



Pure Community

# Welcome to our 15-Day Challenge



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# Toolkit for a balanced Life

*Let's use this 15-day Challenge 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.*

# Who We Are

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**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

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Director of Professional Development &  
*National Trainer*

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# DAY 1

*Breathe:*

Anchor Breathing

*Move:*

Chair Cat/Cow and Sunrise/Sunset

*Rest:*

Guided Rest

*Attitude of  
Gratitude*

Taking in the Good

*Journaling*

5 kind things to say to yourself



Breathe

Move

Rest

Attitude  
of Gratitude

Journaling



# What we hope to do

*Respond*

Vs.

**React**

# Creating Healthy Habits

**Habits are actions we repeat so often  
that they become automatic.**



- ❖ Sometimes we pick up habits based on who we spend time with and the circumstances we are in.
- ❖ When we commit ourselves to habits that support health and wellness, physiological changes can take place in the body, the brain, and the nervous system.

**This is why it is important to incorporate activities that support positive physical, mental, and emotional flexibility into daily life.**





Breathe

## Anchor Breathing





# Engaging Activity: Anchor Breathing



1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or 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.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?

# Taking in the Good and Self-care





Move

Chair Cat/Cow  
Sunrise/Sunset





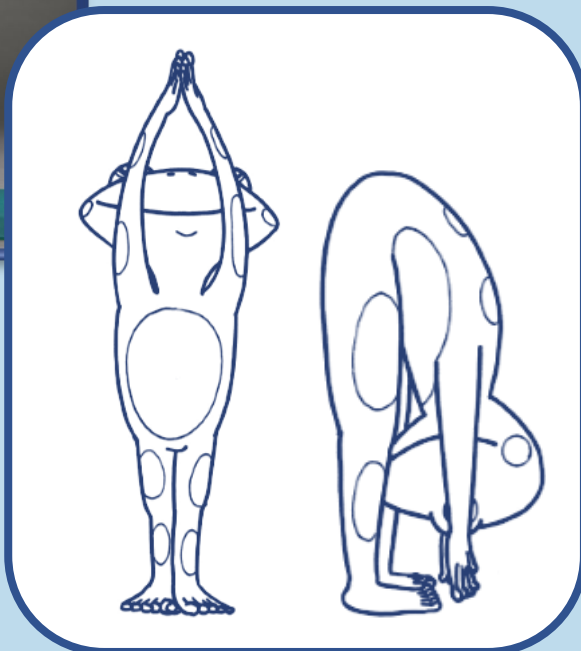
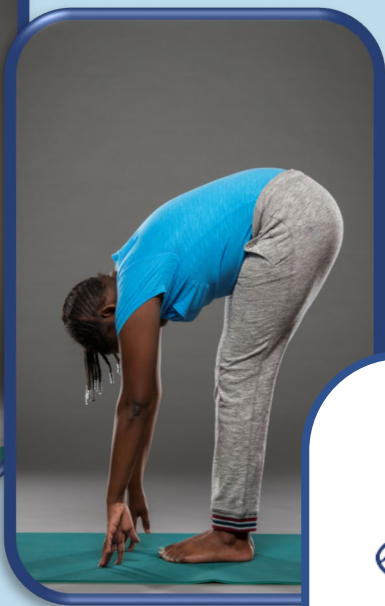
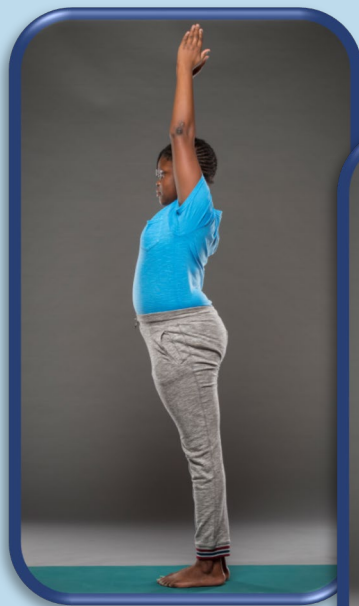
# Engaging Activity: Chair Cat/Cow



1. Sit in Seated Mountain with hands on knees.
2. As you inhale, stretch your arms overhead and interlace fingers. Reach the center of your chest up toward the ceiling, and lift your chin so that you are looking at the ceiling. (Cow)
3. As you exhale, in one movement bring your hands forward, round your spine and drop your chin toward your chest. (Cat)
4. Repeat for several breaths: inhale, arms up, gaze lifts, chest up. Exhale round the spine, chin tucks, hands forward.
5. Return to Seated Mountain.



# Engaging Activity: Sunrise/Sunset



1. Start in Mountain Pose. Take a few breaths here.
2. Inhale, reach your arms up overhead (this is Sunrise Pose).
3. As you exhale, fold forward. Put your hands on your shins, or your ankles, or maybe the floor (this is Sunset Pose).
4. Inhale all the way back up to Sunrise.
5. Exhale hands down for Mountain.
6. Repeat a few times. Notice how you feel.

# Why “Take in the Good”

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- ❖ Positive emotions promote energy, vigor, pep, and sheer aliveness.
- ❖ They counteract depressive mood and anxiety.
- ❖ They increase overall resilience, such as recovery from stressful experiences.



Attitude of  
Gratitude

# Taking in the Good







# 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.





Rest

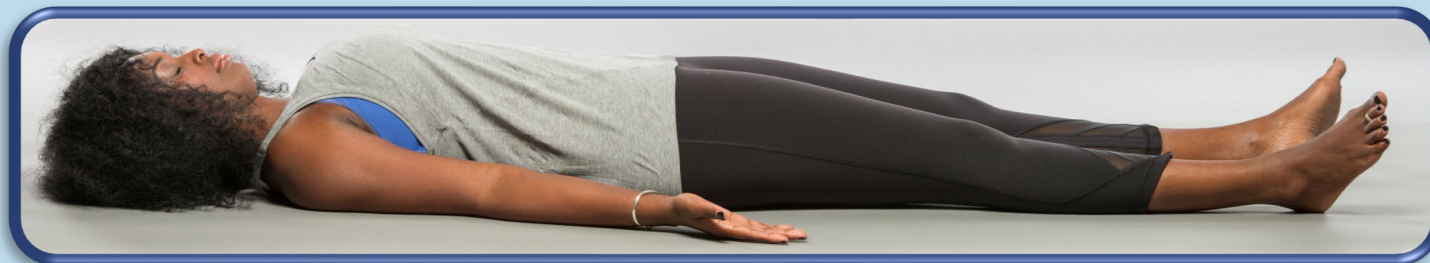
# Guided Rest/Body Scan





# 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.





# Journaling

Keep it simple.  
It doesn't need to be a short story.

Day one:  
Write 5 kind things to say yourself.

# Did you know?

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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.

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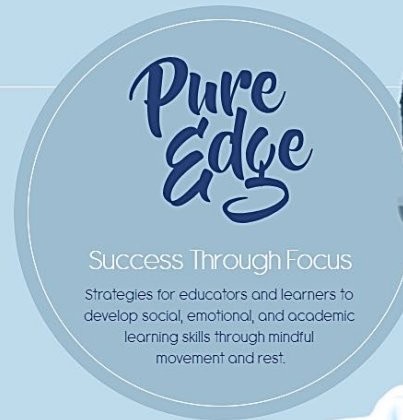
Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●  
breathe

●  
move

●  
rest

