



Pure Community

Welcome to your 15–Day Challenge DAY 3



Follow us @pureedgeinc
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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.



Introductions

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Director of Professional Development &
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Breathe

Move

Rest

Attitude
of Gratitude

Journaling



DAY 2

Breathe:

Even In – Even Out

Move:

Chair Sunrise Twist & Mountain/Chair Strength Sequence

Rest:

Guided Rest

*Attitude of
Gratitude*

Attitude of Gratitude

Journaling

“I intend to do...”



Toolkit for a Balanced Life...



Strengthen the Connection



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“The brain is like Teflon for positive experiences.”



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Attitude of
Gratitude

One Minute Reflection





Engaging Activity: One Minute Reflection



1. Before leaving school take a moment to pause and reflect on today.
2. Sit comfortably, either at your desk or on the floor.
3. Were there things you did today that you are proud of? Let them soak in for 20-30 seconds.
4. Feel good about your accomplishments.
5. Were there things you felt you could have done better or differently? It's ok to make mistakes or missteps.
6. Tomorrow, with a fresh mind and even breathing, you can try again.

**If on the floor, sleeping crocodile can be done lying on the belly. Instruct learners to cross arms, "make a pillow with your hands" and lie down with head resting on hands.*

Benefits of Nasal Breathing



- ❖ Filters dust and impurities from the air
- ❖ Warms the air to body temperature
- ❖ The diaphragm is more easily controlled, which supports the development of internal core strength
- ❖ More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- ❖ Increased oxygen from nasal breath increases energy and vitality



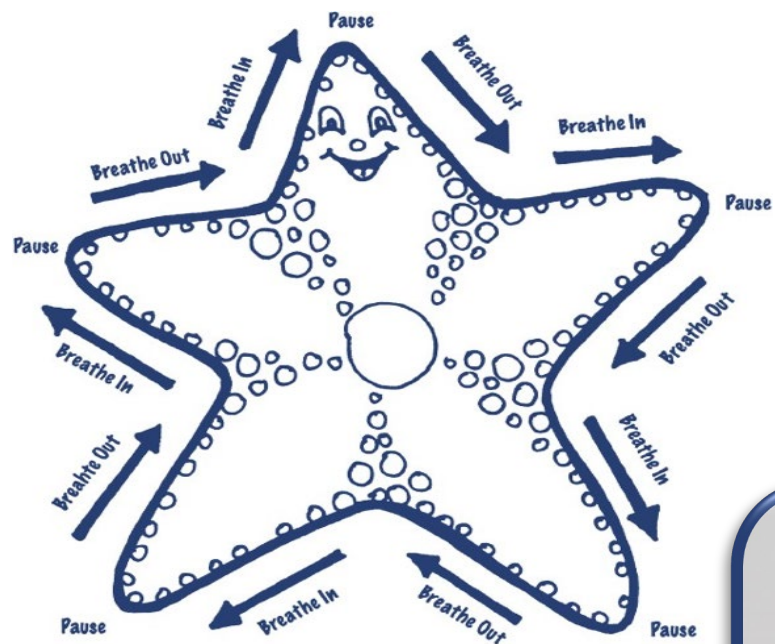
Breathe

Starfish Breathing / Take Five





Engaging Activity: Starfish Breathing or Take Five



1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.



Stress Is Contagious



Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher **Kimberly Schonert-Reichl** urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

Taking in the Good and Self-Care





Move

Seated Figure Four

Tree Pose



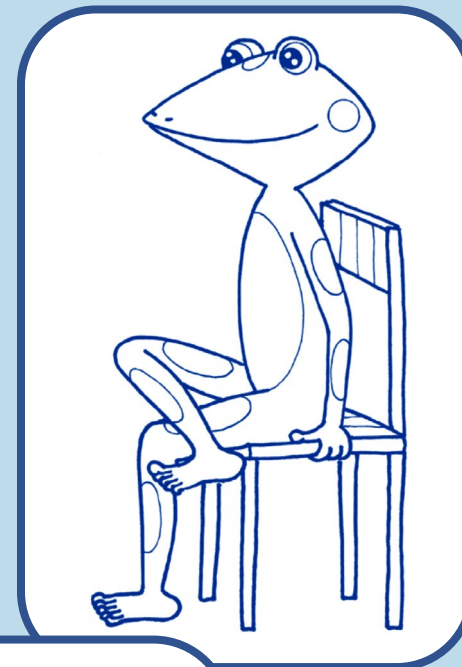


Engaging Activity: Seated Figure Four



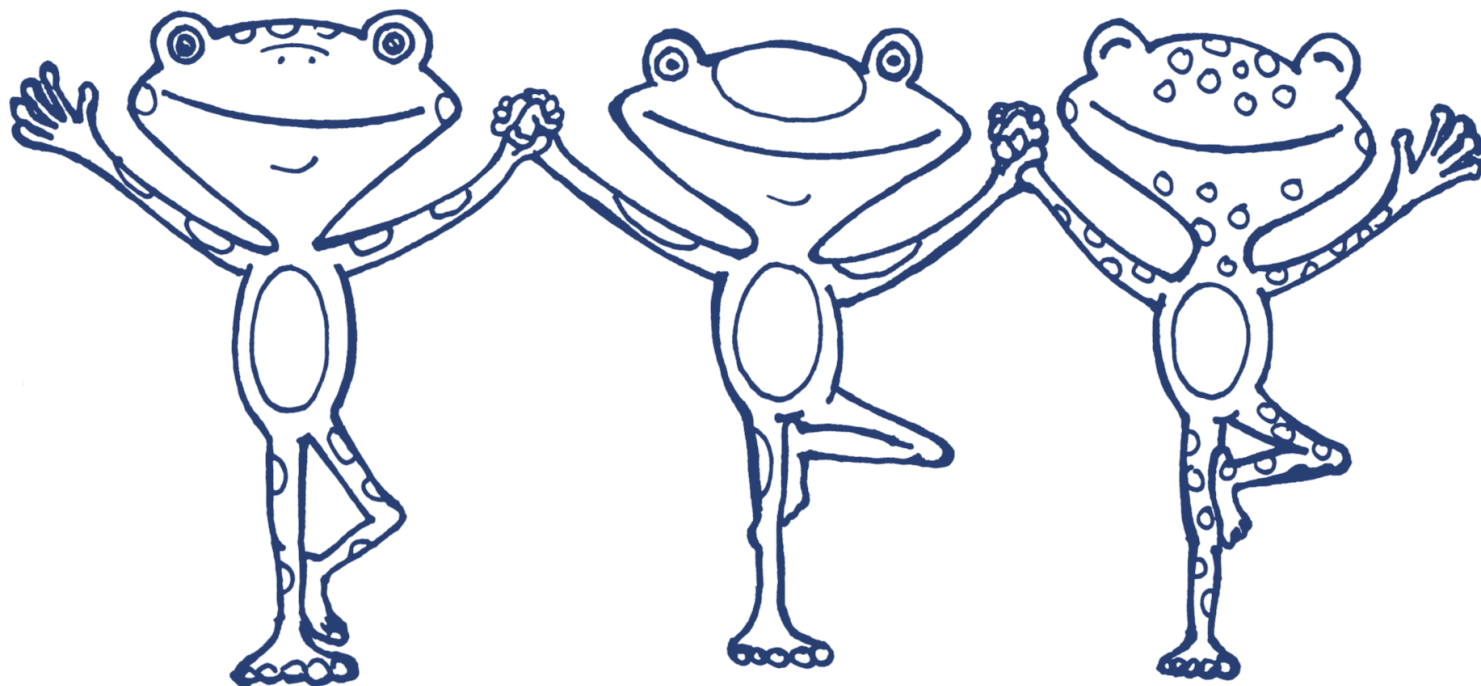
1. Begin in Seated Mountain Pose.
2. Inhale, cross the right ankle over the left thigh, just above the knee. Place the right hand on the right thigh and left hand on the right foot.
3. Exhale, fold torso forward and relax the head down. Take 2-3 breaths here.
4. If it's easier, you can hold the legs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

*Use this sequence to release the back which can get tired from sitting.





Mindful Movement: Tree





Focusing on Self Care isn't about avoiding every kind of stressful emotion, it's about building resilience.

Resilience doesn't mean we'll be happy all the time, but it does mean we have the energy and mindset to help us cope.



Rest

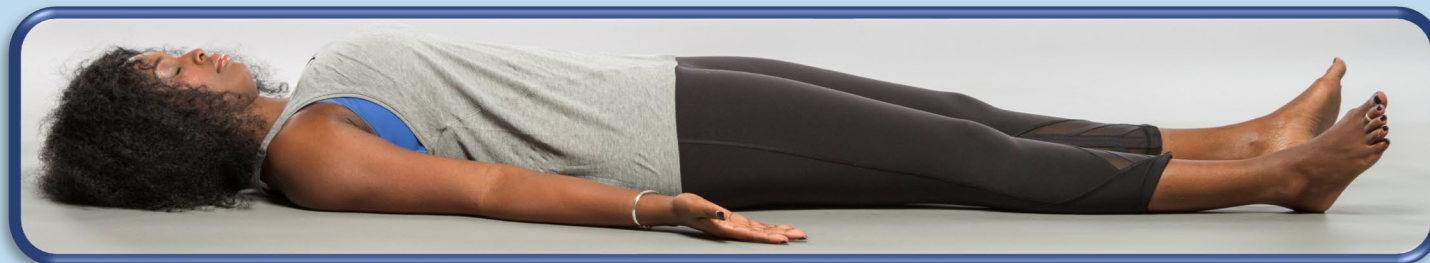
Guided Rest/Body Scan





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

Judy Willis MD, a neurologist, and former classroom teacher explains, “The practice of writing can enhance the brain’s intake, processing, retaining, and retrieving of information... it promotes the brain’s attentive focus ... boosts long-term memory, illuminates patterns, gives the brain time for reflection, and when well-guided, is a source of conceptual development and stimulus of the brain’s highest cognition.”

Day 3:

“My day was..... a roar, a whistle, or a squeak”



pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest

