



Pure Community

Thank you for joining us!

Session: Mindful Mondays
Trainer: Gill McClean,
Director of Professional Development

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



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

Gill McClean

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*Director of Professional Development
& National Trainer*



Session Objectives

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



Optimistic Closure: Writing Reflection



1. For the next 2-minutes.
2. Think of a positive character in a story or your life.
3. Start your story with, **once upon a time...**
4. Write the next **3** lines and associate them with something good that happens to your character in your story.





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