



Pure Community

# Welcome to your 15– Day Challenge DAY 13



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# Introductions

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*Director of Professional Development &  
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Breathe

Move

Rest

Attitude  
of Gratitude

Journaling





Attitude of  
Gratitude

**Give someone a shout out**





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.

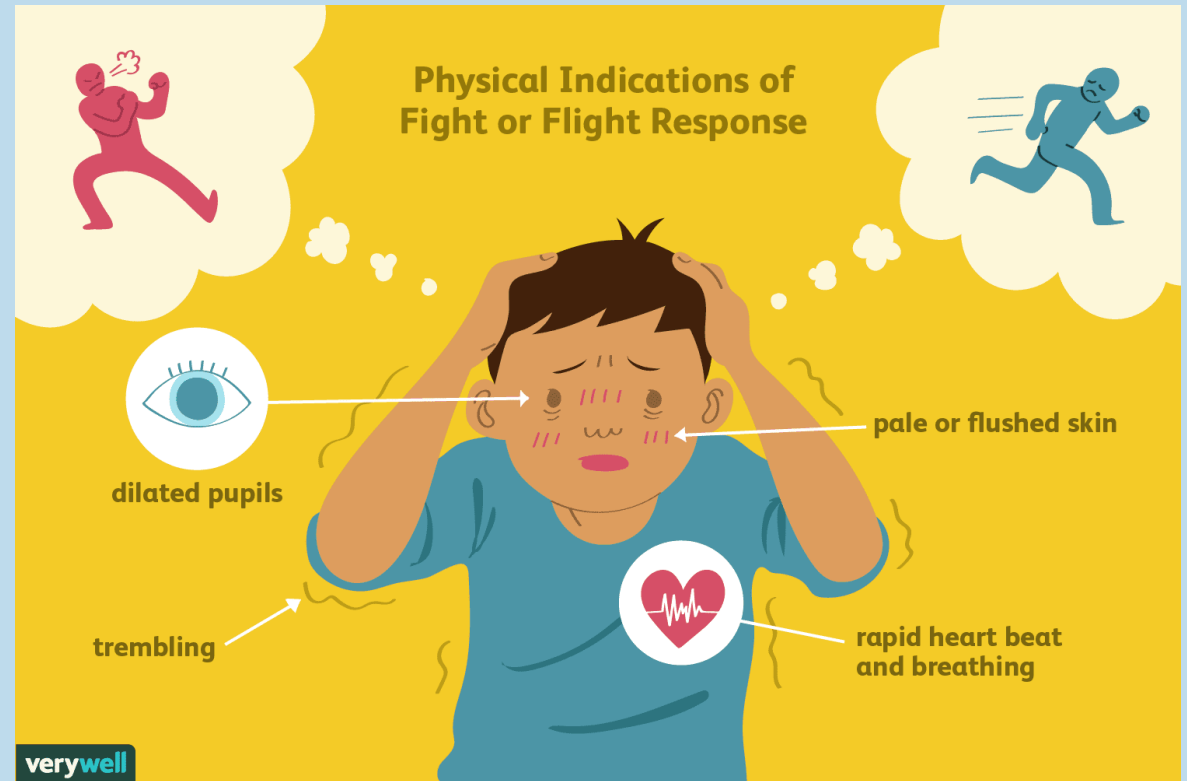
*\*Lengthening the exhalation tends to have a calming effect on the mind and body.*



# Reaction

When we feel intense emotions, we might experience **physical** clues:

- Shaking
- Heat in the face
- Tight muscles
- Rapid heartbeats
- Stomach aches
- The urge to hit, kick, or stomp





**Neurochemicals**

**Endorphins**

**Neurotransmitters**

**Improved mood**

**Improved memory**





Move

Warrior into Upward Lunge

Windmill

Bridge



# Mindful Movement: Warrior into Upward Lunge



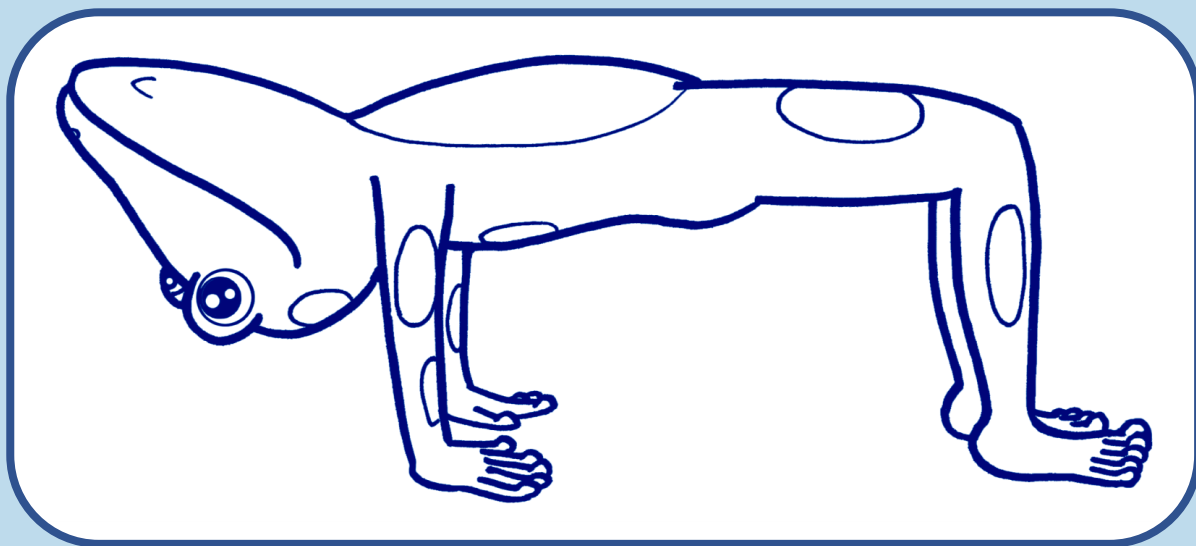


# Mindful Movement: Windmill





# Mindful Movement: Bridge





Rest

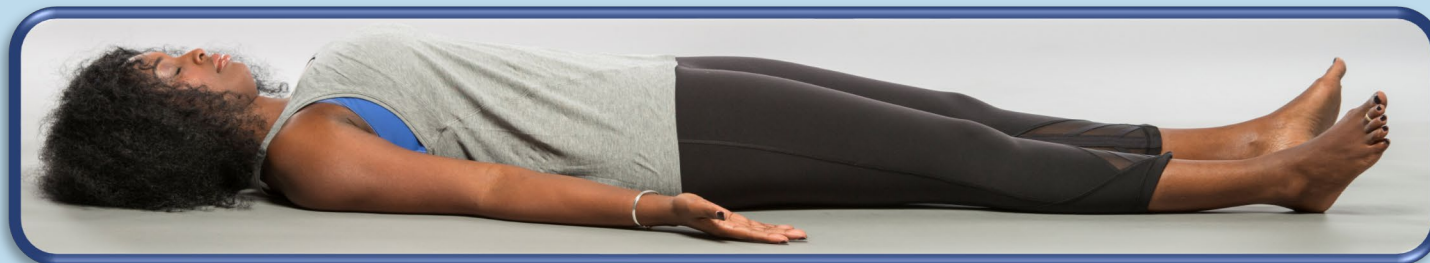
# Guided Rest/Body Scan





# 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 13:

Name & write about someone you have never met but who has improved/helped your life in some way.

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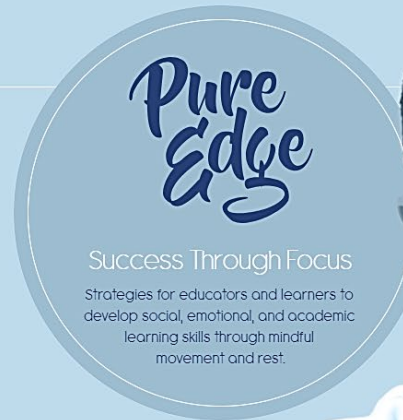
Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●  
breathe

●  
move

●  
rest

