



Pure Community

# Welcome to your 15– Day Challenge DAY 14



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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

**Look around the room and list all the  
things you are grateful for...**



Breathe

Loin Breath



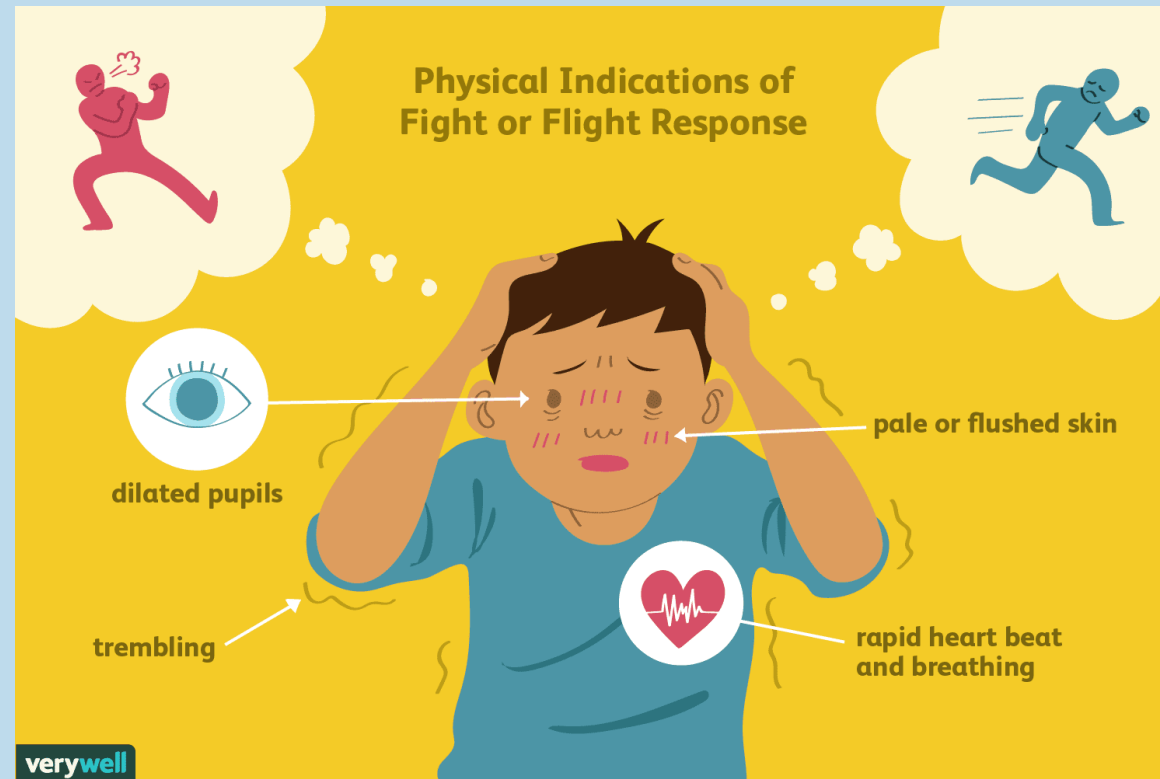


# Engaging Activity: Lion Breath



# Reaction

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





# Physical Regulation

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Through practices of:

- **Breathe**
- **Move**
- **Rest**

We learn again and again, what it feels like to move through our experiences in **thoughtful, nonreactive way.**





**Neurochemicals**

**Endorphins**

**Neurotransmitters**

**Improved mood**

**Improved memory**



Move

**Wave into Rotated Wave**

**Plank into Push-Up**

**Pretzel**



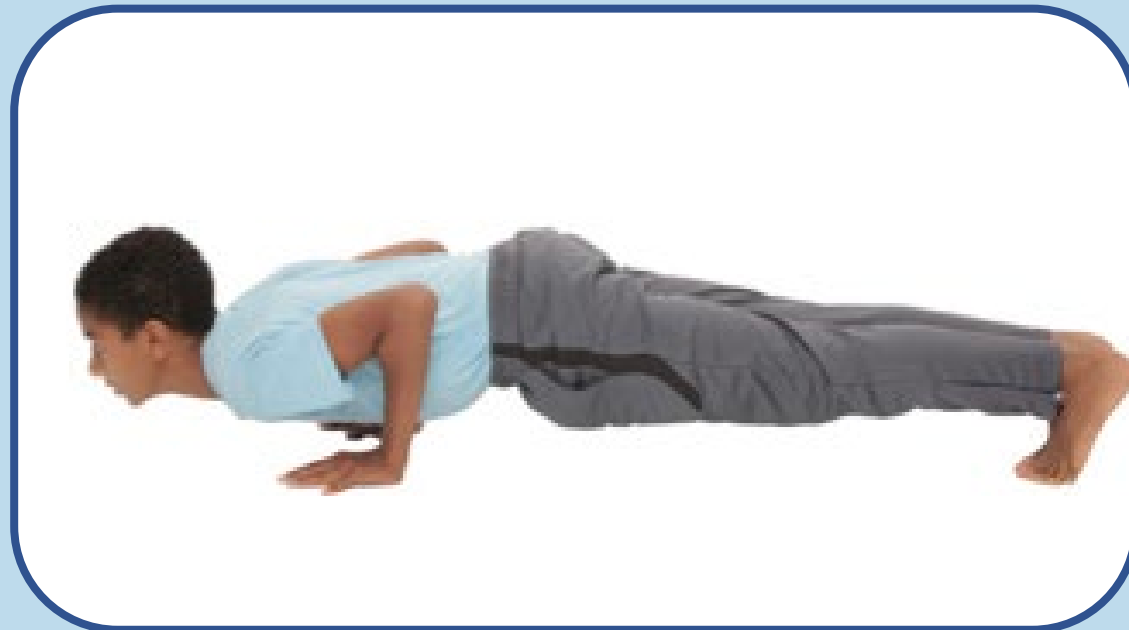


# Mindful Movement: Wave into Rotated Wave





# Mindful Movement: Plank into Push-Up





# Mindful Movement: Pretzel





Rest

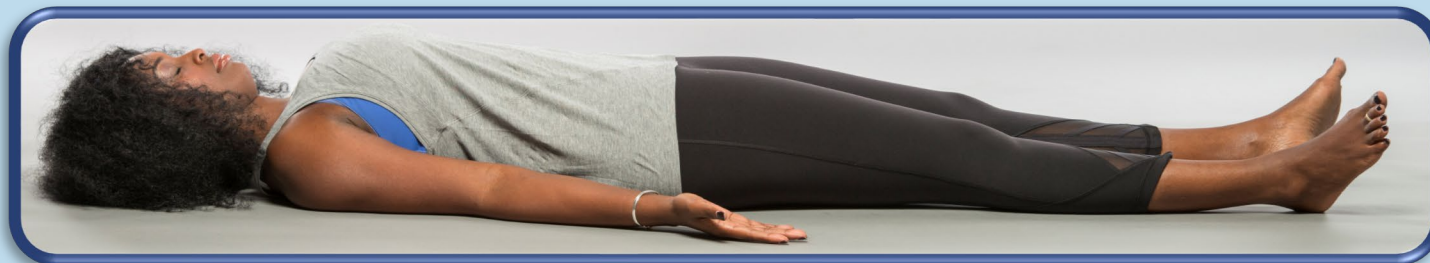
# Guided Rest/Body Scan





# 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 14:  
Make a Bucket List!





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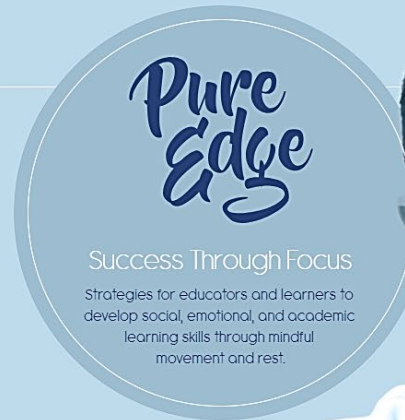
Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●  
breathe

●  
move

●  
rest

