Infants (4-11 months)	12-15 hours	Young Adults (18-25 years)	7-9 hours
Toddlers (1-2 years)	11-14 hours	Adults (26-64 years)	7-9 hours
Preschoolers (3-5 years)	10-13 hours	Senior Adults (65+ years)	7-8 hours
Children (6-13 years)	9-11 hours		

<https://www.sleepfoundation.org>

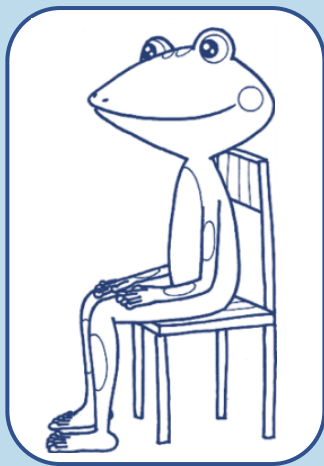


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Engaging Activity: Even In – Even Out

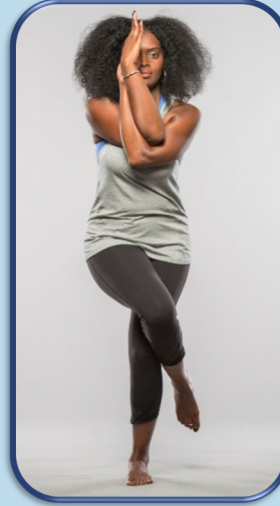


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Engaging Activity: Eagle

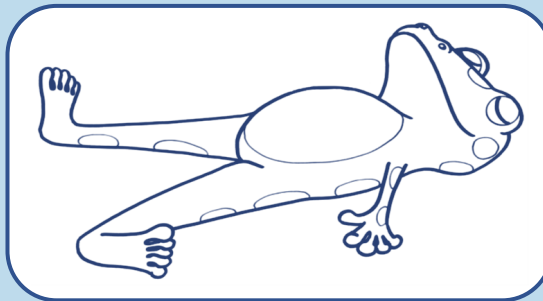


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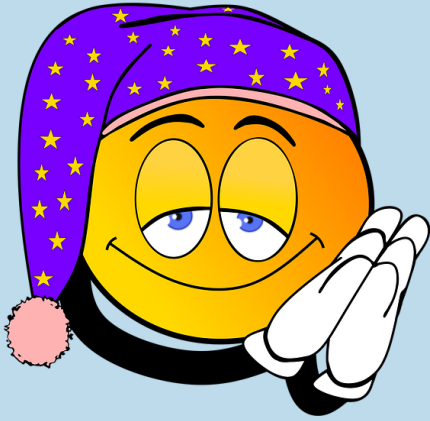
Engaging Activity: Guided Rest / Body Scan



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Healthy Sleep Tips



- ❖ Stick to a sleep schedule, even on the weekends
- ❖ Practice a relaxing bedtime ritual
- ❖ Exercise Daily
- ❖ Evaluate your bedroom to ensure ideal temperature, sound, and light
- ❖ Sleep on a comfortable mattress and pillows
- ❖ Beware of hidden sleep stealers, like alcohol and caffeine
- ❖ Turn off electronics before bed

<https://www.sleepfoundation.org>



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Research and Policy: Stanford University

Pure Edge curriculum when implemented with fidelity and systematic supports has statistically significant efficacy.

Statistically Significant Findings from the Study

Social Emotional

Curriculum MAY protect against development of anxiety.

"The Pure Edge curriculum buffers the ill effects of severe or toxic stress."

Cognitive & Academic

Improved Reading Performance

Protective Against Math and Spelling Declines

Improved English Language/Arts Achievement

Improved Attendance

Improved Cognitive Performance

Sleep

Improved Sleep Consolidation

Increased REM

Neuroimaging

Decreased Distraction

Increased Cognitive Control

First in a Series of Academic Papers Released This Winter



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Self-care Practice



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Optimistic Closure: My Next Step



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