



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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Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Welcoming Activity: Reflection



Reflection

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



# Introductions

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Michelle Kelsey Mitchell  
**michelle@pureedgeinc.org**  
Director of Partnerships &  
*National Trainer*

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# Who We Are

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**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

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

- For 2 minutes each day, sit comfortably in Seated Mountain and experience Balloon Breathing.
- Place your hands on your stomach.
- Close your eyes and allow your body to rest for 3 mindful breaths.
- Allow the inhale to inflate your belly like a balloon. As you exhale, feel your belly slowly deflate and sink back toward you.
- Notice how you feel after taking slow, deep breaths into your belly.

**Pro Tip:** Set an alert or reminder for this practice. Commit to practicing for 2-3 minutes each day this week.





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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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