



Pure Community

Welcome to your 15-Day Challenge DAY 6



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Introductions

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Breathe

Move

Rest

Attitude
of Gratitude

Journaling





Attitude of
Gratitude

STOP





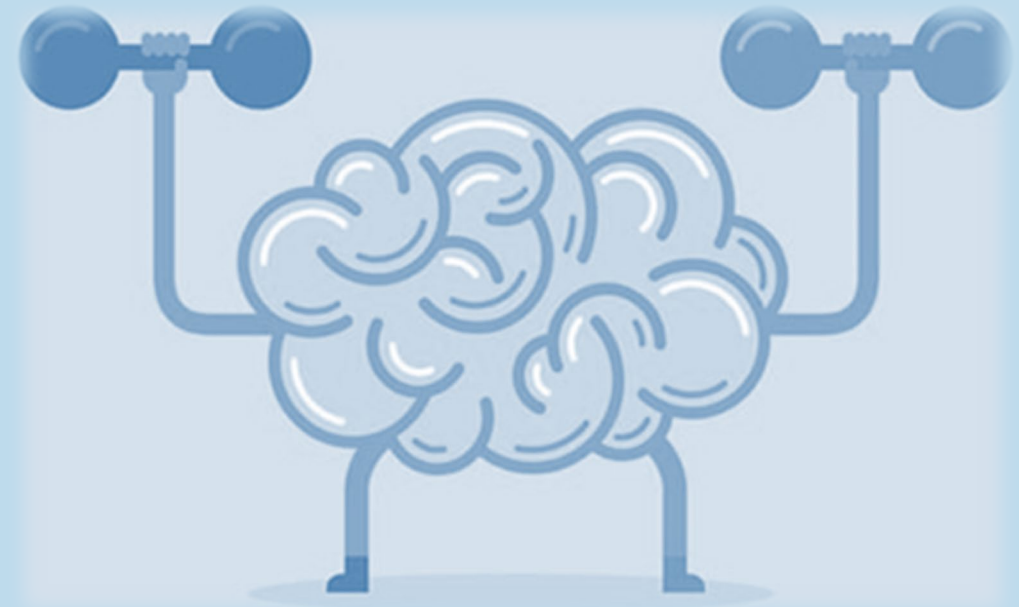
Engaging Activity: STOP

- ❖ STOP is an exercise designed to help learners practice self-regulation when they are experiencing strong emotions.
- ❖ Learners learn to go through the four steps: S-T-O-P
- ❖ It is a good idea to practice this exercise when learners are not experiencing strong emotions, so that they will be able to implement it when they are.
- ❖ The main focus is to hone learners' observation skills to help them make more mindful choices.
- ❖ When we observe, we are just noticing what we feel in our bodies, we are not saying if something is good or bad.
- ❖ For further exploration, ask learners how the quality of their breath changes when they are laughing, sobbing, anxious, frightened, angry, relaxed, surprised, or startled.
- ❖ Underscore two important features of mindfulness practice:
 1. Consistent practice—keep trying!
 2. Learn from unmindful moments, without being too harsh on yourself.



Neuroplasticity

- ❖ There are as many neurons in the brain as stars in the Milky Way: about 100 Billion.
- ❖ The brain physically stops growing around 18, but it keeps changing forever.
- ❖ By design, our brains are all about growth and change - as is the whole human body.
- ❖ Celebrate mistakes that make the brain grow.





Breathe

Easy In, Extend out





Engaging Activity: Easy In, Extend Out

1. Breathe in naturally.
2. Breathe out slowly, making the exhalation longer than the inhalation.
3. Keep going, making the exhalation longer than the inhalation.
4. Notice how you feel.

**Lengthening the exhalation tends to have a calming effect on the mind and body.*





Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory



Move

Chair Boat

Wave Sequence



Engaging Activity: Chair Boat





Engaging Activity: Wave Sequence





Rest

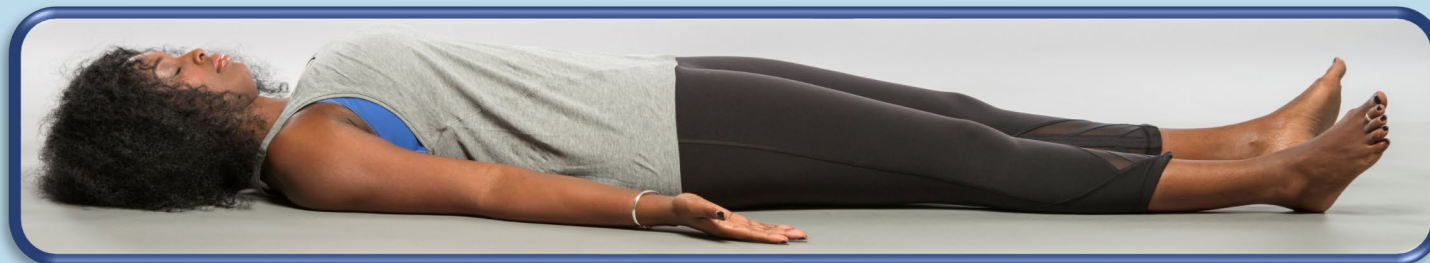
Guided Rest/Body Scan





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

Day 6:
“5 things I love are...”

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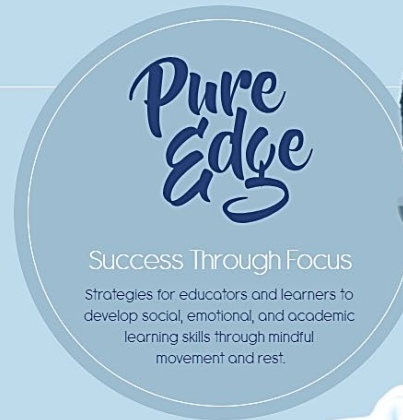
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest

