



Pure Community

Thank you for joining us!

Session: Well-Being Wednesday
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. 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.



Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Introductions

Michelle Kelsey Mitchell
michelle@pureedgeinc.org
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.



Welcoming Activity: Reflection



Reflection

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



Session Objectives

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



Practice



Engaging Activity: Reflection



Reflection

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



Optimistic Closure: Home Practice

Continue to practice and check in at home:

- *Notice your breath and your heartbeat throughout your day at different levels of activity—sitting, standing, walking, running, reading a book, asking a question in class, etc.*
- *When do your breath and heartbeat feel steady?*
- *When does your breath and heartbeat get noisy and quick?*
- *What happens to your heartbeat and breath before/after practicing a strategy?*



pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



**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



Follow us @PureEdgeInc



©2021 Pure Edge, Inc.



Pure Community

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.

Thank you for joining us!

Session: Well-Being Wednesday

Trainer: Michelle Kelsey Mitchell, Director of Partnerships



Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org

