



Pure Community

Thank you for joining us!

Session: Mindful Mondays

Trainer: Gill McClean

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

If you could travel in time, where would you go?



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<https://www.dreamstime.com/illustration/past-present-future-sign.html>



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Engaging 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

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: 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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