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.

Follow us @pureedgeinc  
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Introductions

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

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: Mindful Minute

Video
Learning Objectives

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

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?
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.

Engaging Activity: Even In – Even Out

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 finer 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.

Engaging Activity: Take Five
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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