



Pure Community


Thank you for joining us!

Session: Implementation: Breathe
Trainer: Anne Contreras
 Director of Programs

Getting Started:

1. This is an experiential webinar that includes movement. **Please adjust your space for you to comfortably move.**
2. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.
3. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. **You will not receive a certificate, it will just be the confirmation of attendance email.**



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 Website: www.pureedgeinc.org
 Email: getmoving@pureedgeinc.org


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Pure Edge

The Power of Mindfulness Series:
Implementation - Breathe
 Tuesday, May 12, 2020

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Introductions

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Director of Programs - National Trainer

PhD Studies:
International Psychology
Trauma/Systems Concentration,
Global Crisis Informed Care



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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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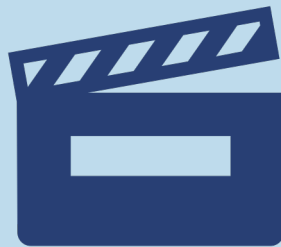
Welcoming Activity: Mindful Minute



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Video



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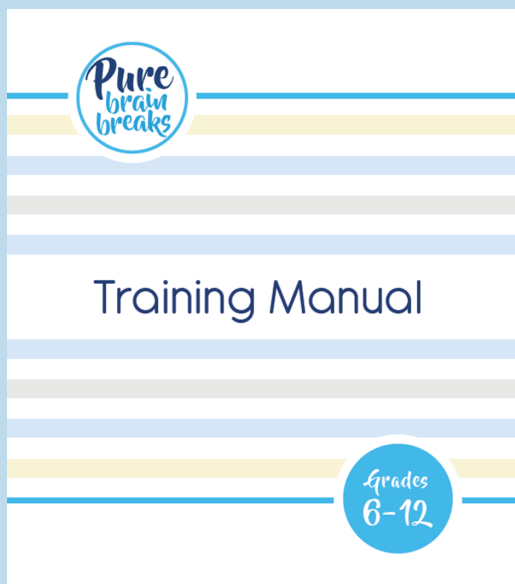
Learning Objectives

- ❖ Talk about the **Implementation & using the guide.**
- ❖ Review **5 Breathe** Brain Breaks
- ❖ **Experience & Teach:** Brain Breaks, to help reset-recharge ourselves throughout.



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Grades 6-12

Here are a few suggestions for when to implement Brain Breaks for grades 6-12. The suggested exercises are meant to support the educator in getting started with Brain Breaks. Once the learners are familiar, other exercises from the manual can be incorporated. Check our website, www.pureedgeinc.org, for video tutorials and access to the Brain Breaks manual.

Arrival/ Homeroom	Mindful Minute offers learners a chance to check in with themselves at the start of the school day. The start of the day is also a great time to incorporate Breathe exercises such as Anchor Breathing or Rest exercises like Mindful Listening.
Refocus Between Classes	Use the breath to help settle students as they transition from one class to another. Good options to start with are Breathing Ball, Even-In, Even-Out or Belly-Heart Breath.
Break During Class	Bring a little movement and breathing as a break to re-energize learners during longer lessons. Chair Cat/Cow, Chair Twist, Desk Dog, Tree or Eagle work well.
Before Testing	Breathing exercises help relieve testing-related stress and put learners in a state of focus. Use exercises that learners are already familiar with, Take Five, Belly Breathing, and Alternate Nostril Breathing are simple and effective choices.
Afternoon Slump	To re-engage sluggish learners, some breath and movement can be helpful. Chair Pose Twist and Forward Bend, Standing Half Moon, and Recharge Sequence will get learners moving. Offering Guided Rest before movement when learners are tired can also re-energize them.
Departure	Taking in the Good and One Minute Reflection are Rest exercises designed to help learners reflect at the end of the day.



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Brain Breaks: Breathe



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Engaging Activity: Anchor Breathing



1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: belly, chest or just under your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.

❖ Notice when your mind has wandered away from your anchor (belly, chest, or nose) and bring your mind back to that point of concentration. It is not bad or wrong for your mind to wander. Mindfulness is not about determining whether what you are thinking is right or wrong. In this practice, we are simply noticing that the mind has wandered or that the mind is filled with thoughts, and then gently guiding it back to where we want or need it to be.



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Engaging Activity: Belly – Heart Breath



1. Bring one hand to your chest and one hand to your lower belly.
2. Breathe in and feel the movements of the chest and belly.
3. Breathe out and feel the movements of the chest and belly.
4. As you inhale, the chest and belly move outward. As you exhale, the chest and belly move inward.
5. Repeat and then notice how you feel.



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Engaging Activity: Breathing Ball

1. Start in seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the Breathing Ball?



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Engaging Activity: Even In – Even Out



1. We are going to focus on making our inhales and exhales even. Try to stay with my count, but do not force or hold your breath.
2. Inhale deeply through the nose for a count of 1.
3. Exhale for a count of one.
4. Inhale (1, 2); Exhale (2, 1)
5. Inhale (1, 2, 3); Exhale (3, 2, 1)
6. Inhale (1, 2, 3, 4); Exhale (4, 3, 2, 1)
7. Inhale (1, 2, 3); Exhale (3, 2, 1)
8. Inhale (1, 2); Exhale (2, 1)
9. Inhale (1); Exhale (1)
10. Breath naturally through the nose.
11. Notice how you feel.



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Engaging Activity: Take Five

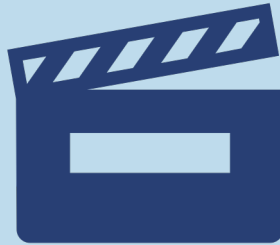
1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.



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Brain Breaks: Sample Video



Homework: Review the videos for BREATHE Brain Breaks



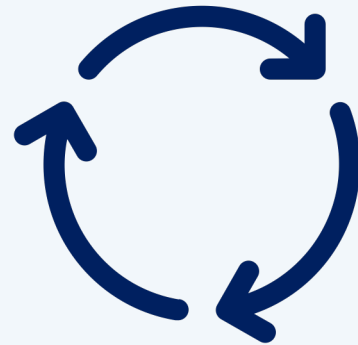
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Takeaways

Brain Breaks – Breathe

- Anchor Breathing
- Belly-Heart Breathing
- Breathing Ball
- Even In - EvenOut
- Take Five



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