



Thank you for joining us!

Session: Family Brain Breaks Series: Focus 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.



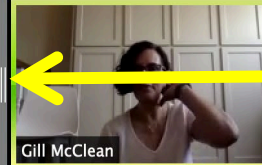
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Welcoming: **Mindful Minute**



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Gill McClean

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.



Welcoming Activity: This or That



Respond to the questions via the poll

The Mind



Research shows
that the average
person has
50,000 to 70,000
thoughts per
day.¹

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916

2: Sharon Salzberg, Real Happiness, 2010.

Week 3 - Physical Time

When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

Focus Time

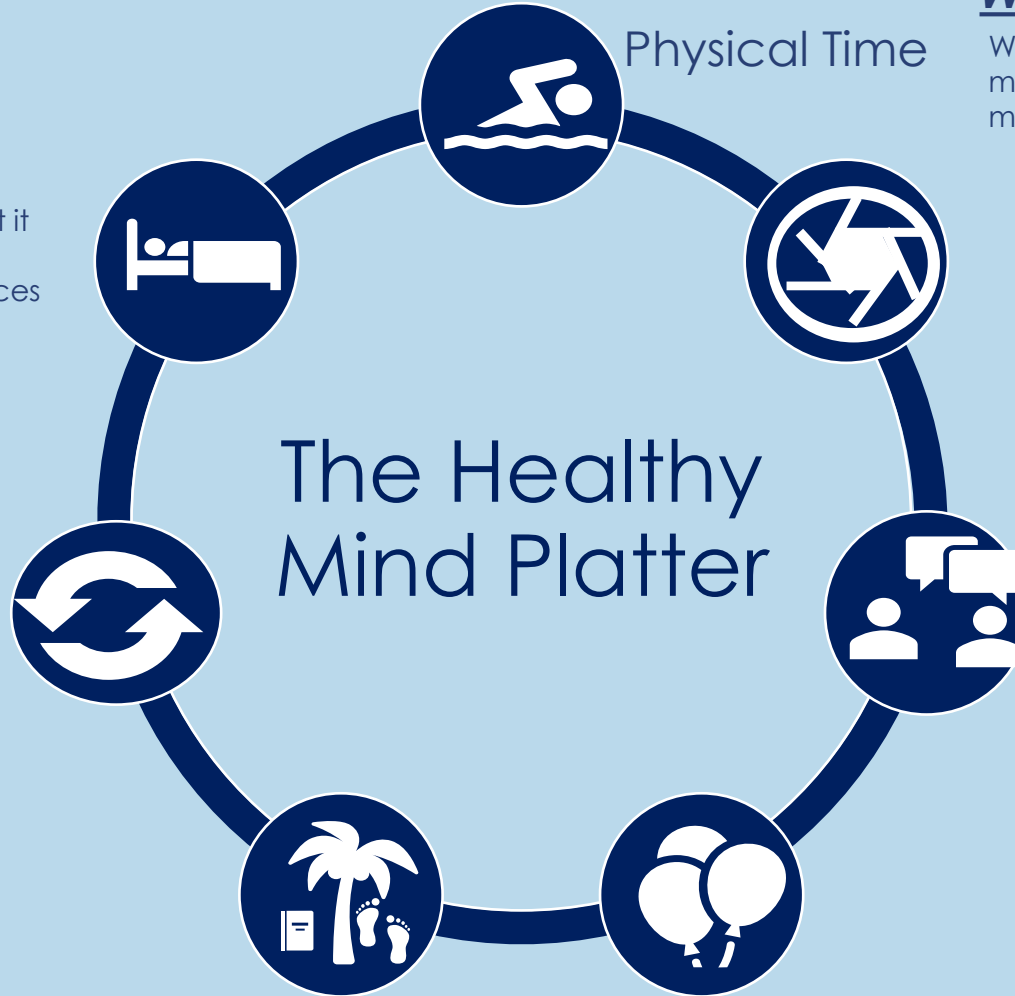
When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

Connecting Time

Play Time

Down Time

The Healthy Mind Platter



Week 2 - Sleep Time

When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

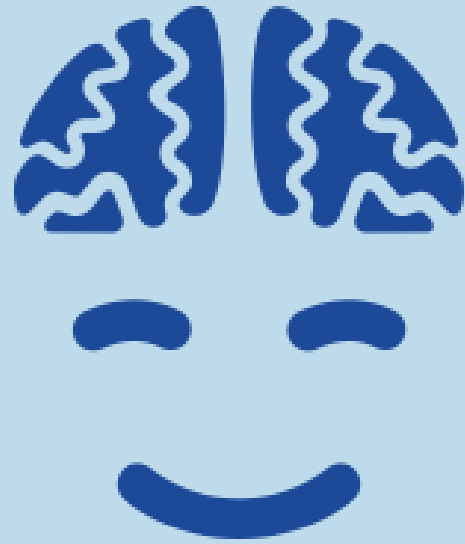
Week 1 - Time In

When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.

Self-care Practice



Brain Break



Breathe



Move



Rest





Engaging Activity: Alternate Nostril Breathing



Attention and Focus



Attention follows the movement of our eyes. If we look out the window, our minds will wander out the window. When we want to focus on something, we have to look at the thing that we are focusing on.

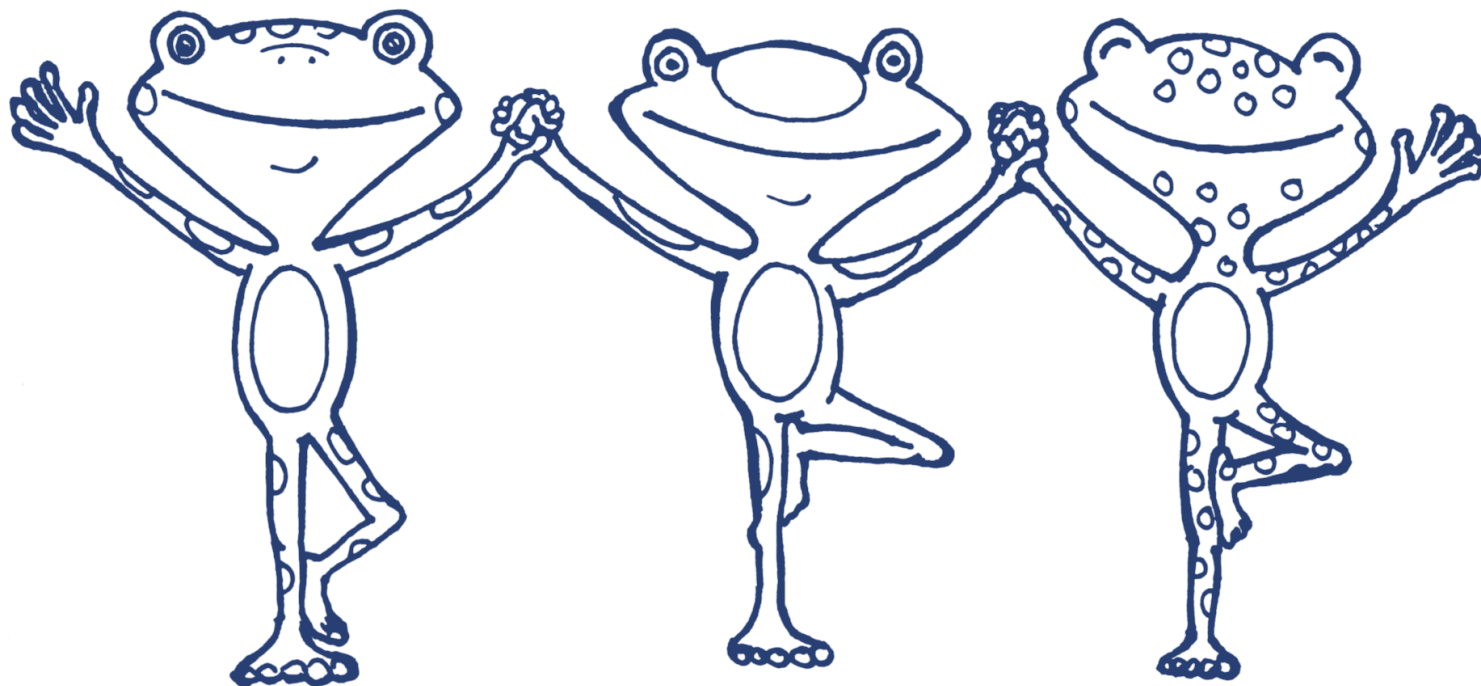
But, sometimes we look at something and we don't really see it. We might read and reread the same sentence on a page and still not know what we are reading.

Sometimes that happens because we are tired, but sometimes it happens because we are not linking our attention to the direction of our eyes.



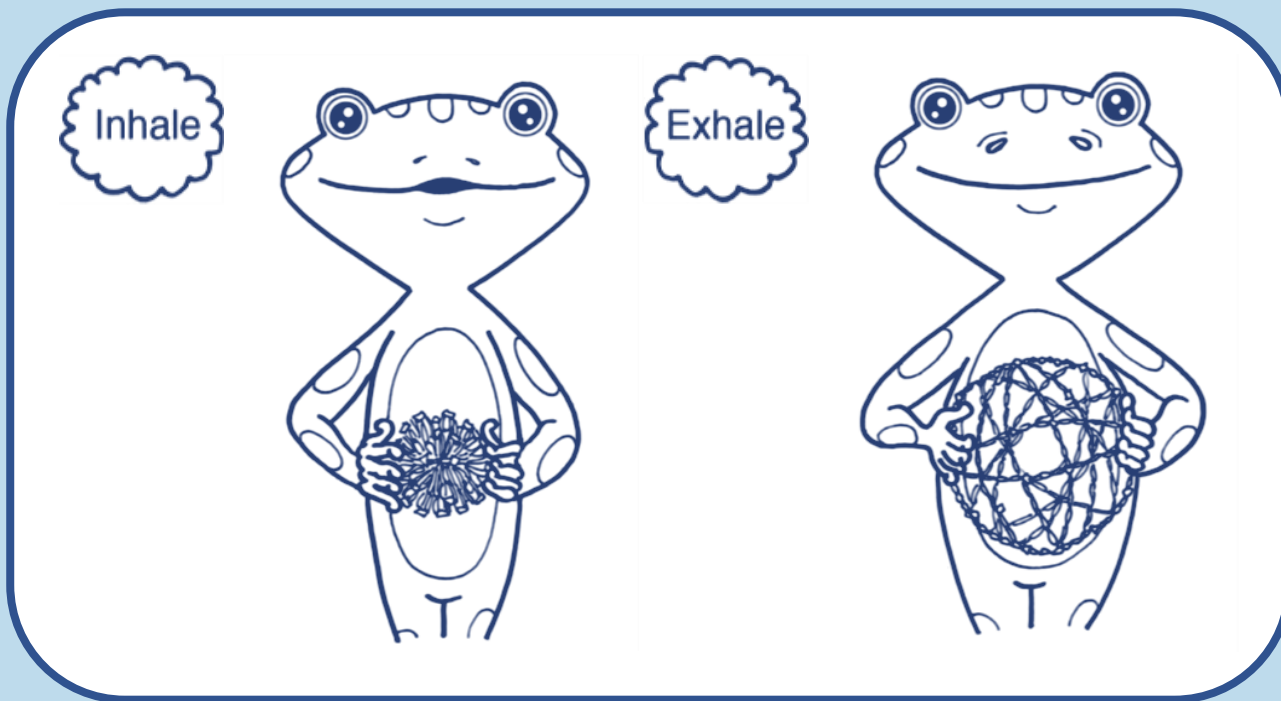


Engaging Activity: Tree





Engaging Activity: Breathing Ball



Attention and Focus

“

When we are distracted, we feel off balance, scattered, overwhelmed, and stressed, and it's difficult to rest or focus. Usually this can be remedied by choosing one thing to pay attention to.

”





Engaging Activity: Rest Your Eyes



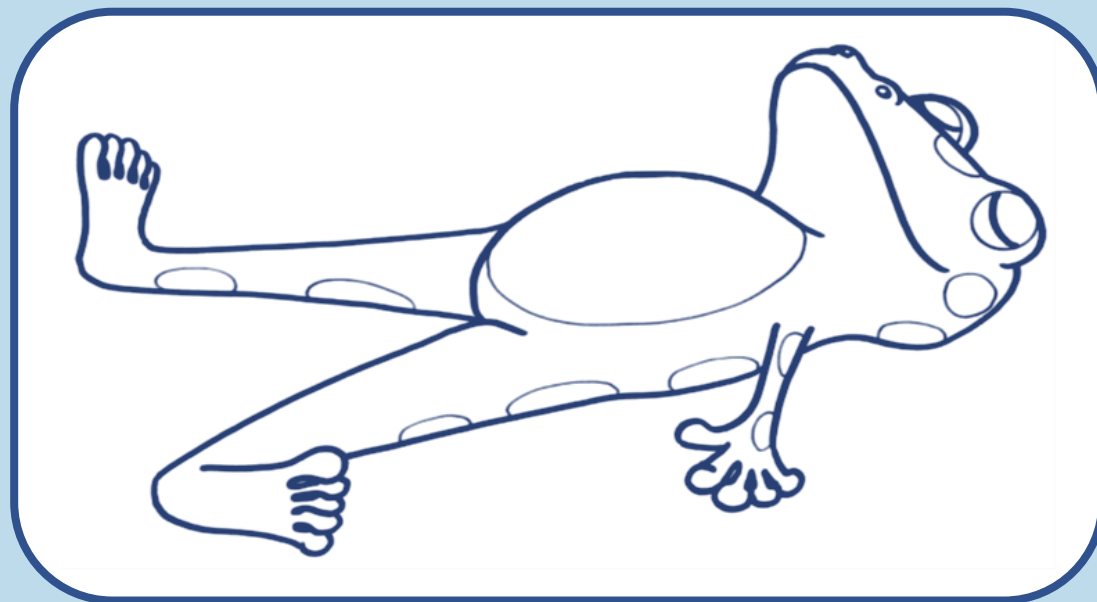


Engaging Activity: Thumb Staring





Engaging Activity: Guided Rest / Body Scan



Brain Breaks Review



Breathe

- ❖ Alternate Nostril Breathing
- ❖ Breathing Ball



Move

- ❖ Tree



Rest

- ❖ Rest Your Eyes
- ❖ Thumb Staring
- ❖ Guided Rest/Body Scan

Optimistic Closure: My Next Step



pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•
breathe

•
move

•
rest





Pure Community

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