Getting Started:

1. If you have any questions, please type them into the Q&A box.

2. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.

3. Since this is an **experiential activity**, please wear comfortable clothing to move in and arrange your space to allow for movement. Also, please have a four-legged chair with no wheels, close by.

4. After this session ends, Zoom pops up a link to a feedback survey. Please complete this, as this helps us further support you.
Engaging Activity: Mindful Minute

• Start in Seated Mountain.
• Bring your attention to the present moment. We are going to start by taking a Mindful Minute.
• Start bringing your attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep...).
• Continue to focus your attention on the breath, and notice how you are feeling. Just notice.
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

Anne Contreras
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Director of Programs & National Trainer

MACP, MFTi #87444
Doctoral Studies
Somatic Psychology (Embodied Scholarship)
Foundation – Trauma
Welcoming Activity

If you could travel in time, where would you go?

https://www.dreamstime.com/illustration/past-present-future-sign.html

Follow us @PureEdgeInc
Breathe

Move

Rest

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Benefits of Nasal Breathing

- Filters dust and impurities from the air
- Warms the air to body temperature
- The diaphragm is more easily controlled, which supports the development of internal core strength
- More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- Increased oxygen from nasal breath increases energy and vitality
Engaging Activity: Ocean Breath
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

Engaging Activity: Warrior Pose
What we hope to do

Respond vs. React
KEEP CALM AND DON'T FLIP YOUR LID
Strengthen the Connection
Engaging Activity: Tree
Red Zone

Image Source: https://www.shutterstock.com/search/man+yelling

STOP

The gap between a reaction and a response.

1. **Stop.**
2. **Take a few breaths.**
3. **Observe the feelings in your body.**
4. **Proceed when you feel ready.**

- **STOP** offers us a **chance** to respond rather than react.
- It means we are **aware** of our bodies, breath, and our minds.
- We are **better equipped** to behave or act in a way to not further confusion, difficulty or harm.


Image: [https://virtuallytutoring.co.uk/blog/stop-mindfulness/](https://virtuallytutoring.co.uk/blog/stop-mindfulness/)
Green Zone

Image source: https://www.goodnewsnetwork.org/get-drunk-happiness/
“The brain is like Teflon for positive experiences.”
The **Power to Tame your Temper**
isn’t about avoiding anger.

It’s about understanding that temper and anger are normal emotions. What **is important** is our ability process these feelings, put them into perspective, and then let them go.
Engaging Activity: Guided Rest or 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.
Takeaways

Circle Back:

• Anger is natural response.
• Use Brain Breaks to strengthen respond vs react.
• Student resources Pure Power Curriculum K-5 & 6-12
• Training your Temper takes practice.

Brain Breaks Review:

• Breathe
  ✓ Ocean Breath
• Move
  ✓ Warrior Pose
  ✓ Tree
• Rest
  ✓ Guided Rest or Body Scan

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Thank you for joining us!

Session 4: Mindful Mondays
Trainer: Anne Contreras, Director of Programs

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. This is for live sessions only and does not apply to on-demand.

Follow us @pureedgeinc
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