Midday Reset
Session 5

Road Map For The Day
Introductions

Gill McClean

gill@pureedgeinc.org

Director of Professional Development
& 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.
What is your Energy Level right now?
Breathe

Move

Rest
What causes our decline in energy?

- Productivity fades after lunch
- No planned breaks, pushing through to 5pm
- Lack of quiet time/down time.
- Disrupted by additions to your to do list
- Working on your own.
Afternoon Slump

It’s normal but how do we learn to work with it?

We can boost our energy.

Take breaks before the dips happen.
Engaging Activity: Castle Breathing
“Rituals that promote oscillation—rhythmic stress and recovery—are the second component of high performance. Repeated regularly, these highly precise, consciously developed routines become automatic over time.”

- Jim Loehr & Tony Schwartz
Engaging Activity: Recharge Sequence

1. Begin standing in Mountain with feet slightly apart, hands at your sides.
2. Inhale, take your arms overhead and look up.
3. Exhale and fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet or the floor.
4. Inhale, place hands on shins, straighten legs and look up.
5. Exhale and fold over the legs once more.
6. Inhale, come all the way up to standing, arms overhead and look up.
7. Exhale, return to Mountain.

*This sequence can be done behind or in front of desks/chairs. It’s useful to re-energize learners when they get tired.
Socialization

- When we connect with other people, ideally in person, and connect to the natural world around us, we activate and reinforce the brain's relational circuitry.

- When we enjoy healthy social lives, we constantly exercise our social-emotional skills.

- Some studies have even shown that there is a link between friendship and longevity.
Engaging Activity: Chair Pose Twist and Forward Bend Sequence
“Almost everything will work again if you unplug it for a few minutes, including you.”

- Ann Lamott
Engaging Activity: Guided Rest
Takeaways

**Brain Breaks Review:**

- **Breathe**
  - Castle Breathing
- **Move**
  - Recharge Sequence
  - Chair Pose Twist & Forward Bend Sequence
- **Rest**
  - Guided Rest

**Circle Back:**

- The afternoon slump will happen but you can plan for it and take steps to boost your energy levels throughout the day.

©2021 Pure Edge, Inc. Follow us @PureEdgeInc
Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org