



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





Welcoming Activity: Face Time





Engaging Activity: Lion Breath



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



Optimistic Closure: Homework



1. Pick **3** words at random from a **dictionary, book, or virtual**.
2. Try to weave them into a story.
3. Allow yourself to be creative, the only person that will see it is you.
4. Put a timer on for 5-minutes and write....
5. **Have fun and enjoy the story you create!**





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