



Pure Community

Welcome to your 15- Day Challenge DAY 4



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Introductions

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Breathe

Move

Rest

Attitude
of Gratitude

Journaling



DAY 3

Breathe:

Starfish Breathing or Take Five

Move:

Seated Figure Four and Tree Pose

Rest:

Guided Rest

*Attitude of
Gratitude*

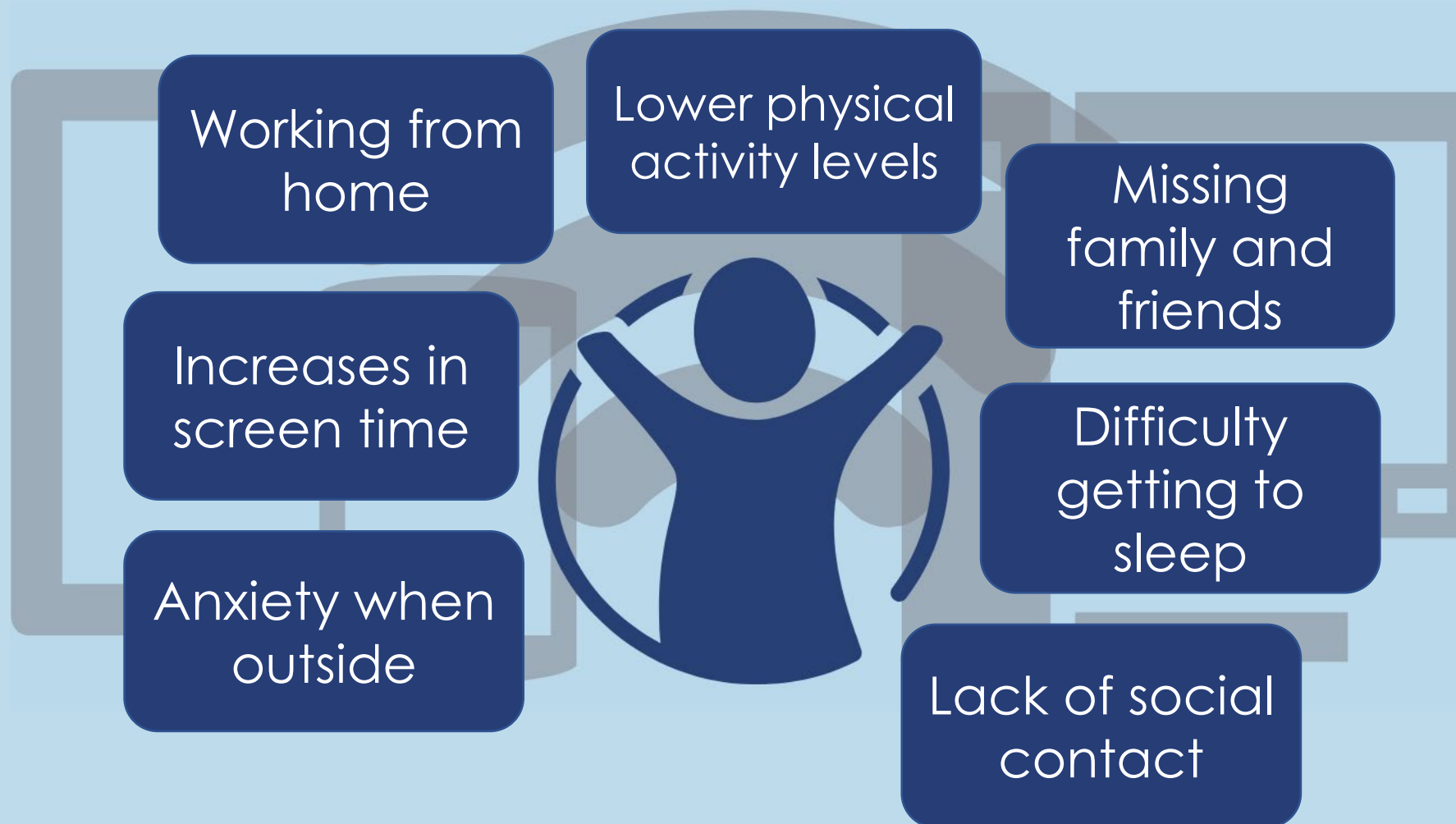
One Minute Reflection

Journaling

“My day was...Roar, Whistle, or Squeak”

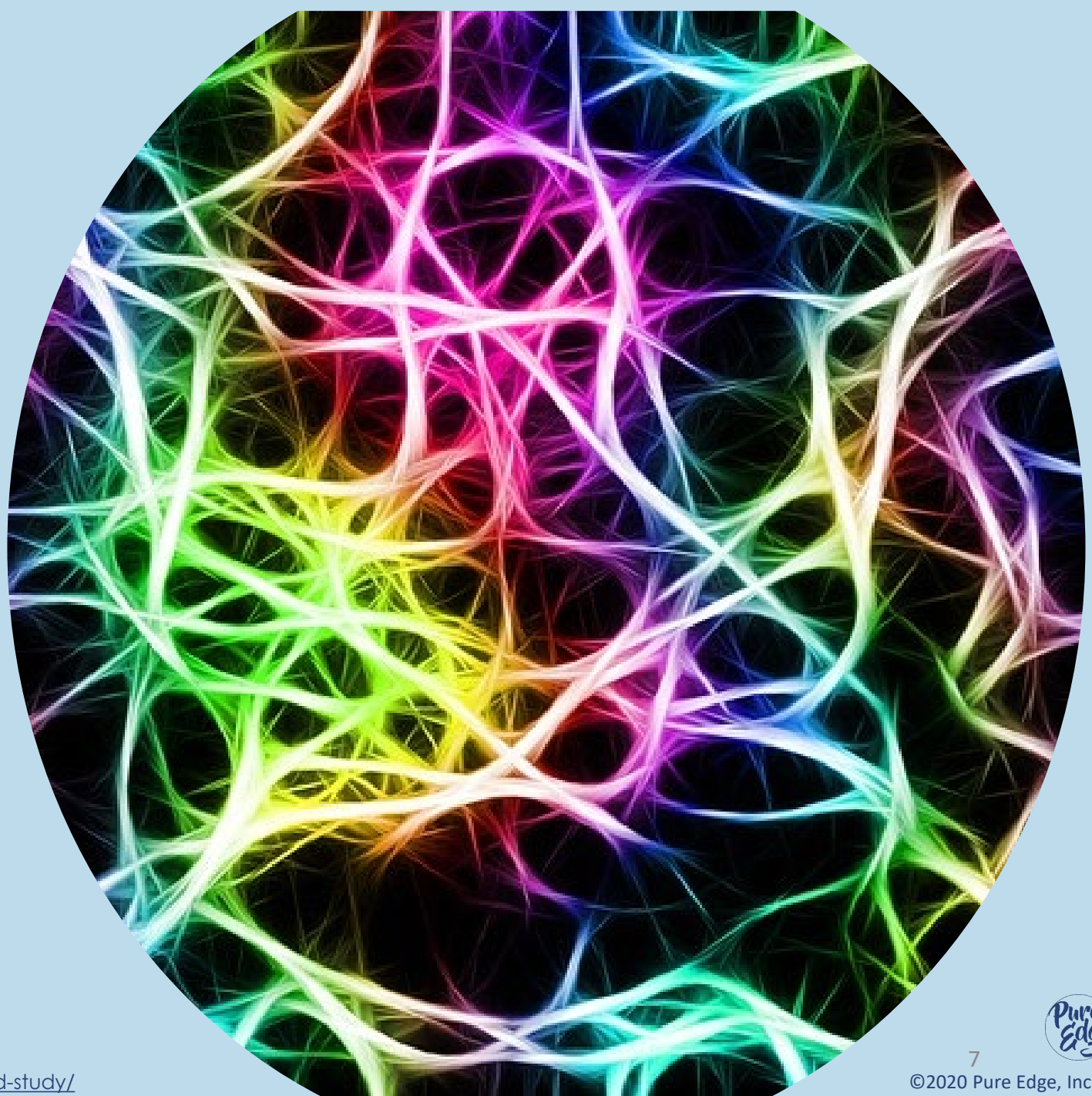


Issues we face...



NEUROPLASTICITY

the brain's capacity to
change and rewire
according to environment
and experience





Attitude of Gratitude

We are going to try flexing your mindfulness muscle by noticing when your mind veers off on a negative track. Instead of forcing the negative thought out of your mind, invite a positive thought in. Then invest all of your attention in that positive thought for at least 30 seconds. Notice how you feel in your body and in your mind after actively Taking in the Good.

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

Ocean Breathing





Engaging Activity: Ocean Breathing

1. Inhale through your nose.
2. As you exhale, whisper the sound ahhh through your mouth. Repeat two or three times.
3. On the next breath, close your mouth, exhale, and send the whisper sound through your nose.
4. See if you can find the same whisper sound in the nose on the inhalation and the exhalation.

**Ocean Breath is created by lightly constricting the throat to create a hissing sound as you breathe in and out through the nose.*

**If you can't find the sound at first, just keep practicing.*



Taking in the Good and Self-Care





Move

Chair Eagle

Recharge Sequence





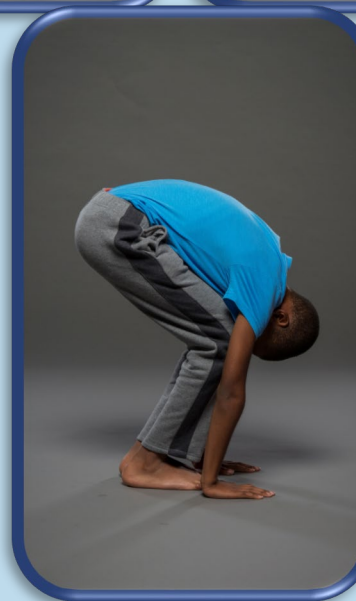
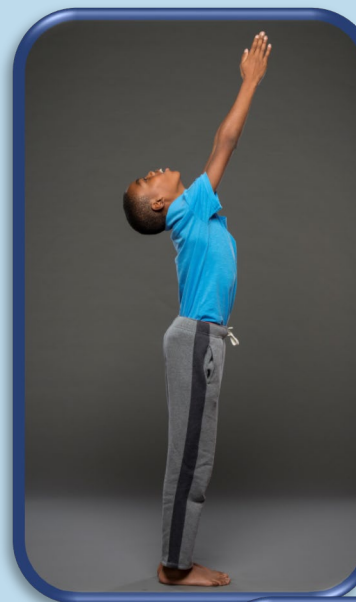
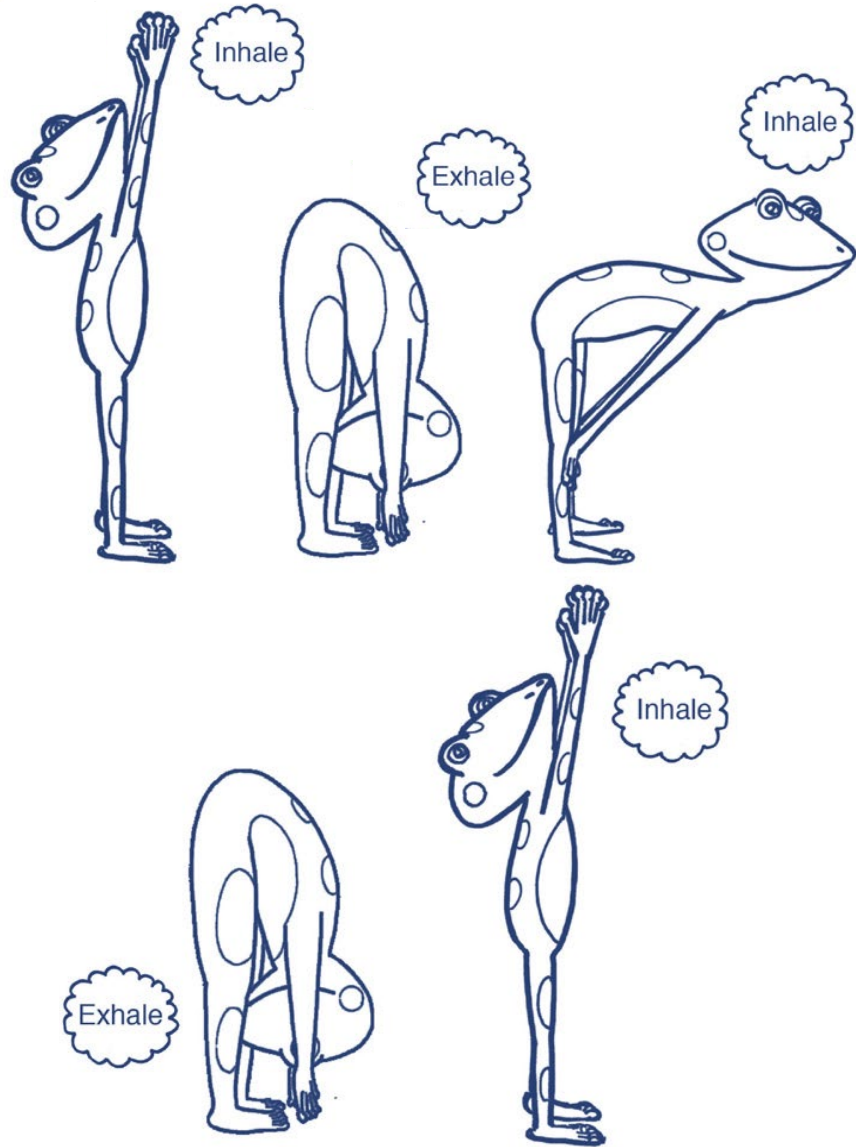
Engaging Activity: Chair Eagle



1. Sit in Seated Mountain.
2. 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 cross your left elbow on top of your right. Touch the back of your hands together. If it feels comfortable, bring palms together.
5. Inhale and lift elbows up until you feel a comfortable stretch.
6. Look at your thumbs and take 3 relaxed breaths.
7. Release on an exhale.
8. Repeat second side (left thigh on top, right arm on top).



Engaging Activity: Recharge Sequence



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.





Rest

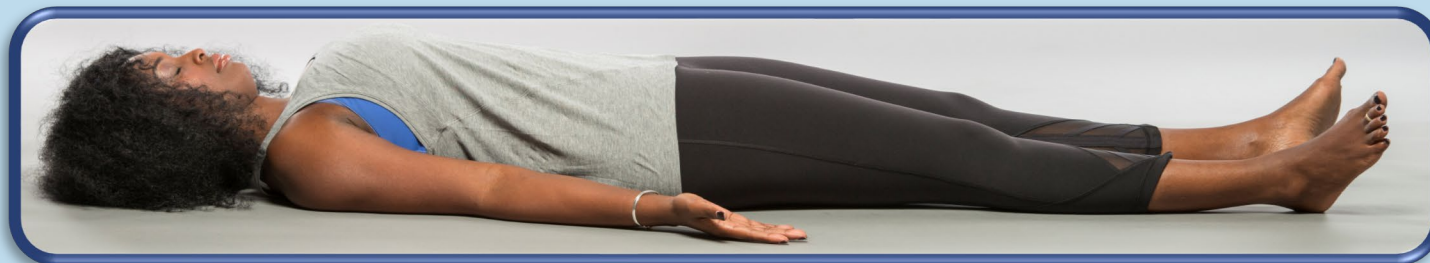
Guided Rest/Body Scan





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

Time to give yourself a compliment!

Day 4:
“My qualities are.....”

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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest

