



Pure Community

Thank you for joining us!


Session: Family Brain Breaks Series: Physical Time
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.


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 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.



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: Reflection Poll

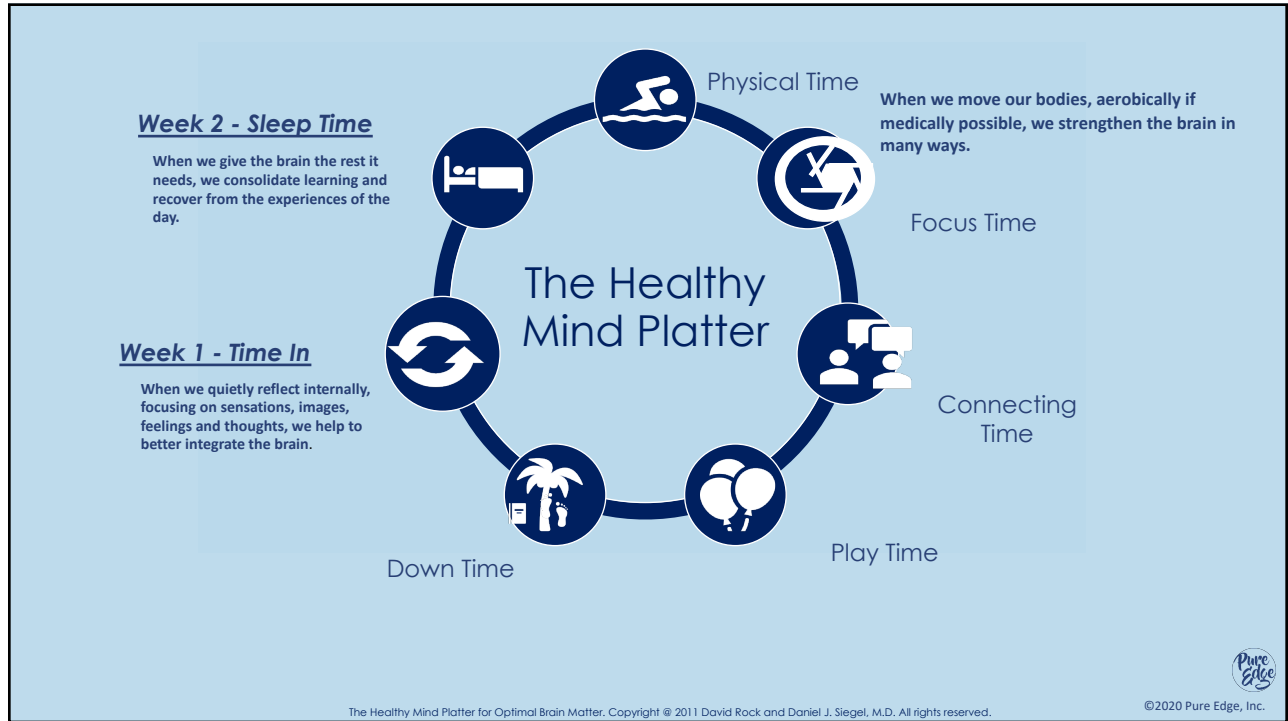


Notice what is on your mind.
or
How are you feeling?



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Brain Break



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Breathe

Move

Rest



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Engaging Activity: Lion Breath

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Engaging Activity: Animal Arms

Inhale the jaws open

Exhale the jaws close

Crocodile

Inhale the dolphin jumps up

Exhale the dolphin dives down

Dolphin

Inhale the wings open

Exhale the wings close

Butterfly

Inhale the tummy puffs up

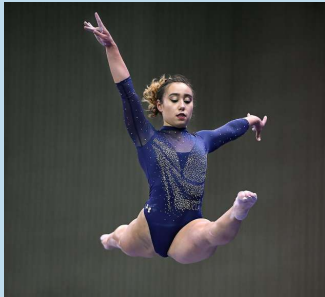
Exhale the tummy sinks down

Pufferfish

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Your Brain on Exercise



#FITBRAINFACT
Exercise increases
cerebral blood flow.



- ❖ Movement addresses the needs of the whole person.
- ❖ Aerobic movement that increases your heart rate for over thirty minutes is beneficial for cardiovascular health
- ❖ Less aerobic activities that strengthen muscles and require mindful attention actually support how your brain functions.

http://www.espn.com/nba/story/_/id/26802987/rise-fallen-how-elite-nba-athletes-handle-pressure
[Circulate Cortex: https://www.sciencedirect.com/topics/neuroscience/circulate-cortex](https://www.sciencedirect.com/topics/neuroscience/circulate-cortex)



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

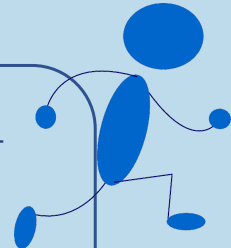


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Physical Activity

Physical activity enhances neuroplasticity — your memory is sharpened, neurological connections are forged, and existing connections are fortified. As Dr. John Ratey says, “That which makes us think, also makes us move.”



<http://pureedgeinc.org/start-with-the-heart/>

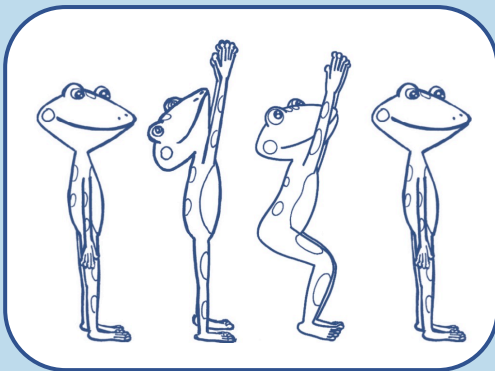


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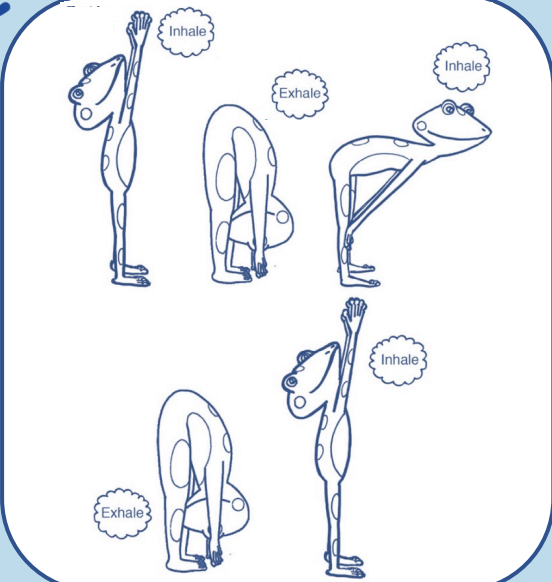

Engaging Activity: Mountain/Chair Strength Sequence



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 **Engaging Activity: Recharge Sequence**

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 **Engaging Activity: Wave Sequence**




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Engaging Activity: Chair Boat



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Engaging Activity: Guided Rest / Body Scan



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Engaging Activity: Reflection Poll



Notice what is on your mind.
or
How are you feeling?



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Benefits of Exercise



- ❖ Exercise fuels the brain's stress buffers
- ❖ Exercise can boost mental health
- ❖ Exercise can build the mind's muscles
- ❖ Exercise can sharpen memory



<https://www.apa.org/topics/exercise-stress>
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Brain Breaks Review



Breathe

- ❖ Lion Breath
- ❖ Animal Arms



Move

- ❖ Mountain Chair Sequence
- ❖ Recharge Sequence
- ❖ Wave Sequence
- ❖ Chair Boat



Rest

- ❖ Guided Rest/Body Scan



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Optimistic Closure: My Next Step



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Takeaways

Circle back:

- Healthy Mind Platter
- Michelle – I wasn't sure what else to write here, so I am leaving for you to fill in. Thanks! B

Breath, Move & Rest Review

Brain Breaks

1. Lion Breath
2. Animal Arms
3. Mountain/Chair Strength Sequence
4. Recharge Sequence
5. Wave Sequence
6. Chair Boat
7. Guided Rest / Body Scan



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training

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Online Curriculum Log Out + MENU



• breathe • move • rest



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