Welcome to your 15-Day Challenge.

DAY 9

Follow us @pureedgeinc
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Introductions

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Breathe

Move

Rest

Attitude of Gratitude

Journaling
Mindful Minute
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.
What is mindfulness?
What are **Mind Pirates**?

Negative thoughts are like Mind Pirates, who try to steal your positive thoughts and confidence.
Even In- Even Out
Engaging Activity: Even In – Even Out
Neurochemicals

- Endorphins
- Neurotransmitters

Improved mood
Improved memory

Move

Stork

Eagle
Engaging Activity: Stork
Engaging Activity: Eagle
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.
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.
Day 9:
If I could talk to my teenage self, one thing I would say is...