



*Thank you for joining us!*

**Session:** Family Brain Breaks Series: Connecting 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.



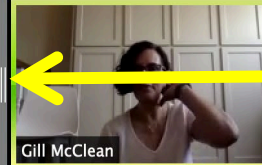
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## Welcoming: **Mindful Minute**



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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

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**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: All About Me



The greatness I see  
in me is...

## Week 3 - Physical Time

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

## Week 4 - 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

When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.

## Physical 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



# Breathe



# Move



# Rest



# Relationship Skills

“

*When we enjoy healthy social lives, we constantly exercise our social-emotional skills. We maintain connections that feed our senses of caring and being cared for. Some studies have even shown that there is a link between friendship and longevity.*

”



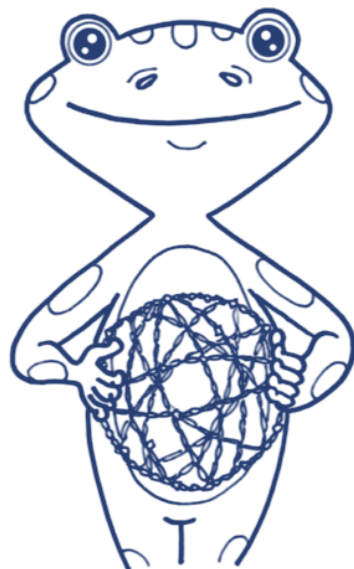


# Engaging Activity: Breathing Ball

Inhale

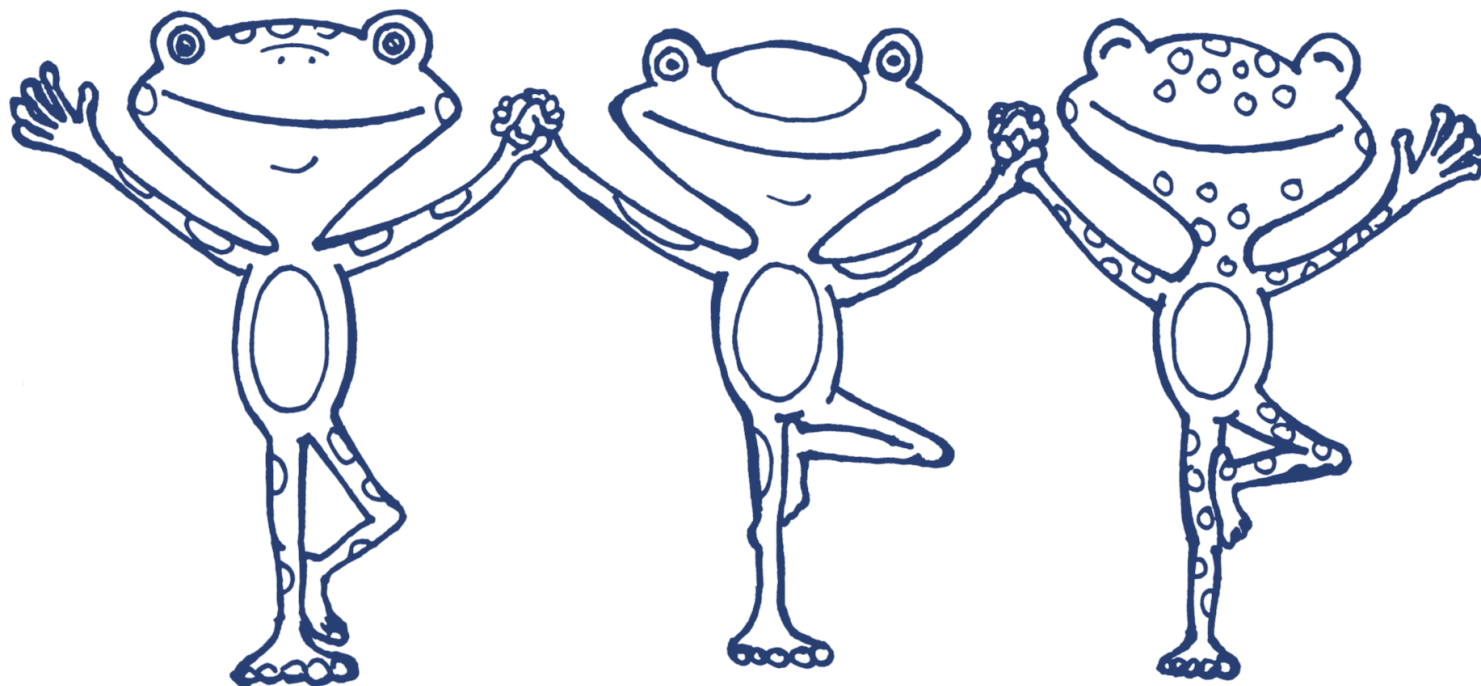


Exhale





# Engaging Activity: Tree





# Engaging Activity: One Minute Reflection



# Human relationships are the essential ingredient that catalyze healthy development and learning.

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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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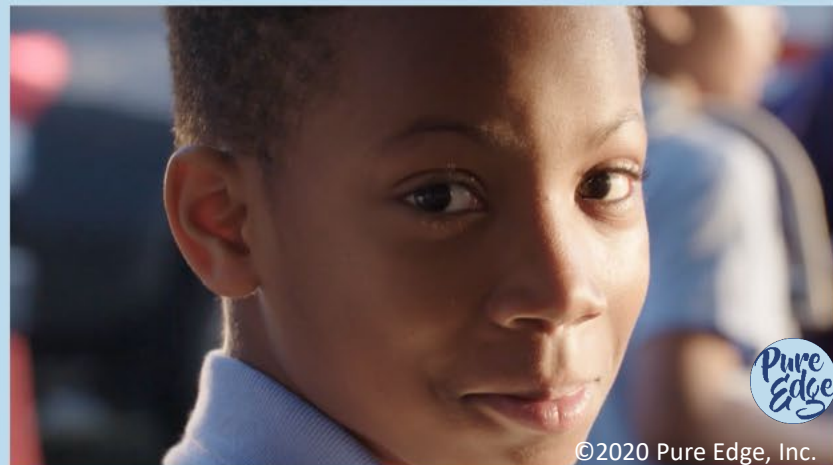
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# "Behavior is communication"

Siegel, D. and Bryson, T. (2018). *The Yes Brain*. New York, NY: Random House USA.



## Blue Zone



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## Red Zone



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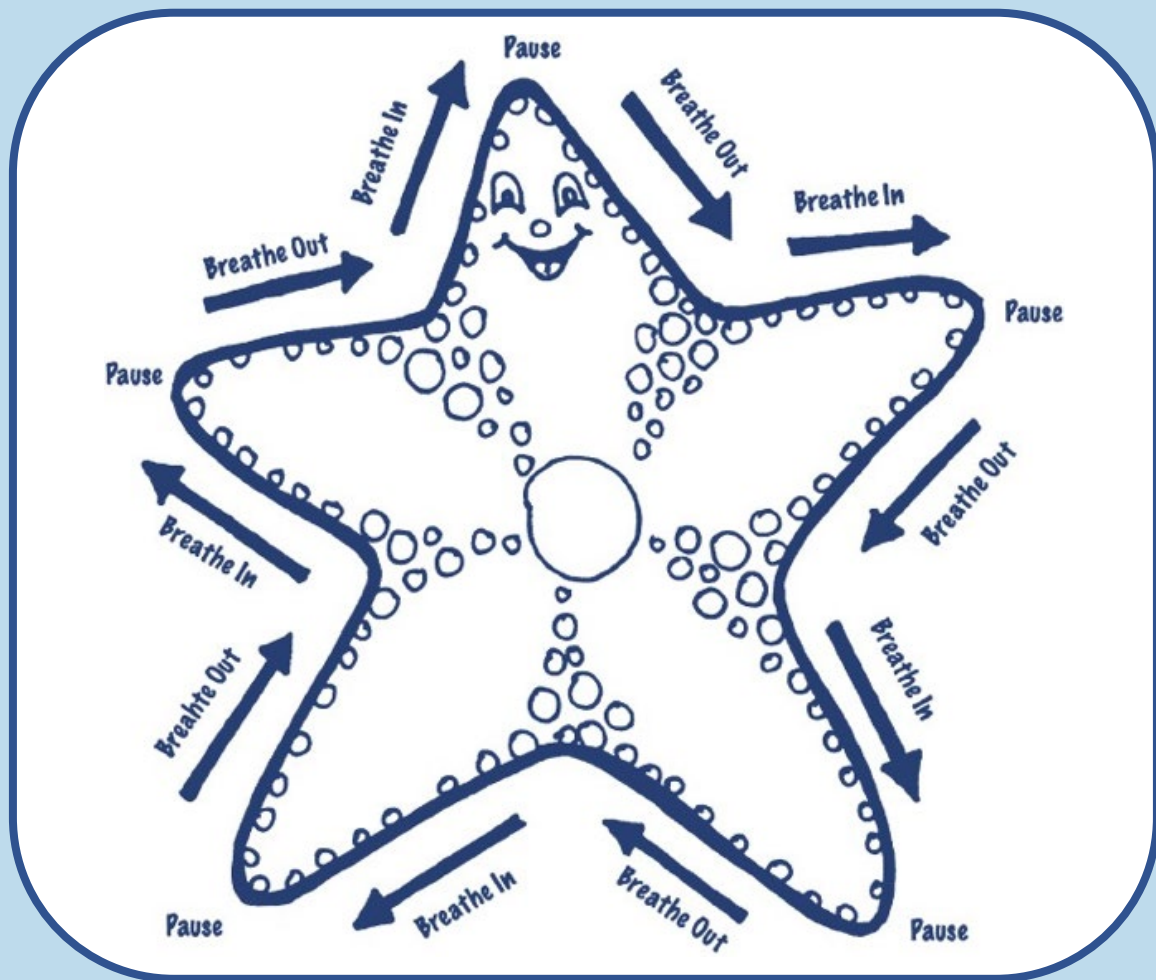
# Green Zone







# Engaging Activity: Starfish Breathing or Take Five





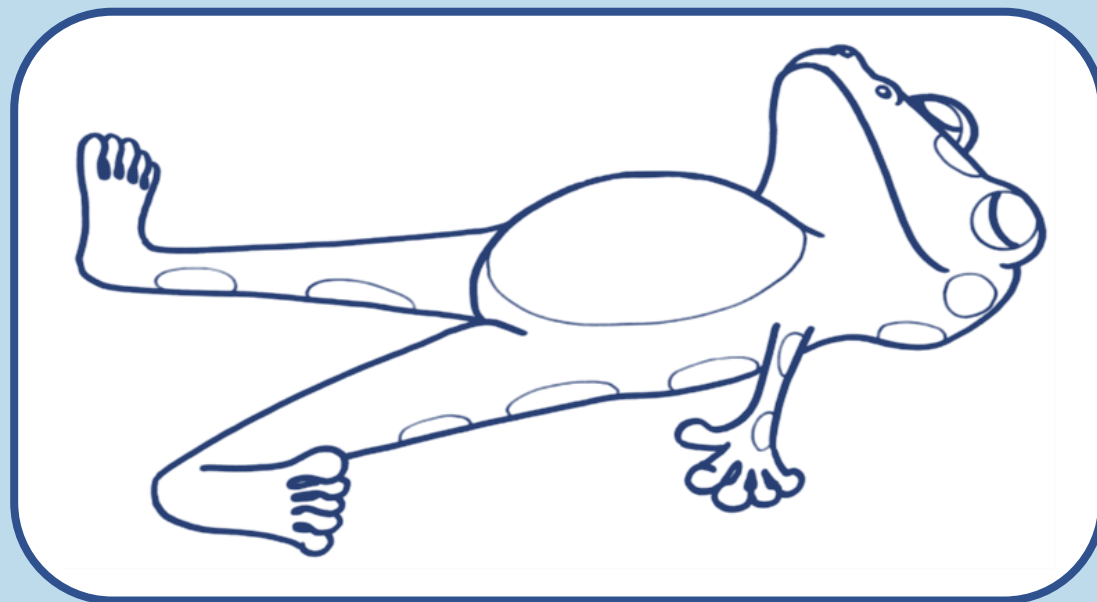


# Engaging Activity: Chair Boat





# Engaging Activity: Guided Rest / Body Scan



# Brain Breaks Takeaways



## Breathe

- ❖ Breathing Ball
- ❖ Starfish



## Move

- ❖ Tree
- ❖ Chair Boat

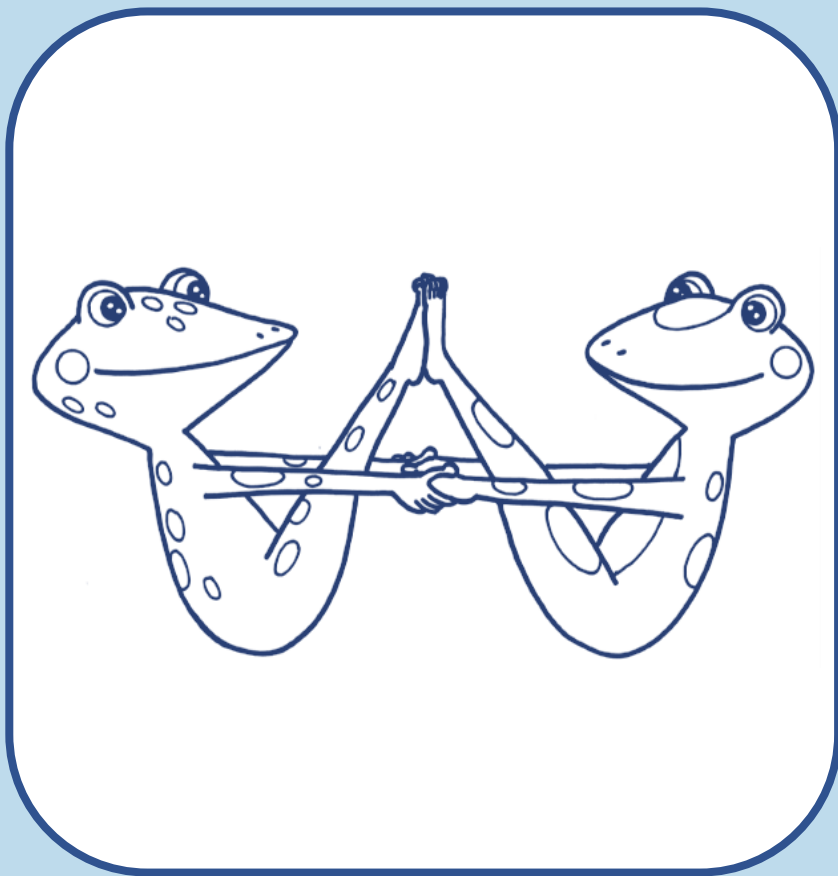


## Rest

- ❖ One Minute Reflection
- ❖ Guided Rest/Body Scan



# Optimistic Closure: Connection



# Optimistic Closure: 7 Ways to Maintain Relationships During School Closure

1. Try to say hello frequently.
2. Maintain your morning meeting.
3. Reimagine “temperature checks.”
4. Try snail mail pen pals, phone pals, or virtual turn and talk.
5. Use online tools like Google Classroom to create “virtual tables” for small-group discussions
6. Consider including parents.
7. Get kids to name and process their own emotions





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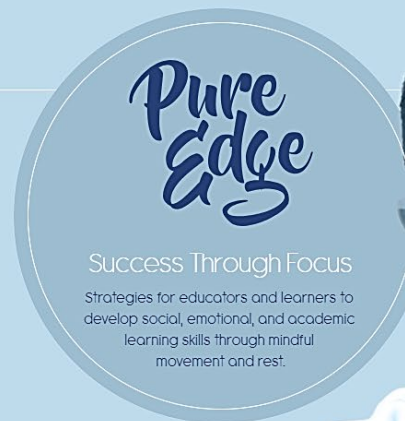
Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●  
breathe

●  
move

●  
rest





Pure Community

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