

Pure Community



Thank you for joining us!

Session: Educator Self-Care Series:
Mindful Movement


Trainer: Gill McClean
Director of Professional Development

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



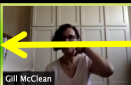
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Welcoming: **Mindful Minute**




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



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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Breathe



Move



Rest



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Welcoming Activity: Mindful Minute



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Engaging Activity: Nasal Breathing



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Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

<https://www.kqed.org/mindshift/53681/how-movement-and-exercise-help-kids-learn>

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Self-care Practice

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Reflection

Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

What is on your mind?
or
How are you feeling?



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Engaging Activity: Mountain



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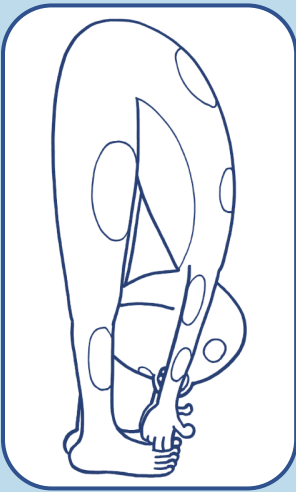
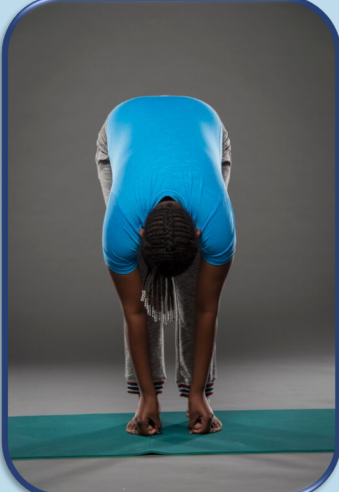
 **Engaging Activity: Half Opening Sequence A**




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 **Engaging Activity: Big Toe**

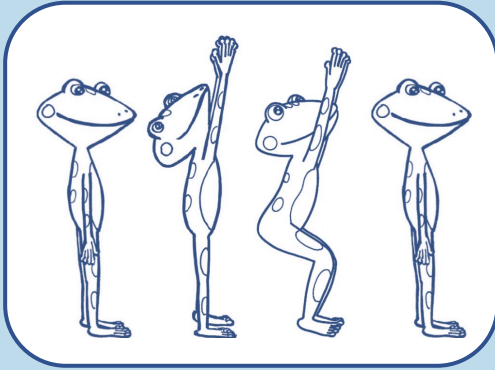



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Engaging Activity: Mountain/Chair Strength Sequence

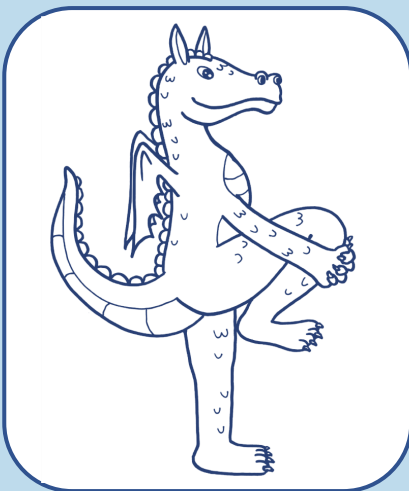


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Engaging Activity: Stork



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Engaging Activity: Sandwich

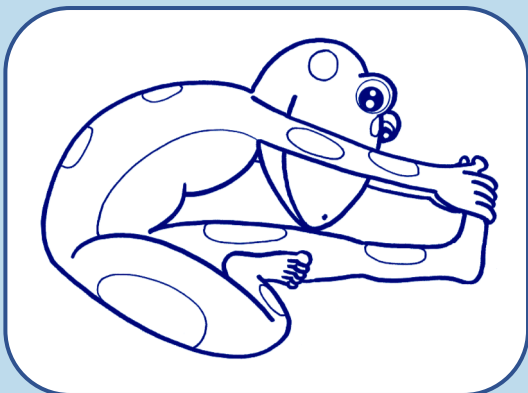


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Engaging Activity: Seated Tree

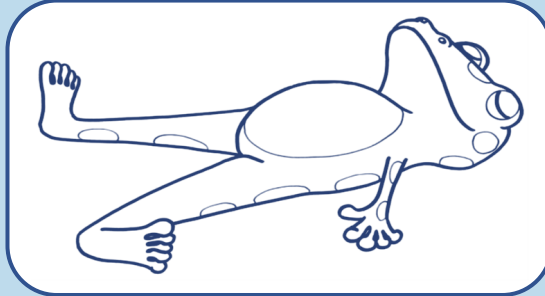


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Engaging Activity: Guided Rest / Body Scan



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