



# Thank you for joining us!

**Session:** Mindful Mondays  
**Trainer:** Michelle Kelsey Mitchell,  
Director of Partnerships

## Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.
4. Be sure to keep a pen/pencil/paper nearby to jot down your thoughts.



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Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Introductions

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Respond to the poll  
to tell us a little  
about yourself.



# Introductions

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Michelle Kelsey Mitchell  
**[michelle@pureedgeinc.org](mailto:michelle@pureedgeinc.org)**  
Director of Partnerships &  
*National Trainer*

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# Who We Are

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**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.



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# Welcoming Activity: Riddle Time



# Session Objectives

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- ❖ Practice aspects of self-awareness.
  - ❖ Experience a mindfulness practice.
  - ❖ Explore the interconnectedness of mindfulness and SEL.
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# Practice



# Resilience

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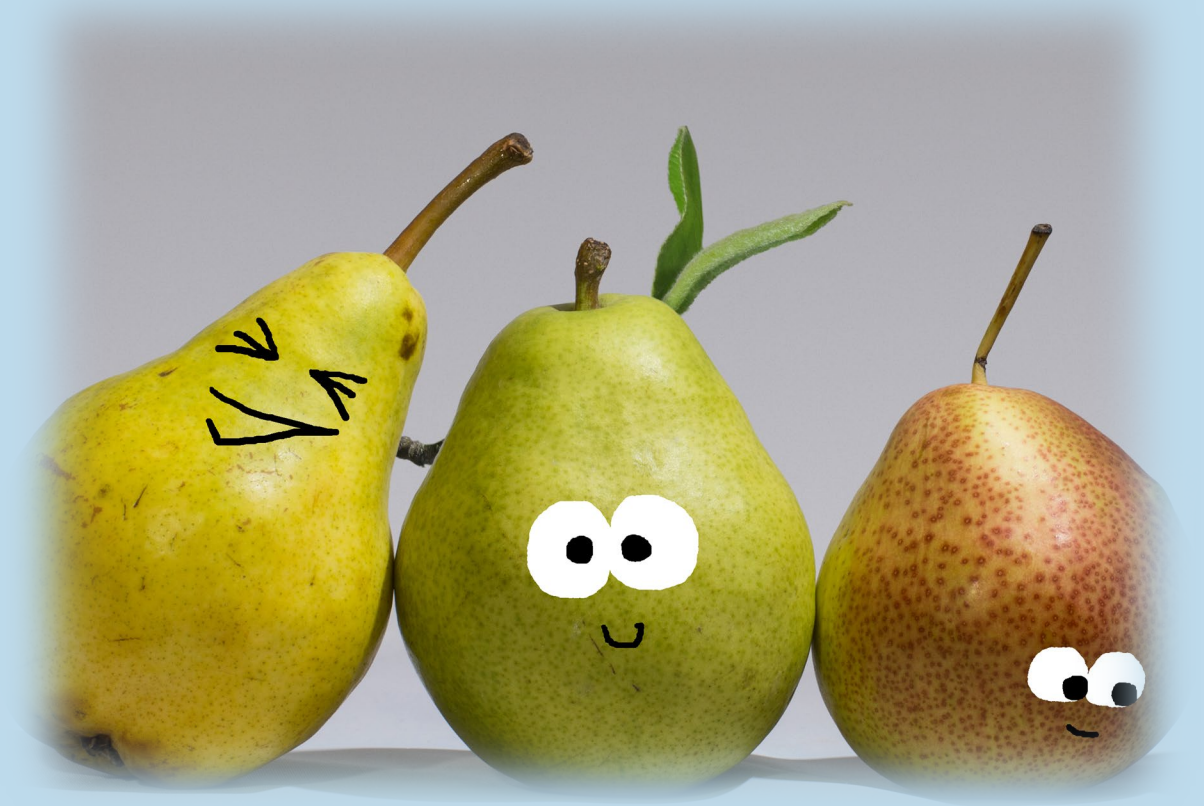
We absorb and appreciate the experience of a positive thought or memory in order to cultivate resilience and gratitude.





# 😊 Optimistic Closure

List (and reflect on)  
5 things that make  
you smile.



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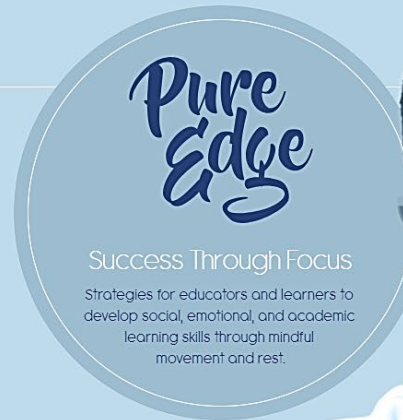
Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



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•  
breathe

•  
move

•  
rest



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Pure Community

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