Getting Started:

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

2. After this session ends, Zoom pops up a link to a feedback survey. Please complete this, as this helps us further support you.
Session Tips and Reminders

- Have something to write with close to you.
- Know that we will work both individually and as a team.
- If you have a tech glitch, no problem. Try to log out and then log back in if you can.
- This webinar is one-way facing, you can see me but I can’t see you so please type to communicate 😊
Introductions

Michelle Kelsey Mitchell
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Director of Partnerships &
National Trainer
**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.
Engaging Activity

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

- Identify the aspects of self-awareness.
- Experience Brain Breaks.
- Explore the connection between body, breath, and mind.
Engaging Activity: Stork
Engaging Activity: Anchor Breathing
Engaging Activity: Mindful Listening
Self-Awareness and the Body

- **The body** is our most concrete tool in mindfulness practice. It provides **immediate feedback**.

- When one becomes aware of the body, **one notices its state as it is right now**.

- **Feedback loop**: The muscles, bones, organs, and nervous system are all part of a complex feedback loop that is connected to our intellectual and emotional lives.
"Through physical practice, we have learned how to exercise different muscles in the body, and now we will begin training our mindfulness muscle."[2]

Fun Fact:
Research shows that the average person has 50,000 to 70,000 thoughts per day.¹

¹: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916
²: Sharon Salzberg, Real Happiness, 2010

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Engaging Activity: Starfish Breathing or Take Five
Engaging Activity: Guided Rest or Body Scan
Check-In

Please respond to the poll to share which of the following images most accurately reflects your experience right now:
What is mindfulness?
Mindfulness is kind awareness.

There is no right or wrong way to feel, nor right or wrong way to notice.
Mindfulness

Mindfulness means noticing what is happening as it is happening. Mindfulness is about paying attention on purpose, with a sense of kindness and curiosity.
Mindfulness
Think about something good that happened today or made you smile.

Write a sentence to describe what happened.
Thank you for joining us!

Session: Virtual Field Trip to Support SEL in the Classroom - Elementary

Trainer: Michelle Kelsey Mitchell, Director of Partnerships