



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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Email: getmoving@pureedgeinc.org





Engaging Activity: Animal Arms

Inhale the jaws open

Exhale the jaws close

Crocodile

Inhale the dolphin jumps up

Exhale the dolphin dives down

Dolphin

Inhale the wings open

Exhale the wings close

Butterfly

Inhale the tummy puffs up

Exhale the tummy sinks down

Pufferfish



Welcoming: Writing Reflection



1. Close your eyes.
2. Wait for a character to pop into your head that you look up to.
3. Think about their age.
4. What are they wearing?
5. Do they have a name?
6. What do they need?
7. What do you feel like you need from them?



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

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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.
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Practice





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