



Pure Community


Thank you for joining us!

Session: Toolkit for a Balanced Life
Trainer: Gill McClean
 Director of Professional Development

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.**



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


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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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Introductions

Gill McClean

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Director of Professional Development &
National Trainer



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Welcoming Activity

Which Brain Break do you enjoy the most?

- | | |
|-----------------------|------------------------------|
| 1. Anchor Breathing | 6. Seated Cat/Cow |
| 2. Breathing Ball | 7. Seated Figure Four |
| 3. Chair Pose | 8. Starfish Breathing |
| 4. Chair Twist | 9. Sunrise/Sunset |
| 5. Even In – Even Out | 10. This is my first webinar |



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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.



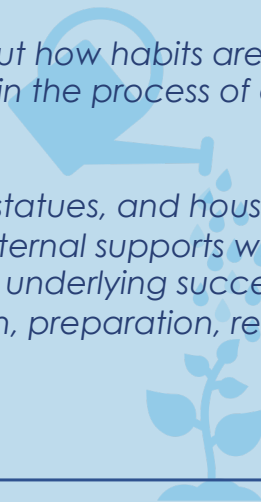
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Toolkit for a balanced Life

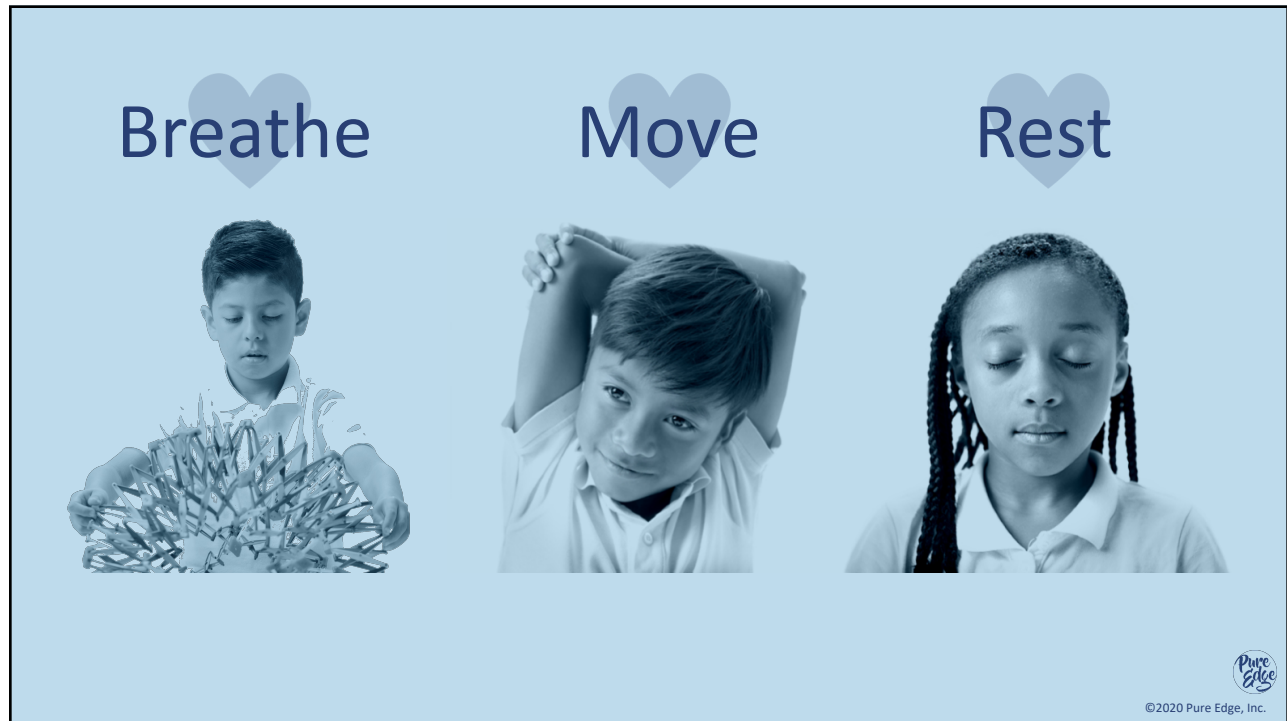
Today we will talk about how habits are formed and what we can do to participate in the process of creating new habits.

Similar to skyscrapers, statues, and houses, we require the proper internal and external supports when building new habits. The scaffolding underlying successful habit formation is made up of motivation, preparation, repetition, and perseverance.



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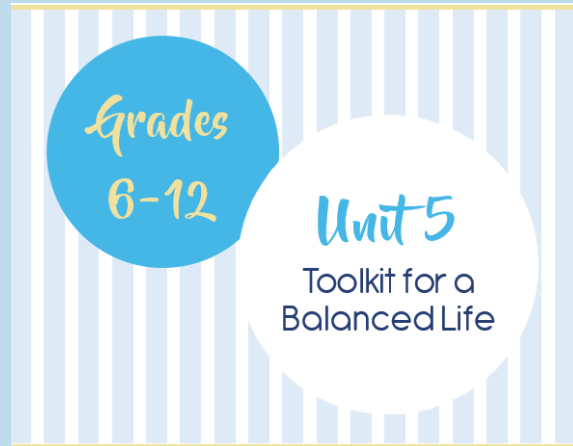
Pure Power Curriculum

Grades K-5	Grades 6-12
<ul style="list-style-type: none"> ❖ 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 	<ul style="list-style-type: none"> ❖ 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


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Pure Power



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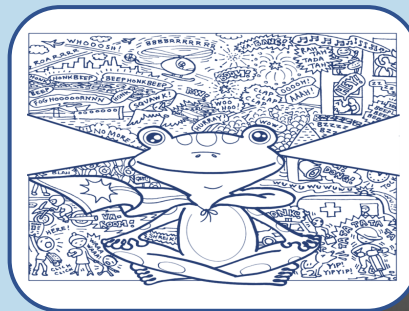
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Engaging Activity: Mindful Listening

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.



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Toolkit for a Balanced Life...



Sources: CDC YRBS 2015; <https://www.kidsdata.org/>; Cavanaugh et al, 2016



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Movement and Play

- ❖ *When we feel playful and joyful, we tend to be more open to new ideas and experiences.*
- ❖ *Spontaneity and openness are often aspects of creative and collaborative processes.*
- ❖ *Play allows the brain to become active in fresh ways; enhancing existing connections and sparking new ones.*
- ❖ *Play means having **fun**, and having **fun** is one of the best parts of life!*



Image source: <https://entertainment.howstuffworks.com/>



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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.






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Learn and Create

- ❖ The natural outcome of learning is creativity.
- ❖ Our brilliant brains have the capacity to covert ideas and concepts into new, innovative forms according to our unique perspectives and experiences.
- ❖ Without openness, you are more likely to become drained, less inspired, and less motivated.
- ❖ You don't have to be an "artist to be creative.

CREATE • MAKE • LEARN

Image Source: <http://createmakelearn.org/>

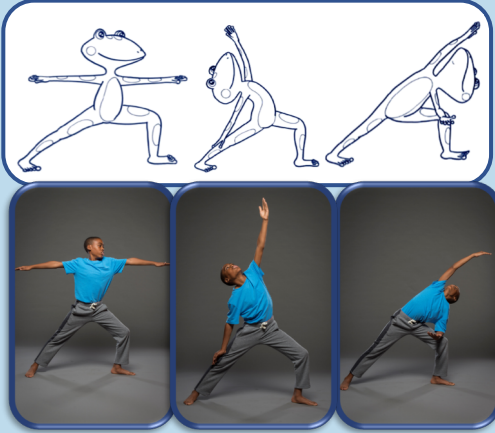


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Engaging Activity: Wave Sequence



1. Begin in Mountain Pose.
2. Inhale, step your left foot wide to the side, exhale and turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale and hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back towards your left calf and raise your right arm straight up towards the ceiling, exhale here. Look up at your hand and take 2 breaths.
4. Inhale and return to Surfer.
5. Exhale, place your right arm on your right thigh, and raise your left arm overhead. Look towards your left hand and take 2 breaths. This is Wave.
6. Inhale and return to Surfer.
7. Exhale and step feet together in Mountain Pose.
8. Repeat on the other side.

*This sequence can be used to invigorate when tired or lethargic.



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Socialization

When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.

When we enjoy healthy social lives, we constantly exercise our social-emotional skills. We maintain connections that feed our senses of caring and being cared for. Some studies have even shown that there is a link between friendship and longevity.



Image Source: <https://www.pearsoned.com/>

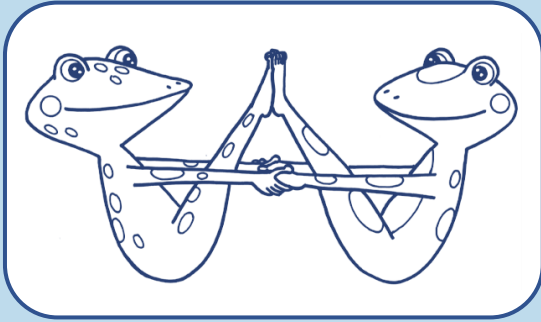


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Connection: Try a Mirror Movement at home



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Sleep and Active Relaxation

Active relaxation, does not mean zoning out in front of a computer, television, phone, or other source of entertainment. It doesn't mean anxiously puttering around looking for something to do in order to avoid boredom.

Active relaxation means having no plans, no goals, no distractions. It might look like sitting still or lying down and simply breathing.



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<https://www.ligerailusa.com/fitness/how-i-took-7-days-off-running-without-the-world-ending/>

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Did you know?

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/eisp.674>



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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.
14. Ring chime.
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.



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Takeaways

Circle back:

- The Brain needs a variety of essential ingredients to stay healthy.
- Brain Breaks increase learning, movement, creativity and active relaxation.
- Student resources Pure Power Curriculum K-5 & 6-12.
- There are many benefits to human connection.

Brain Breaks Review:

- ❖ Breathe
 - Mindful Minute
 - Mindful Listening
- ❖ Move
 - Chair Boat
 - Wave Sequence
 - Mirror Movement
- ❖ Rest
 - Guided Rest/Body Scan



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training
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Online Curriculum Log Out + MENU




breath move rest



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