



Pure Community

Thank you for joining us!

**Session:** Mindful Mondays

**Trainer:** Anne Contreras, Director of Programs

### 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. This is for live webinars only.
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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**Anne Contreras**

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*Director of Programs & National Trainer*

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied States)

Foundation: Trauma

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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.



# Welcoming Activity: Reflection



Reflection

Notice what is on your mind  
or  
How are you feeling?



# 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



# Engaging Activity: Reflection



Reflection

Notice what is on your mind  
or  
How are you feeling?



# Optimistic Closure: Home Practice

**Throughout your day, try to bring attention to:**

How and what your **body is feeling?**

How what your **breath is doing?**

**What do you notice in your body, breath, and mind?**

**Check specific times of the day, once a day:**

Morning

Afternoon

Evening





# pureedgeinc.org

Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



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**Pure  
Edge**

Success Through Focus

Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.



●  
breathe

●  
move

●  
rest



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