Thank you for joining us!

Session: Implementation - SEATED
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: Take 5
Learning Objectives

- Touch on **Implementation & using the guide**.
- Review **5 Seated** Brain Breaks
- **Experience & Teach**: Brain Breaks, to help reset-recharge ourselves throughout.

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Engaging Activity: Chair Cat/Cow

1. In Seated Mountain with hands on knees. You can either keep your hands on your knees throughout the exercises or interlace fingers and press the palms away from you.
2. As you inhale, reach the center of your chest up toward the ceiling, and lift your chin so that you are looking at the ceiling. If you have interlaced your fingers, reach your arms overhead (Cow).
3. As you exhale, round your spine and drop your chin toward your chest. If hands are overhead, in the same movement bring your hands forward until arms are parallel with the floor. (Cat)
4. Repeat for several breaths; inhale, chest up, gaze lifts. Exhale, around the spine, chin tucks, gaze drops.
5. Return to Seated Mountain.
Engaging Activity: Chair Eagle

1. Sit in Seated Mountain
2. You can keep both feet on the floor, or cross your right thigh on top of your left.
3. Inhale and bring your arms up with elbows bent and palms facing forward (cactus arms).
4. Exhale and keeping arms bent, try to cross your left elbow on top of your right.
5. Make sure the position you have chosen gives you a comfortable stretch. If you like, you can inhale and lift the elbows to deepen the stretch. Fingers reach toward the ceiling.
6. Look at your thumbs and take 3 relaxed breaths.
7. Release on an exhale.
8. Repeat second side.

Engaging Activity: Seated Figure Four

1. Begin in Seated Mountain Pose
2. Inhale, cross the right ankle over the left thigh, just above the knee. Place the right hand on the right thigh and left hand on the right foot.
3. Exhale, fold torso forward and relax the head down. Take 2-3 breaths here.
4. If it’s easier, you can hold the legs of the chair as you fold forward.
5. Inhale, come back to Seated Mountain Pose.
6. Switch legs and repeat on the other side.
**Engaging Activity: Chair Sunrise/Sunset**

1. Sit in Seated Mountain.
2. Inhale, reach arms up overhead. Reach up through the tips of the fingers.
3. Exhale, fold forward. Your belly will touch your legs. Put your hands on your shins, your ankles, or on the floor. Let your head and neck relax.
4. Inhale, sit up tall and stretch arms overhead again.
5. Exhale, return to Seated Mountain.
6. Repeat several times.

**Engaging Activity: Chair Sunrise Twist**

1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or back of chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale, back to Seated Sunrise.
7. Exhale to Seated Mountain.
Brain Breaks: Sample video

Homework: Review the videos for Chair/Seated Brain Breaks

Takeaways

Brain Breaks – Seated

- Chair Cat/Cow
- Chair Eagle
- Seated Figure Four
- Chair Sunrise/Sunset
- Chair Sunrise Twist
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