


Pure Edge  
Pure Community

**Getting Started:**

1. A **Dropbox link** of materials will be in the Chat Box at the end of the session - all resources in English and Spanish are free.
2. Complete the very brief feedback form at the end of our virtual meet-up! It will also be posted in the Chat Box.
3. If you have any questions, please type them into the Q&A box!



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Webinar: Family Brain Breaks  
Wednesday, April 1, 2020

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# Introductions

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Director of Partnerships

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## Welcoming Activity

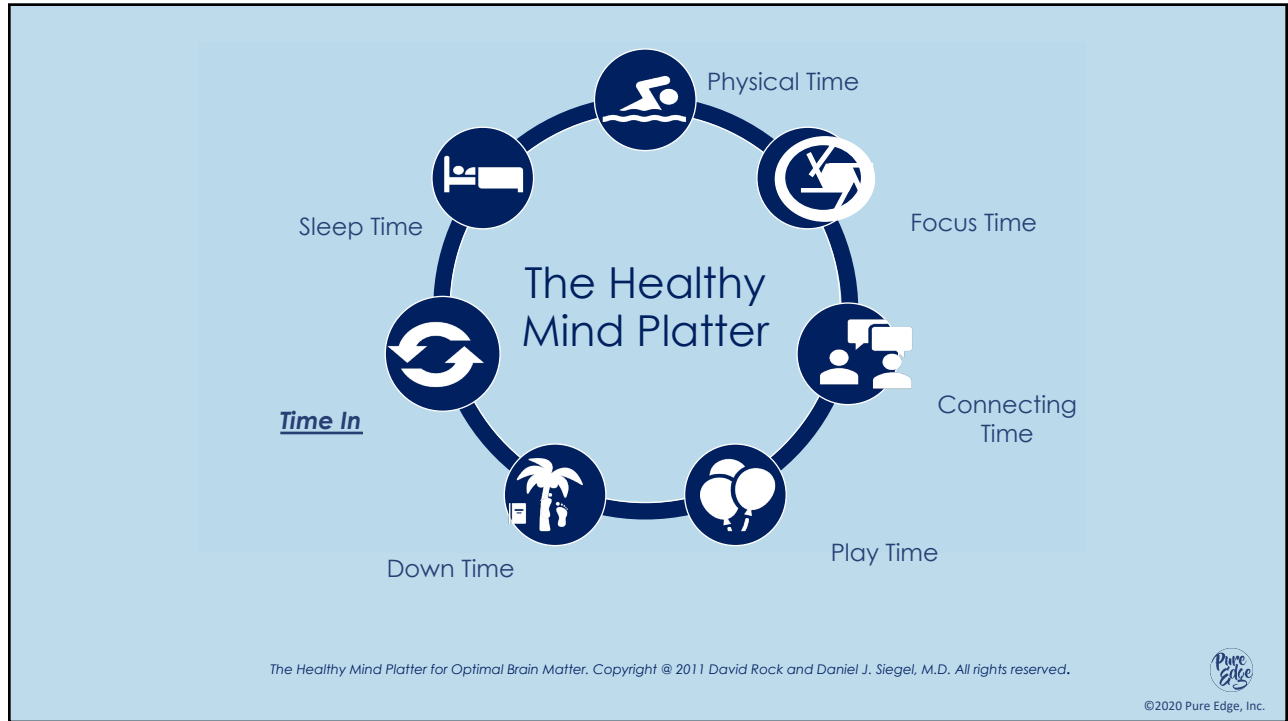


Share which of the following images most accurately reflects your experience right now:

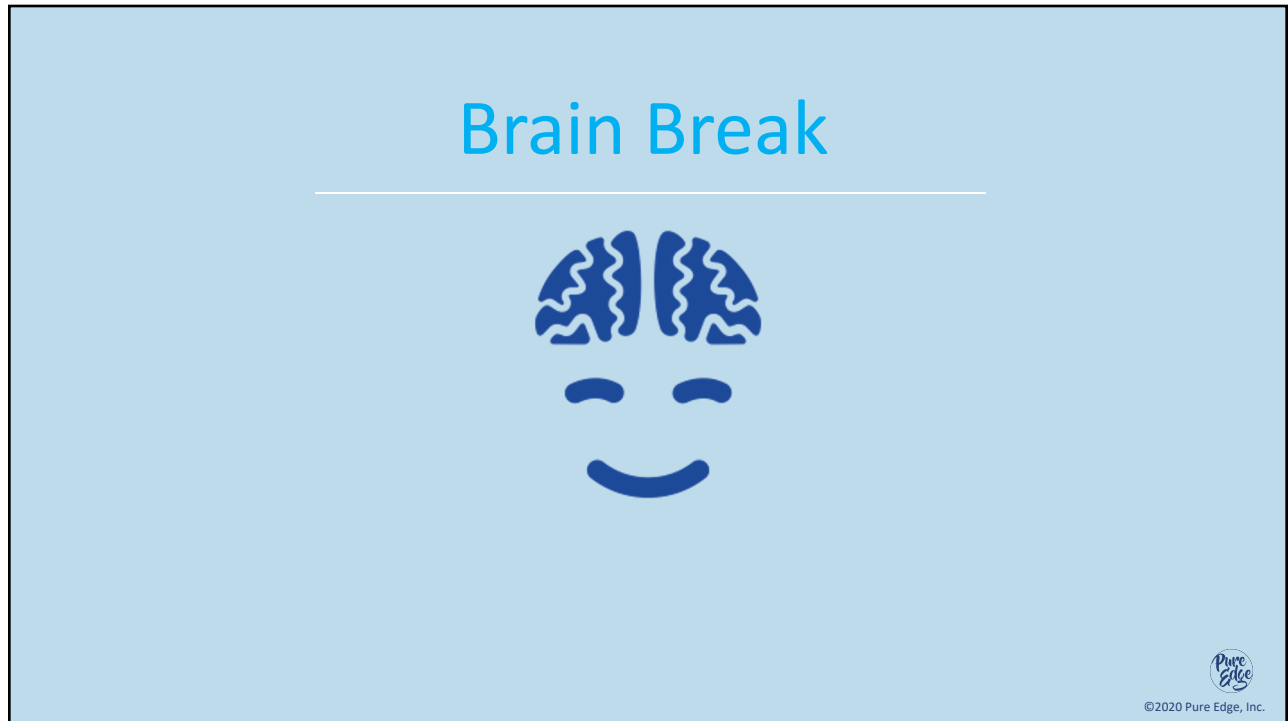


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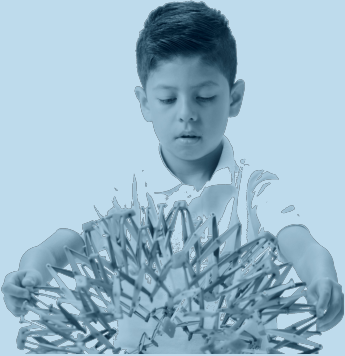



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Breathe


Move

Rest







  
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Engaging Activity: Even In – Even Out





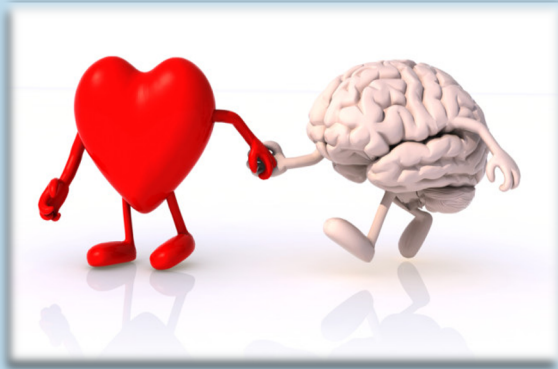
  
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## Learning is Social, Emotional & Academic



**Development** is malleable. We can always learn new skills, from birth through adolescence & into adulthood, because the **brain** never stops growing & changing in response to experiences & **relationships**.

This Photo by Unknown Author is licensed under [CC BY](#)  
Sources: Griffiths, P.E., & Hochman, A. (2015) Developmental systems theory, eLs 2, 1-7  
Moore, D.S. (2015) The developing genome: An introduction to behavioral epigenetic.  
Witherington, D.C., & Lickliter, R. (2016) Integrating development and evolution in psychological science; evolutionary developmental psychology, developmental systems an explanatory pluralism. Human development, 59, 200-234.



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*“Research shows that having just one caring adult can make the difference between whether a child will thrive or not.”*



Brackett Ph.D., M. (2019). Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive. New York, NY: Celadon Books.

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## Self-Care Practice

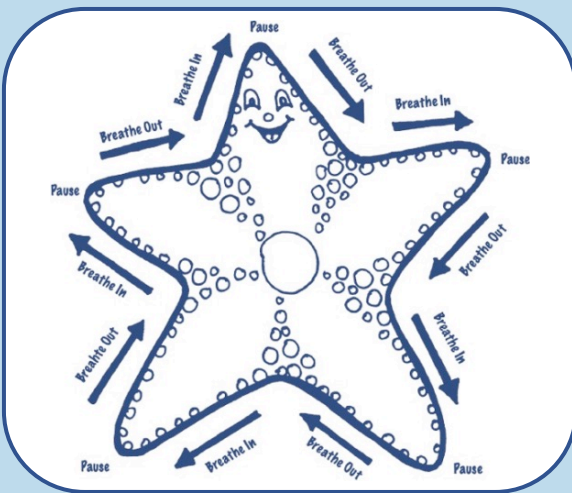


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## Engaging Activity: Starfish Breathing or Take Five

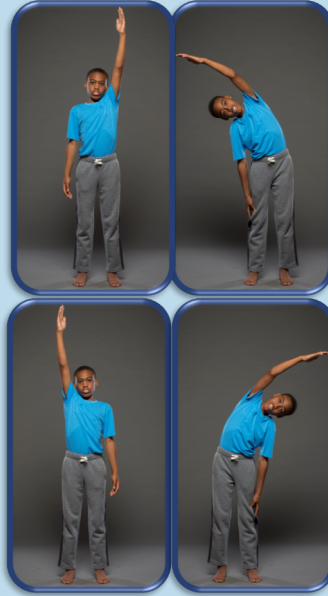
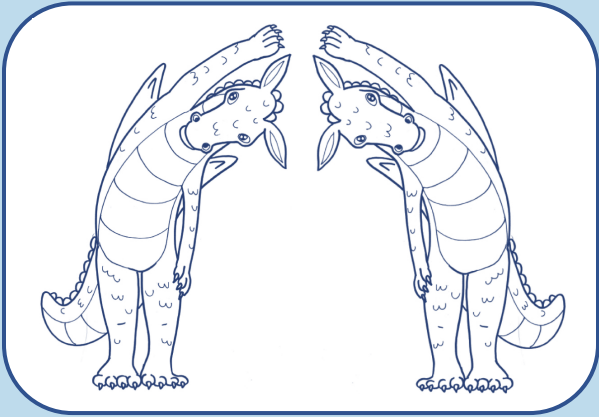


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## Engaging Activity: Standing Half Moon



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## Engaging Activity: One Minute Reflection



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## Engaging Activity: Attitude of Gratitude



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## Engaging Activity:

How does your  
Mind Platter look?

Take a moment to notice it  
Are there areas you would  
like to increase?  
Are there areas you would  
like to decrease?



The Healthy Mind Platter for Optimal Brain Matter. Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.

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## Engaging Activity: Anchor Breathing

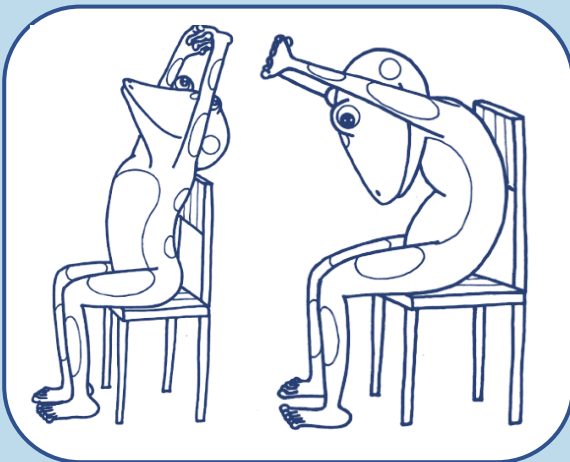


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## Engaging Activity: Chair Cat/Cow



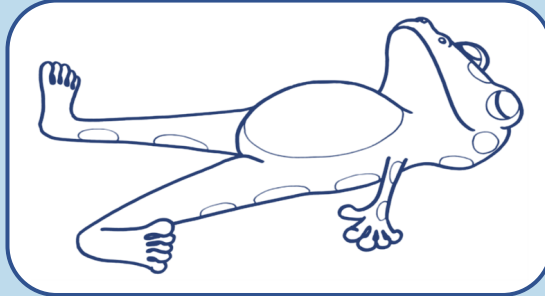
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## Engaging Activity: Guided Rest / Body Scan



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## Optimistic Closure: One Word Whip Around



Photo: Juan Monino



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