



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.



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



Welcoming Activity: Reflection



Reflection

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



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.



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 your practice at home:

Think about a breathing strategy (i.e. anchor breathing, belly breathing, alternate nostril breathing, etc.) that you enjoy.

Practice the breathing strategy each night before bed.

Notice if it helps you feel calm, peaceful, and ready to enjoy a good night's sleep. Notice how this strategy effects your sleep.

Pro Tip: *Start with practicing this strategy for 3 minutes. Set a timer or even a gentle reminder alarm for yourself.*



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

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+ 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



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