

Pure Community


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.**

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


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1



Pure Edge

The Power of Mindfulness Series:
Implementation - Seated
 Tuesday, May 13, 2020

2

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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3

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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4

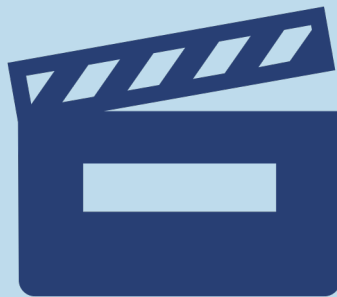
Welcoming Activity: Mindful Minute



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5

Video: Take 5



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6

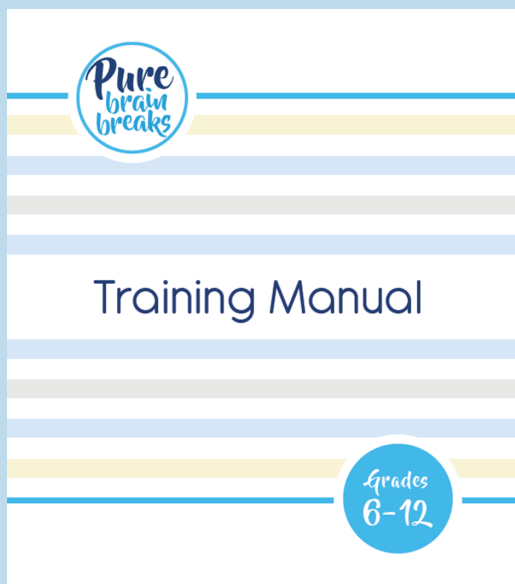
Learning Objectives

- ❖ 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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7



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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8

Brain Breaks: Seated



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9



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.



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10



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.



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11



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.



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12



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.



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13



Engaging Activity: Chair Sunrise Twist



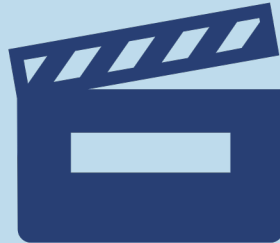
1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to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



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14

Brain Breaks: Sample video



Homework: Review the videos for Chair/Seated Brain Breaks



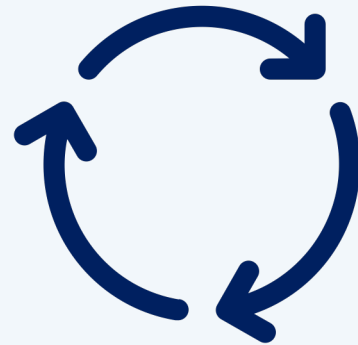
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15

Takeaways

Brain Breaks – Seated

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



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16



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