Getting Started:

1. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.

2. 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.
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.
Introductions

Gill McClean
gill@pureedgeinc.org
Director of Professional Development &
National Trainer
What is your Energy Level right now?
Engaging Activity: Mindful Minute

• Start in Seated Mountain.
• Bring your attention to the present moment. We are going to start by taking a Mindful Minute.
• Start bringing your attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep…).
• Continue to focus your attention on the breath, and notice how you are feeling. Just notice.
Pure Power Curriculum

**Grades K-5**

- Unit 1 – The Power to Be Calm
- Unit 2 – The Power Tame your Temper
- **Unit 3 – Power to Laser Focus**
- Unit 4 – Power to Grow and Stretch
- Unit 5 – Power to Lead with Kindness

**Grades 6-12**

- Unit 1 – Power to Shine
- **Unit 2 – Power of Mindfulness**
- Unit 3 – Power of Brain-Body Connection
- Unit 4 – Power of a Balanced Life
- Unit 5 – Tool Kit for a Balanced Life
Pure Power

Grades K-5, Unit 3
Power to Laser Focus

Grades 6-12
Unit 2
Power of Mindfulness

©2020 Pure Edge, Inc.
Engaging Activity: Taking in the Good

1. Think of one thing from the day that you feel good about, and be specific—for example, you listened, you were more creative, you lent a helping hand, or someone smiled at you, etc.

2. Hold on to that memory for the next 30 seconds. Remember it in as much detail as you can.

3. Allow the feeling associated with the memory to sink in your mind. Act as a sponge, absorbing the memory and the feeling together.
It’s easy to become frustrated when you’re trying to concentrate but just can’t.

This can lead to stress and irritation, which tends to make focusing on what you need to do even more of a distant dream.

https://medium.com/@VladMosiychuk/cant-concentrate-use-these-tips-to-get-your-attention-back-on-track-aab4dc769aa3
Engaging Activity: Mindful Listening

1. Breathing in and out mindfully, tune into the sounds outside the room.
2. Once you feel as though you’ve observed all the sounds outside the room, move your awareness to the sounds inside the room.
3. After calmly noticing sounds inside the room, hear the sounds within your own body (thoughts, heartbeat, breath, digestion).

*Optional: Repeat steps in reverse,beginning with the body and progressively expanding attention to sounds inside and outside the room.
How can taking a break from work or homework increase your concentration?

This idea might seem counterintuitive, but experts say it really works.

Consider this scenario: You’ve spent a few hours on the same project, and suddenly your attention starts to wander. Even though it’s hard to keep your mind on the task, you stay at your desk, forcing yourself to keep going.
It is natural if your struggle to focus just makes you feel stressed and anxious about not completing your work on time.

Next time this happens, when you first feel your concentration drop, take a 😌 Brain Break!

Refresh and recharge yourself. Think of your mind as a muscle.
Engaging Activity: Seated or Standing Kite

1. Inhale, take both arms overhead.
2. Exhale, lean to the right side.
3. Inhale, come back to center, arms overhead.
4. Exhale, lean to the left side.
5. Repeat a few times.
Power to Laser Focus

When you return to work after a Brain Break, don’t be surprised if you feel more focused, motivated, or even more creative. Brain Breaks can help boost these functions and more.
Engaging Activity: Chair Boat

1. Slide your chair back from your desk so that your knees are not under your desk.

2. Start in Seated Mountain.

3. Hold on to the seat of the chair or the back of the chair with both hands.

4. Inhale, lift both feet off the ground. Keep your knees touching and stay balanced. Take 3-5 relaxed breaths. If this is difficult, you can lift one foot at a time.

5. See if you can lift your knees a little higher and stay balanced.

6. If you feel steady, see if you can stretch both arms out straight in front of you, shoulder height, parallel to the floor.

7. Exhale, put your feet back on the ground and return to Seated Mountain.

*If practicing on the floor, simply substitute boat pose.
*To modify, try lifting one foot at a time.
Harness your Power to Laser Focus...

- Take regular breaks from a project or task
- Avoid getting frustrated
- Notice when your focus starts to wander
- Do some Mindful Movement
- Go for a walk
- Think of your mind as a muscle

**Engaging Activity:** Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.
Takeaways

Circle back:

• Incorporate a mix of breathe, move and rest strategies.
• Behavior is communication.
• Student resources Pure Power Curriculum K-5 & 6-12
• Getting us & kids back to the Green Zone builds resilience, The Power to be Calm.

Brain Breaks Review:

• Breathe
  ➢ Taking in the Good
  ➢ Mindful Listening

• Move
  ➢ Chair Boat
  ➢ Seated or Standing Kite

• Rest
  ➢ Guided Rest
Thank you for joining us!

Session: The Power to Laser Focus
Trainer: Gill McClean, Director of Professional Development

Please Note: 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.