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.

To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.
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: True or False

Please respond to the questions via the poll
When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain. When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

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

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

When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

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.

When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
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.
Engaging Activity: Ocean Breath

Engaging Activity: Statue
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.
Engaging Activity: Mindful Walking
Engaging Activity: Thumb Staring

Engaging Activity: Guided Rest / Body Scan
Brain Breaks Review

- **Breathe**
  - Ocean Breath
  - One Minute Count

- **Move**
  - Mindful Walking
  - Statue

- **Rest**
  - Thumb Staring
  - Guided Rest/Body Scan

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
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.

Optimistic Closure

How does your Mind Platter look?
Thank you for joining us!

Session: Family Brain Breaks Series: Play Time and Down Time
Trainer: Michelle Kelsey Mitchell, Director of Partnerships

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