



Thank you for joining us!

Session: Family Brain Breaks

Trainers: Erin Cooney, Michelle Kelsey Mitchell,
and Edwina Soto

Getting Started:

1. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.
2. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance.



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Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.



Introductions

Erin Cooney & Kids

erin@pureedgeinc.org

*Director of Curriculum & Instruction
and National Trainer*

Michelle Kelsey Mitchell & Kids

michelle@pureedgeinc.org

*Director of Partnerships
and National Trainer*

Edwina Soto & Kids

Special Guest Trainer

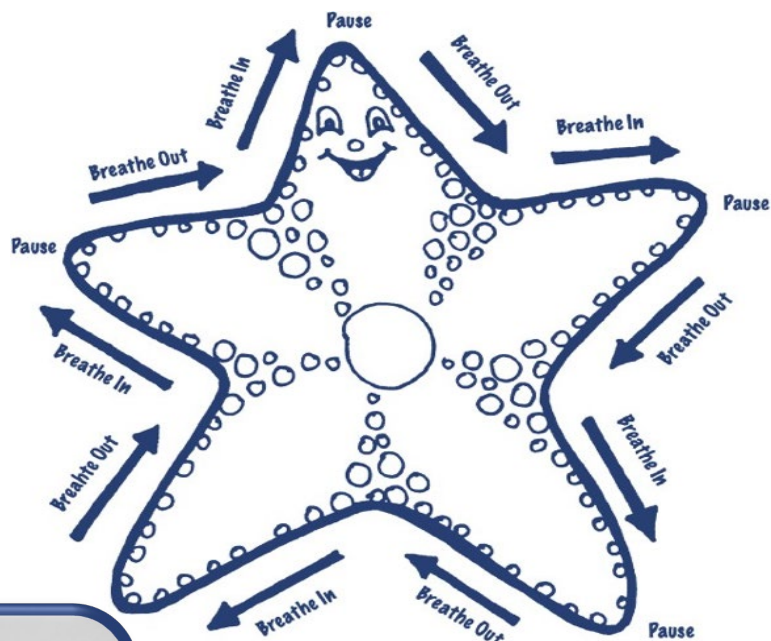


Welcoming Activity: Riddle Time





Engaging Activity: Starfish Breathing or Take Five



1. Make a starfish with 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 starfish 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 starfish hand.



**Learners are synchronizing their movement, breath, and gaze. On the inhale, index finger and eyes trace upward along a finger; on the exhale, index finger and eyes trace downward along a finger. Each upward movement is coupled with an inhale, whereas each downward movement is coupled with an exhale.*

**After Starfish Breathing, you can have learners rest their hands on their chest, continuing to breathe mindfully, as they silently recall three things for which they are thankful.*



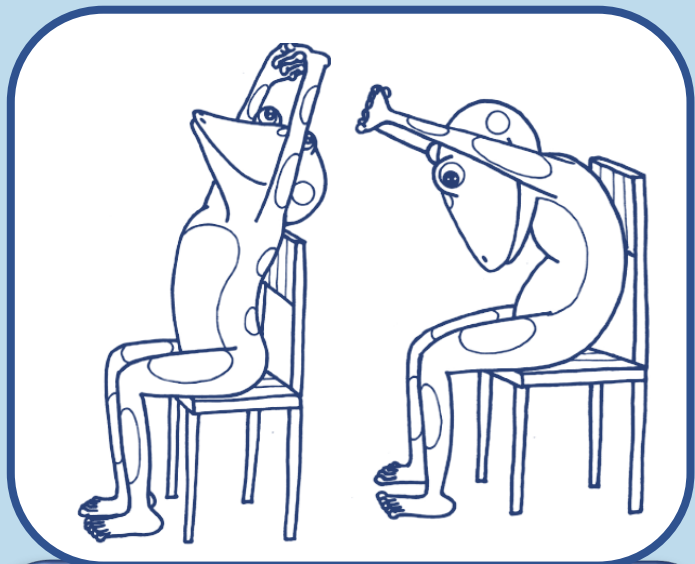
Engaging Activity: Anchor Breathing



1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?



Engaging Activity: Chair Cat/Cow



1. Sit in Seated Mountain with hands on knees.
2. As you inhale, stretch your arms overhead and interlace fingers. Reach the center of your chest up toward the ceiling, and lift your chin so that you are looking at the ceiling. (Cow)
3. As you exhale, in one movement bring your hands forward, round your spine and drop your chin toward your chest. (Cat)
4. Repeat for several breaths: inhale, arms up, gaze lifts, chest up. Exhale round the spine, chin tucks, hands forward.
5. Return to Seated Mountain.



**You can have young learners moo like a cow and meow like a cat. Just make sure they do a few rounds moving with the inhale and exhale first.*

**If on the floor, learners can come to hands and knees. Inhale, the belly drops down toward the floor and we look up toward the ceiling (Cow). Exhale, look at your belly button and round your spine (Cat). Repeat for several breaths.*



Engaging Activity: Tree



1. Begin in Mountain and bring hands to hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Shift your weight to your left foot.
4. Bend your right knee and lift up your right heel.
5. Point your knee out to the side. Keep your weight on your left foot. Take a few breaths here.
6. If you feel steady, place the bottom of your right foot to the inner calf. Take a few breaths here.
7. If you are still steady, you can move the foot to the inner thigh, using your hand if you need to.
8. Inhale the arms up over head as if you were spreading branches. Try to balance for 5 to 10 breaths.

Engaging Activity



Please respond to the poll to share which of the following images most accurately reflects your experience right now:

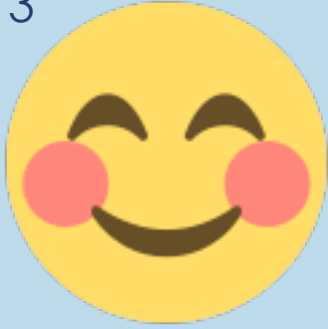
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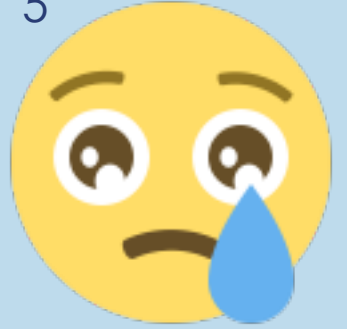
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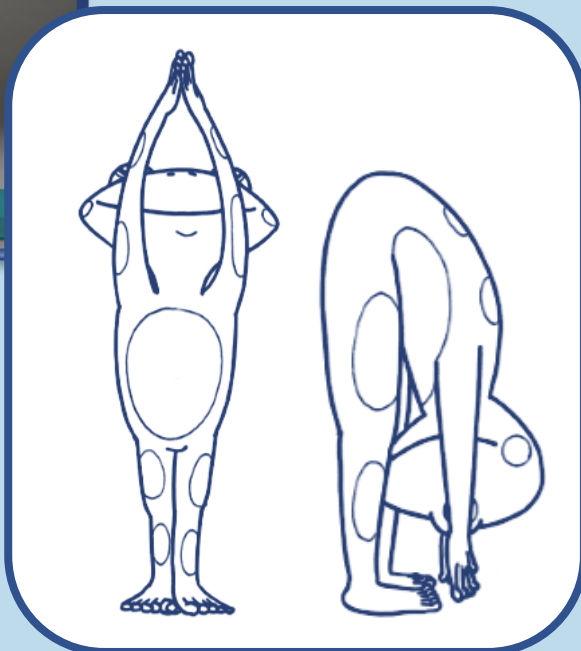
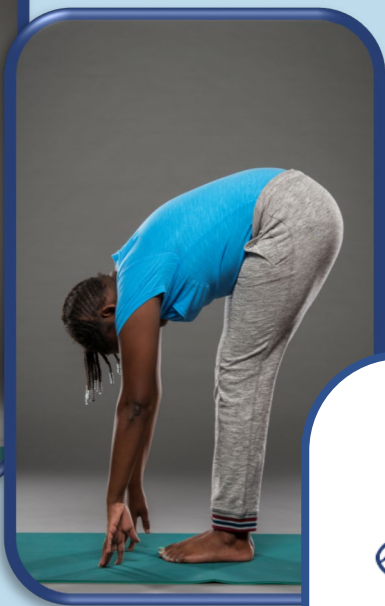
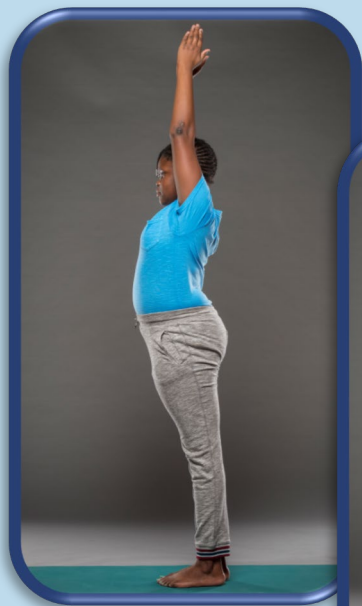
Engaging Activity: Even In – Even Out

1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, lets count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.





Engaging Activity: Sunrise/Sunset



1. Start in Mountain Pose. Take a few breaths here.
2. Inhale, reach your arms up overhead (this is Sunrise Pose).
3. As you exhale, fold forward. Put your hands on your shins, or your ankles, or maybe the floor (this is Sunset Pose).
4. Inhale all the way back up to Sunrise.
5. Exhale hands down for Mountain.
6. Repeat a few times. Notice how you feel.



Engaging Activity: Warrior Pose

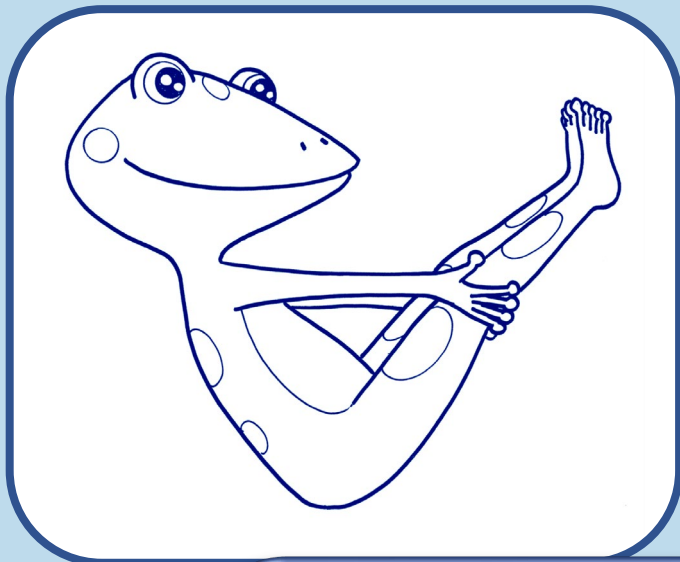


1. Start in Mountain Pose.
2. Inhale, step your left leg back. Point your left toes toward the left (at about a 45-degree angle). Your right toes point straight ahead.
3. Exhale, bend your right knee until it is just above the ankle.
4. Reach your arms overhead. If it is comfortable press palms together.
5. Look at your hands and take 3-5 relaxed breaths.
6. Exhale, step back to Mountain Pose.
7. Repeat on other side.

**It works well to give references in the room (e.g. point your back foot toward the door) when giving learners movement cues*



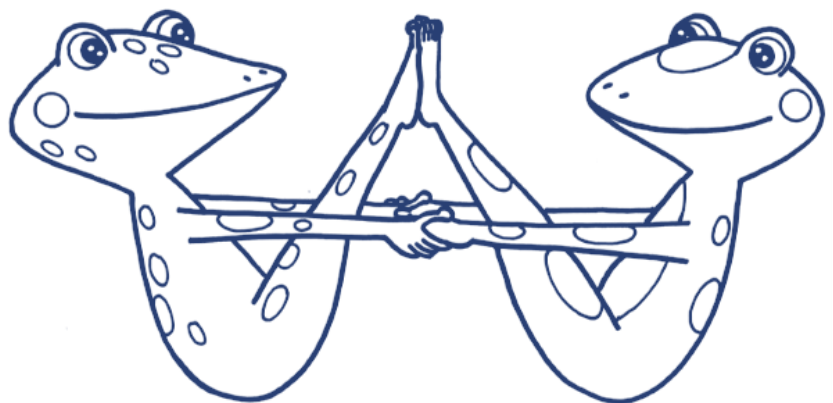
Engaging Activity: Boat Pose



1. Start in Seated Mountain.
2. Bend your knees and put both feet on the floor. Stretch your arms straight out in front of you, shoulder height, parallel to the floor. Palms face toward each other and fingers are together.
3. Lean back a little until you feel the abdominal muscles working. Keep the belly pulling in and lift one foot and then the other foot off the ground.
4. See if you can lift both feet off the floor at the same time with knees bent. If it is too much to lift both feet off the ground, keep on lifting one foot and then the other.
5. For an extra challenge, see if you can straighten your legs. Take 3-5 breaths in the pose (knees straight or bent, or keep lifting one foot then the other).
6. Exhale, put your feet back on the ground and return to Seated Mountain.



Engaging Activity: Partner Boat



1. Start in Seated Mountain, facing your partner.
2. Bend your knees and put both feet on the floor. Your feet should be almost touching your partner's feet. Your hips need to be close to your feet.
3. Bring your hands to the floor behind you for more support, or stretch your arms straight out in front of you, and take hold of your partner's hands.
4. Lean back a little until you feel the abdominal muscles working. Keep the belly pulling in and lift one foot off the ground so the sole of your foot is touching the sole of your partner's foot in the air. Knees are still bent. Now see if you can lift the other foot off of the floor in the same way and balance. For an extra challenge, see if you can straighten your legs. Take 3-5 breaths in the pose (knees straight or bent).
5. Exhale, put your feet back on the ground and return to Seated Mountain. Thank your partner.



Engaging Activity:

Smell the Rose, Blow out the Candle



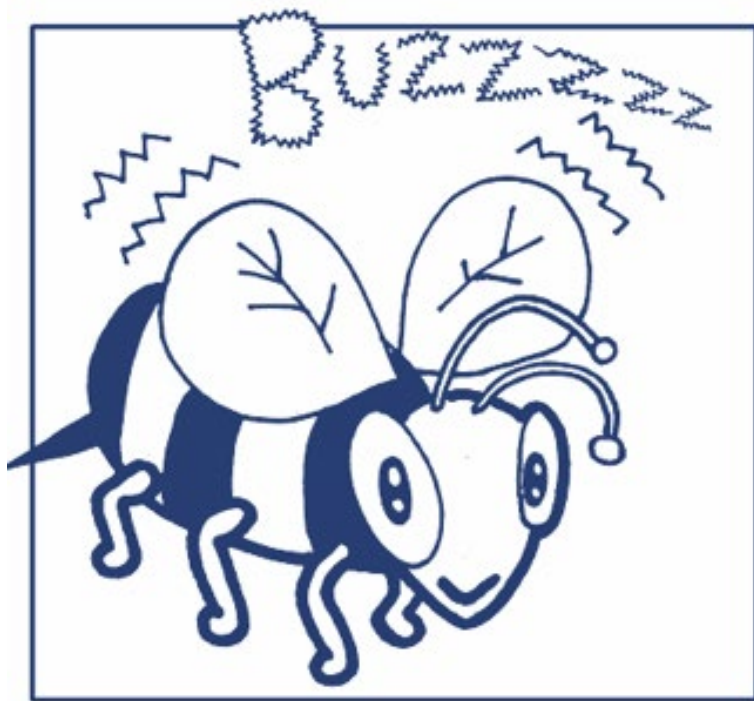
Smell the Rose



Blow Out the Candle



Engaging Activity: Buzzing Bee Breath



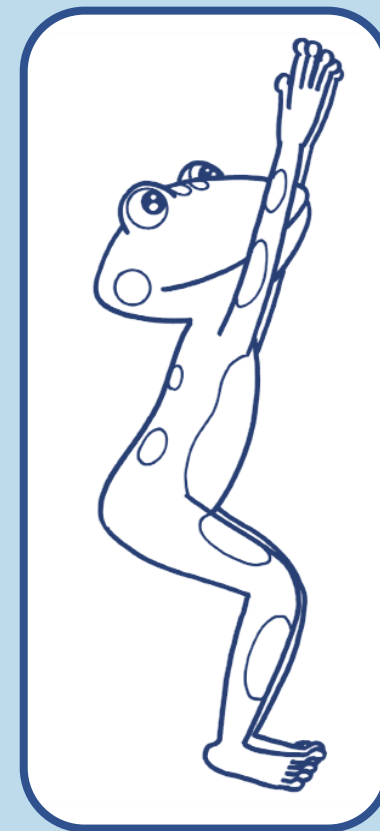
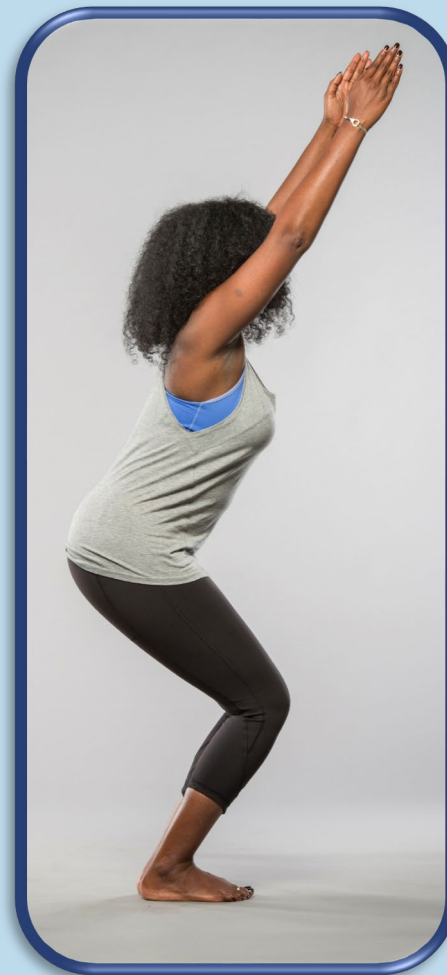
1. Sit down and get comfortable.
2. Take a slow breath in.
3. Buzzzzzz as you breathe out.
4. Try to extend your exhale.
5. What do you notice?



Engaging Activity: Chair Pose

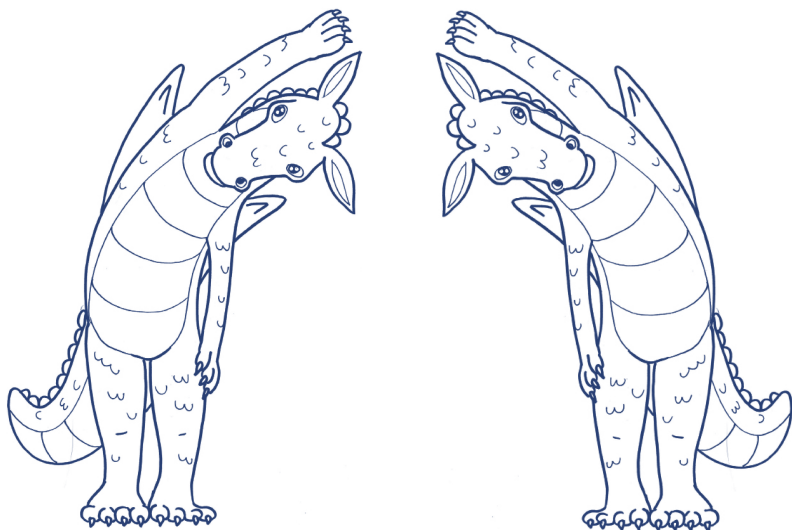
1. Stand in Mountain Pose with feet together.
2. Inhale and bend both knees. Reach arms overhead and look up at thumbs. Squeeze your knees together and feel your thigh muscles working.
3. Take 3-5 relaxed breaths.
4. If it is comfortable, you can press your palms together overhead.
5. Exhale, return to Mountain Pose.

***Variation: Kangaroo Pose:** Hands in front of body, elbows bent. Have learners take little hops, trying to land feet in same place. This will be VERY activating.





Engaging Activity: Standing Half Moon



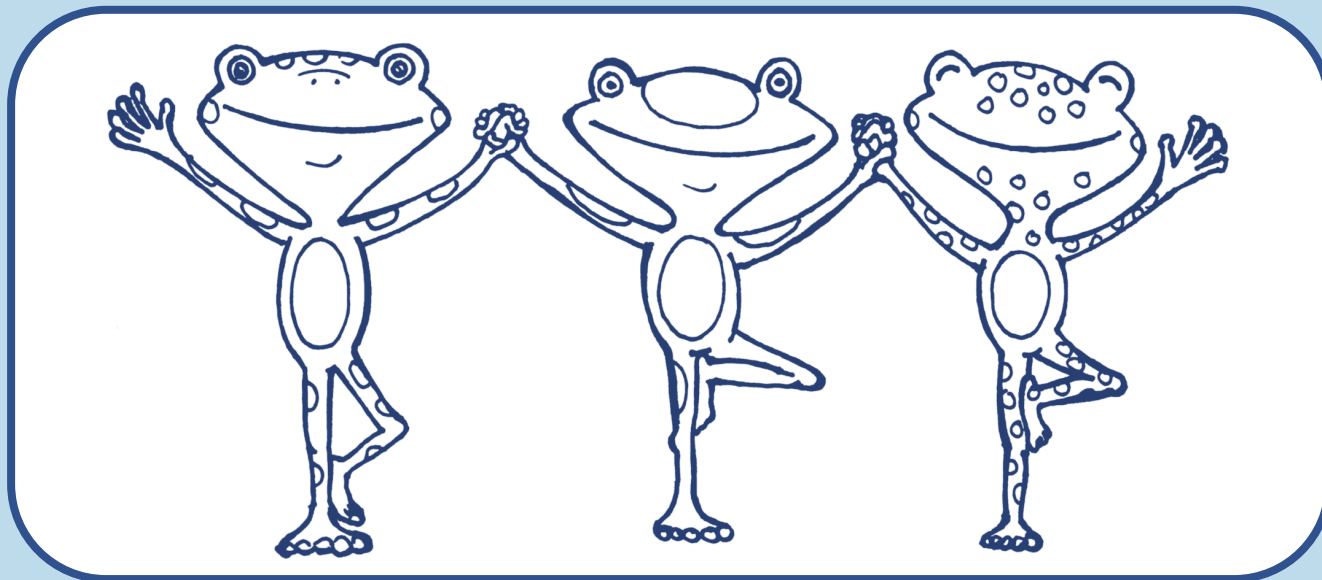
1. Begin in Mountain Pose.
2. Inhale, take feet slightly apart. Lift left arm overhead alongside left ear, press right arm into right side.
3. Exhale, lean to the right. Gaze straight ahead or down towards the feet.
4. Inhale, return to the center.
5. Exhale, lower left arm.
6. Inhale, lift right arm overhead alongside right ear, press left arm into left side.
7. Exhale, lean to the left. Gaze straight ahead or down towards the feet.
8. Inhale, return to the center.
9. Exhale, lower right arm and step feet together into Mountain Pose.
10. Repeat as required.



**Use this sequence to awaken in the morning or to revive after lunch.*



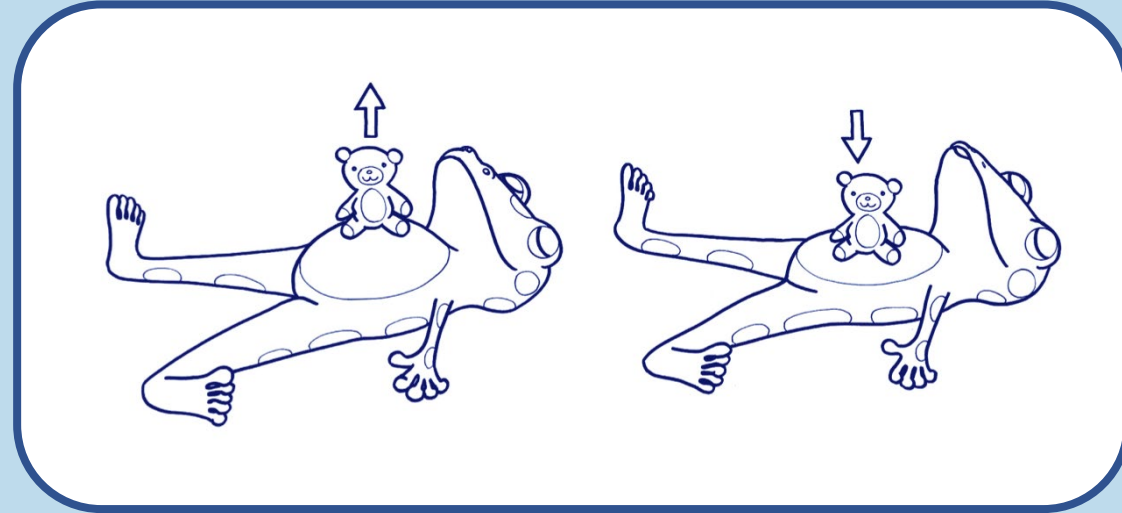
Engaging Activity: Forest Pose



1. Begin in Mountain and bring hands to hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Shift your weight to your left foot.
4. Bend your right knee and lift up your right heel.
5. Point your knee out to the side. Keep your weight on your left foot. Take a few breaths here.
6. If you feel steady, place the bottom of your right foot to the inner calf. Take a few breaths here.
7. If you are still steady, you can move the foot to the inner thigh, using your hand if you need to.
8. Inhale the arms up over head as if you were spreading branches. Try to balance for 5 to 10 breaths.

Engaging Activity: Guided Rest w/ Breathing Buddy

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling.
2. Put your breathing buddy on your belly.
3. Inhale, float your breathing buddy up.
4. Exhale, let your buddy sink down.
5. (Lead learners through about 10 breath cycles).
6. The more you practice filling your body with peaceful, calming breaths, the calmer you will be when you need it most.
7. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
8. Open your eyes and slowly return to a seated position.
9. Notice how you are feeling.



Optimistic Closure: One Word Whiparound



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●
breathe

●
move

●
rest





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