

Pure Community



Thank you for joining us!

**Session:** Family Brain Breaks Series:  
Play Time and Down 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 confirmation of attendance.


Follow us @pureedgeinc  
Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto: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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## Welcoming Activity: True or False



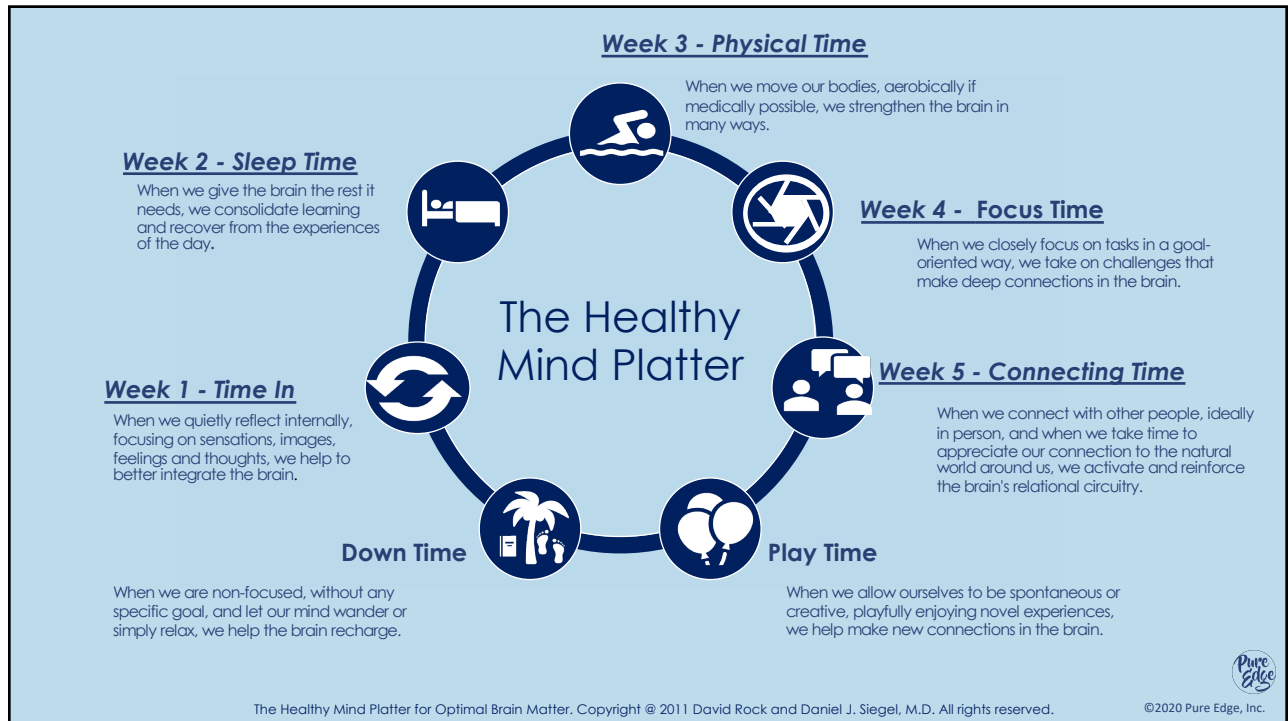
Please respond to the questions via the poll



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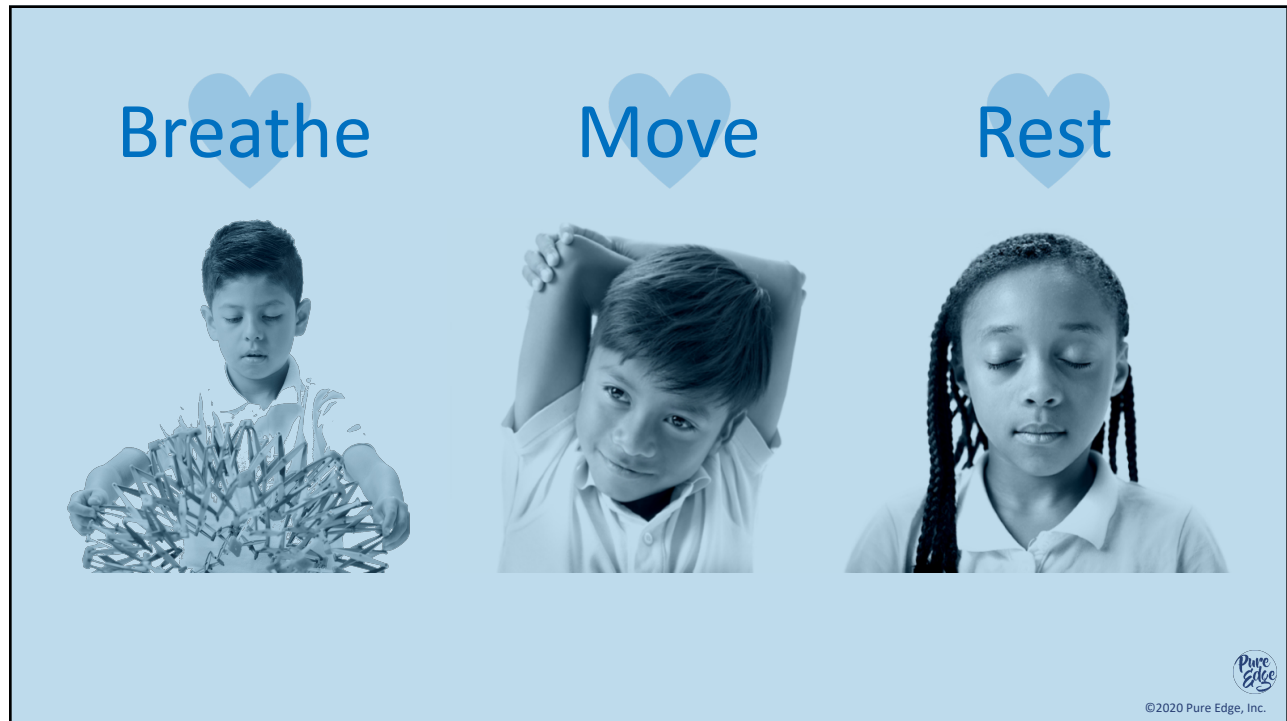
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- ❖ When we feel playful and joyful, we tend to be more open to new ideas and experiences.
- ❖ Spontaneity and openness are often aspects of creative and collaborative processes.
- ❖ Play allows the brain to become active in fresh ways; enhancing existing connections and sparking new ones.
- ❖ Play means having **fun**, and having **fun** is one of the best parts of life.

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## Engaging Activity: Ocean Breath



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## Engaging Activity: Statue



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## Down Time

Downtime, or active relaxation, does not mean zoning out in front of a computer, television, phone, or other source of entertainment. It doesn't mean anxiously puttering around looking for something to do in order to avoid boredom.

Active relaxation means having no plans, no goals, no distractions. It might look like sitting still or lying down and simply breathing.



<https://www.tigertailusa.com/fitness/how-i-took-7-days-off-running-without-the-world-ending/>

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## Engaging Activity: One Minute Count

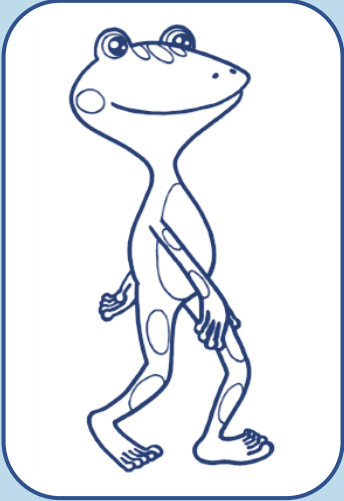



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# Engaging Activity: Mindful Walking







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## Engaging Activity: Thumb Staring

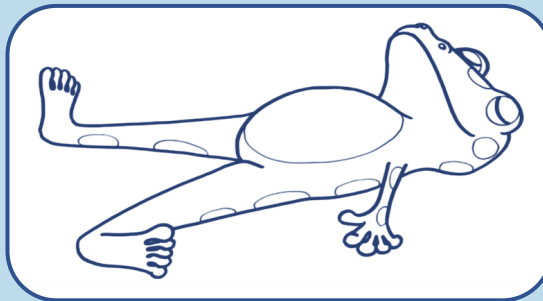


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## Engaging Activity: Guided Rest / Body Scan



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## Brain Breaks Review



### Breathe

- ❖ Ocean Breath
- ❖ One Minute Count



### Move

- ❖ Mindful Walking
- ❖ Statue



### Rest

- ❖ Thumb Staring
- ❖ Guided Rest/Body Scan



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## Implementation Considerations

Establish A Consistent Routine  
 Start of Day/End of Day/Transitions  
 Start Small, Then Build  
 Repeat, Repeat, Repeat  
 Be Comfortable With the Exercises



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## Did you know?

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/eisp.674>



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## Optimistic Closure

How does  
your Mind  
Platter look?



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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