



Pure Community

Welcome to your 15– Day Challenge The Final Day – DAY 15



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Introductions

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Breathe

Move

Rest

Attitude
of Gratitude

Journaling





Attitude of Gratitude

**What is a mistake that you've
made which ultimately led to a
positive experience?**



Breathe

Alternate Nostril Breathing





Engaging Activity: Alternate Nostril Breathing



Notes:

**The hand movements will take some practice to feel comfortable.*

**If thumb and pinky are too hard for learners to coordinate, you could use right thumb to close right nostril and left thumb to close left nostril.*

**Once your learners have mastered the hand movements, helpful verbal cues are: inhale right, close, exhale left. Inhale left, close, exhale right.*

**This exercise can take 1 to 3 minutes.*

1. Let's start with a few deep breaths through the nose.
2. Inhale, close the right nostril by pressing the side of the nose with the right thumb.
3. Exhale out the left nostril.
4. Inhale through the left nostril.
5. Close the left nostril by pressing the side of the nose with your right pinky and fourth finger. At the same time, take your thumb off of your right nostril.
6. Exhale out the right nostril.
7. Inhale through the right nostril.
8. Close the right nostril with your thumb again and exhale through the left (removing the pinky and fourth finger).
9. This is one round. Complete 2 or 3 rounds by repeating steps 2-8. End on a left exhalation.
10. Take a few regular breaths.
11. Notice how you feel.



The **Power to be Calm** isn't about avoiding every kind of stressful emotion.

Resilience doesn't mean we'll be happy all the time, but it does mean we have the energy and mindset to help us cope.



Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory



Move

Half Opening Sequence A

Plank into Push-Up

Sandwich

Boat



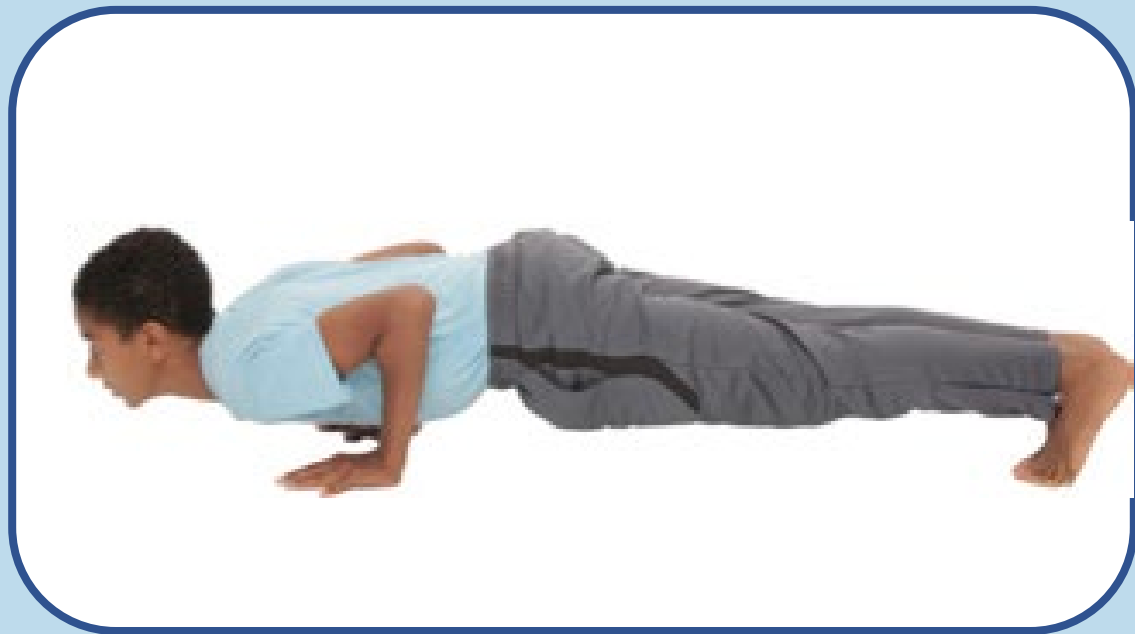


Mindful Movement: Opening Sequence A





Mindful Movement: Plank into Push-Up





Mindful Movement: Sandwich





Mindful Movement: Boat





Rest

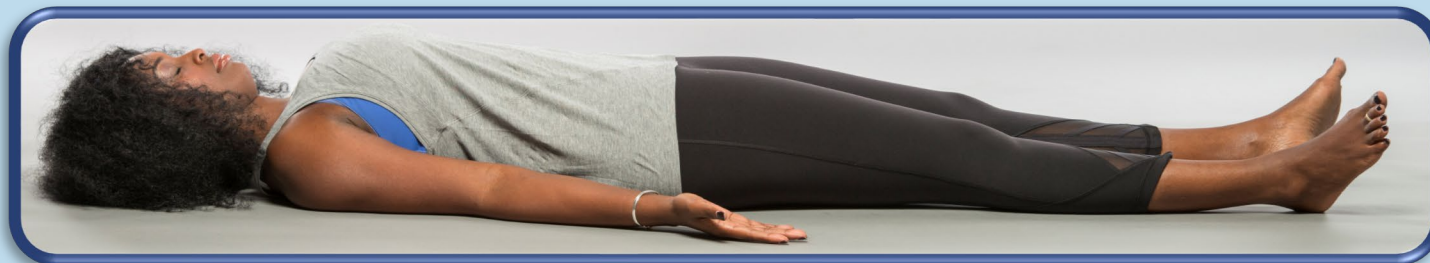
Guided Rest/Body Scan





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 15:

Start writing whatever comes into your mind
and don't stop until you fill the page.

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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest



Thoughts or Questions!



**We would be grateful
for your feedback.**