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:
1. Neutral
2. Tongue out
3. Blushing
4. Sunglasses
5. Tears
6. Frowning
7. Blinking
8. Happy
9. Glasses
10. Love

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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.
Mindfulness can be defined as “the ability to notice what is happening as it is happening.”

Mindfulness practice is one way to improve our ability to become more aware of what we are thinking.

“Through physical practice, we have learned how to exercise different muscles in the body, and now we will begin training our mindfulness muscle.”

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: Take Five
Engaging Activity: Guided Rest or Body Scan

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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.
Write 2-3 sentences about about one good thing that has happened in your day today.
Thank you for joining us!

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

Trainer: Michelle Kelsey Mitchell, Director of Partnerships

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 webinars only.