



Pure Community

Welcome to your 15-Day Challenge DAY 12



Follow us @pureedgeinc
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Introductions

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Breathe

Move

Rest

Attitude
of Gratitude

Journaling





Attitude of
Gratitude

Reflection



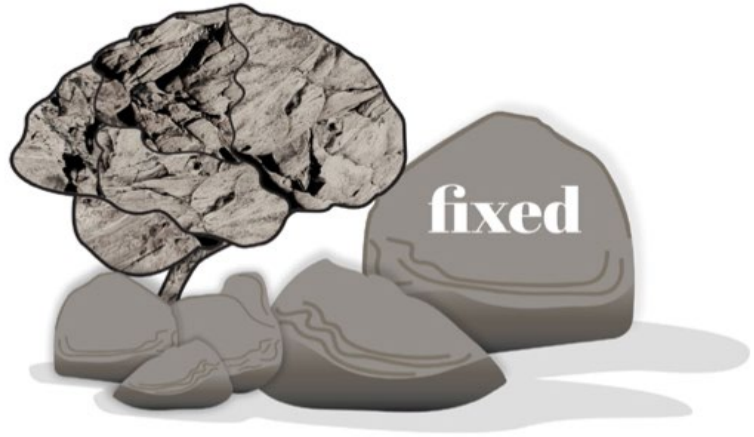


Reflection

Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

What is on your mind?
or
How are you feeling?

MINDSETS



versus



A growth mindset inspires the necessary ingredients for achievement: a love of learning, perseverance, courage, and resilience. Neuroscientists have proven that the growth mindset works because our brains are constantly changing and growing, enabling us to learn new things.



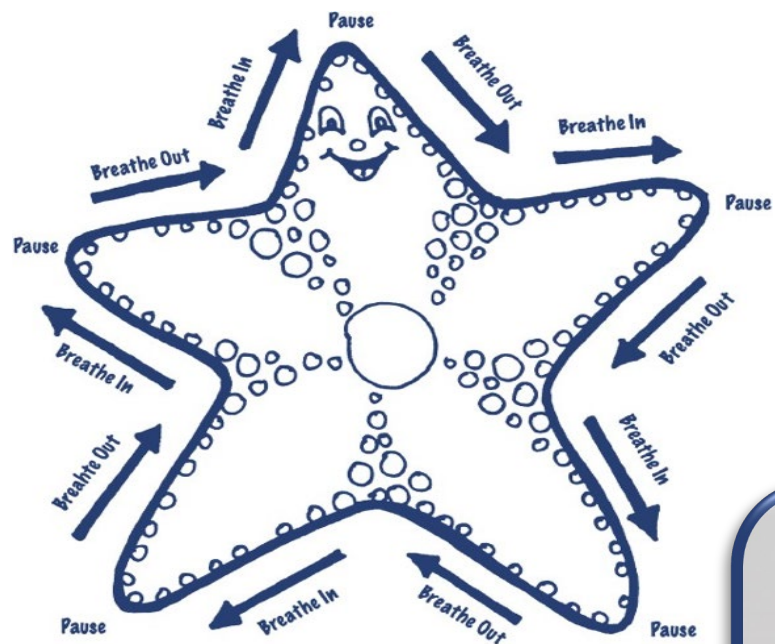
Breathe

Starfish Breathing





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.





Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory



Move

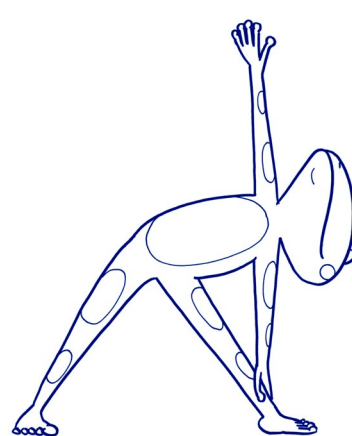
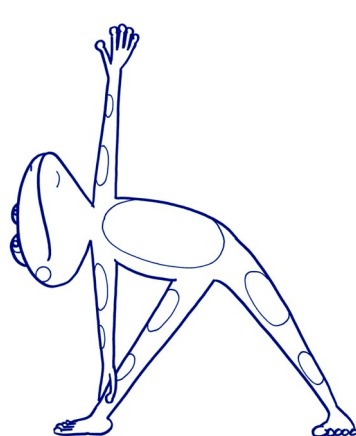
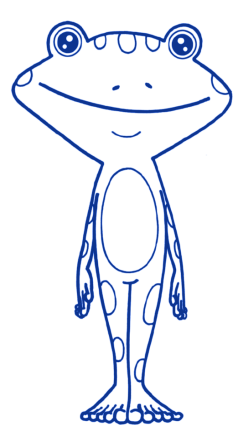
Triangle into Half Moon

Sandwich

Table or Slide

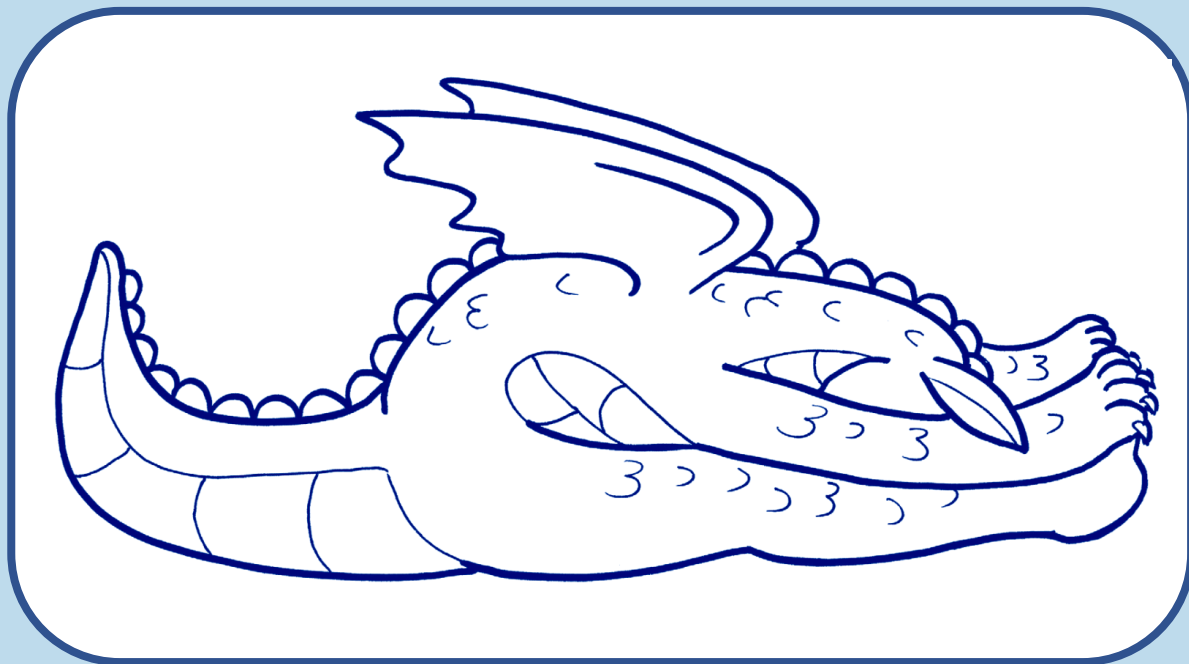


Mindful Movement: Triangle into Half Moon



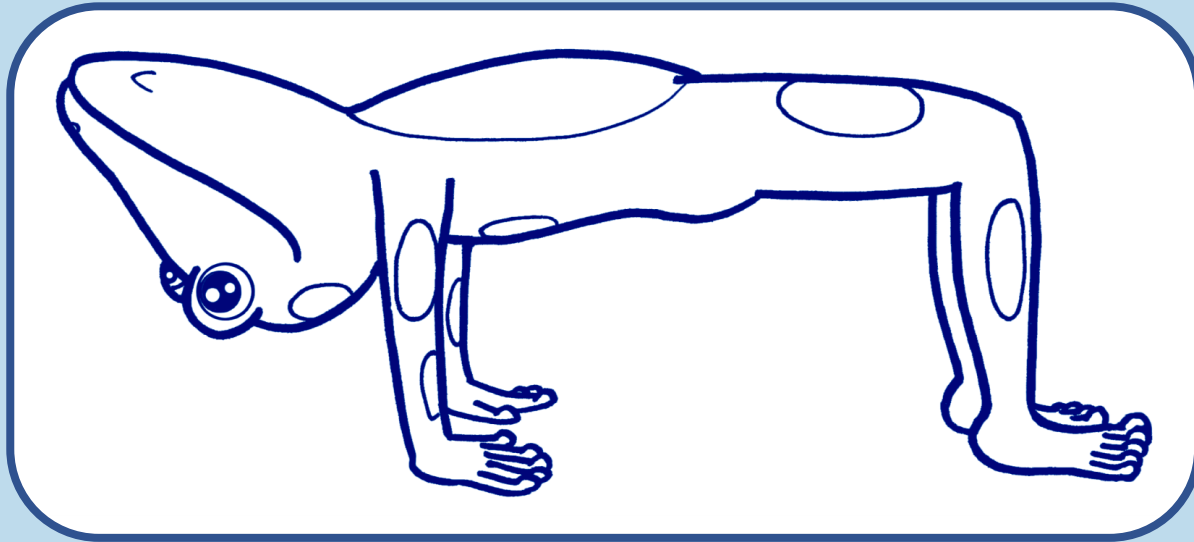


Engaging Activity: Sandwich





Mindful Movement: Table or Slide





Rest

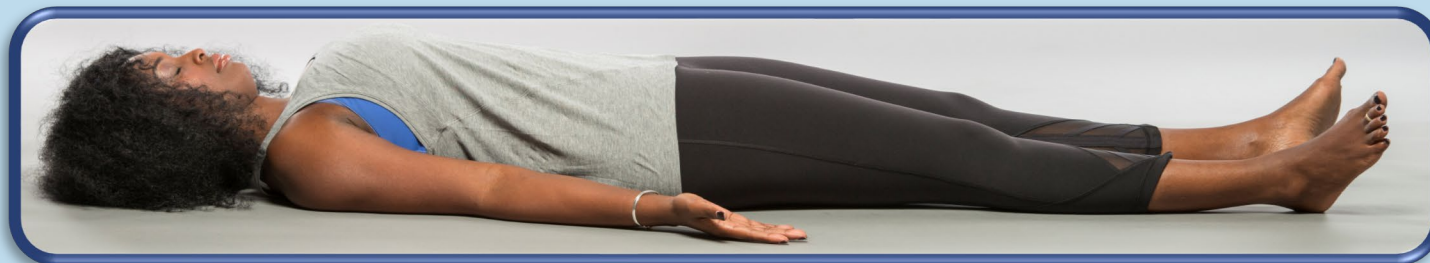
Guided Rest/Body Scan





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 12:

List 5 hobbies/activities that bring you joy



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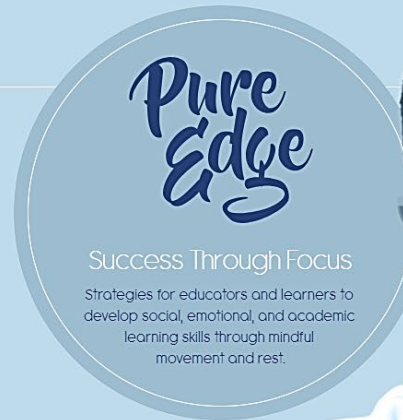
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest

