



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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Welcoming Activity: Reflection



Reflection

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



Introductions

Michelle Kelsey Mitchell
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Director of Partnerships &
National Trainer



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.



Session Objectives

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



Engaging Activity: Reflection



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



Optimistic Closure: Home Practice

MINDSETS



Everyone struggles with negative self-talk, both children and adults. Thinking that you are not good enough, comparing yourself with others, and focusing on the negative aspects of a situation are examples of negative self-talk.

This week, try practicing “Thought Stopping” by replacing negative thoughts with positive thoughts:

1. Become aware of self-talk.
2. Stop the negative self-talk.
3. Replace it with positive self-talk.

“I have missed more than nine thousand shots in my career. I have lost almost three hundred games. On twenty-six occasions I have been entrusted to take the game-winning shot...and I missed. I have failed over and over again in my life. And that’s precisely why I succeed.”

-Michael Jordan

pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



**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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