



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.



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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

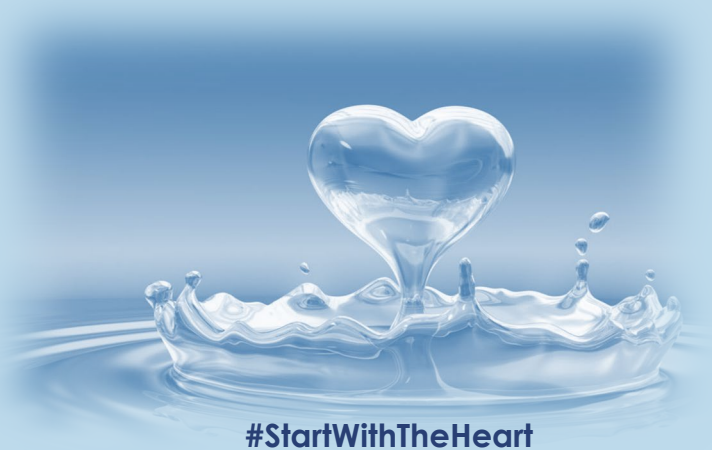


Reflection

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



Optimistic Closure: Home Practice



#StartWithTheHeart

Continue your practice at home:

- **Step 1:** Choose a word of love or kindness that resonates with you. For example, “love” “healthy,” “well,” “happy,” “kind,” “compassionate,” “steady,” “peaceful,” “calm,” and “safe.”
- **Step 2:** Close your eyes.

- **Step 3:** As you breathe in and out, slow and steady, imagine your own face. Silently say to yourself, “May I be [blank]. May I be [blank]. May I be [blank].” Repeat these words a few times. Then imagine the face of someone you love and admire. Silently say to this person, “May you be [blank]. May you be [blank]. May you be [blank].” Repeat these words a few times.

Now imagine the face of someone you have difficulty with. Silently say to this person, “May you be [blank]. May you be [blank]. May you be [blank].” Repeat these words a few times. Finally, imagine all the people in the world far and near, and silently say to them, “May you all be [blank]. May you all be [blank]. May you all be [blank].”



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Evidence-Based Approach
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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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Pure Community

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