Welcome to your 15-Day Challenge

DAY 14

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Introductions

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Look around the room and list all the things you are grateful for…
Loin Breath
Engaging Activity: Lion Breath
When we feel intense emotions, we might experience **physical** clues:

- Dilated pupils
- Pale or flushed skin
- Trembling
- Rapid heart beat and breathing

Physical Regulation

Through practices of:
- Breathe
- Move
- Rest

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

Image: Relaxation techniques: Breath control helps quell errant stress response, Harvard Health Publishing, April 2018
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory


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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
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 14: Make a Bucket List!