Pure Community

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.

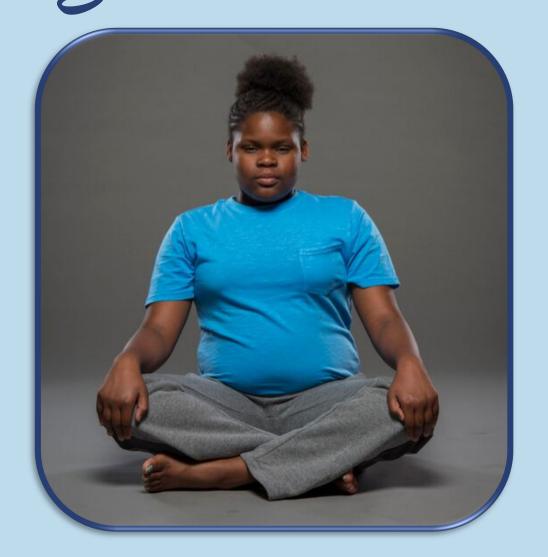4. Be sure to keep a pen/pencil/paper nearby to jot down your thoughts.

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

Welcoming Activity: One Minute Count

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.

Introductions

Anne Contreras

anne@pureedgeinc.org

Director of Programs & National Trainer

MACP, MFTi #87444
Doctoral Studies
Somatic Psychology (Embodied States)
Foundation: Trauma

Session Objectives

❖ Practice aspects of self-awareness.

❖ Experience a mindfulness practice.

❖ Explore the interconnectedness of mindfulness and SEL.

Engaging Activity: Reflection

Free Draw
2-minutes

2:00

created by Lara Futch

Timer by Lara Futch
https://theangle.digitaltrends.com/toys-games/best-lego-robotics-kits/

Practice

Optimistic Closure: Home Practice

Set a goal of noticing ten thoughts a day:

Simply <u>focus</u> on what you are thinking.

Notice if your attention wanders from a conversation, task, or project.

**Flex your mindfulness muscle
&
<u>bring your attention back</u>.**

pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training

Online Curriculum   Log Out   + MENU

breathe   move   rest

Pure Edge

Success Through Focus

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

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Thank you for joining us!

Session: Mindful Mondays
Trainer: Anne Contreras, Director of Programs

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