



Pure Community

Thank you for joining us!

Session: Virtual Field Trip: 9-12th Grade
Trainer: Michelle Kelsey Mitchell,
Director of Partnerships

Getting Started:

1. Please set up your space **so that you have room to move** and a **four-legged chair with no wheels to sit on.**
2. 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



Suggested Materials for Our Session

- ❖ Pen/Pencil
- ❖ Paper
- ❖ Curiosity



Check-In

In 3 words or less describe what you notice about what's on your mind OR how your body feels right now.



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 Plan

- ❖ Discuss Health, Wellness, and Breathing
 - ❖ Practice awareness and Brain Break strategies
-



HEALTH

Is everything related to your body—your muscles, bones, internal organs, and brain?



WELLNESS

Is everything related to thoughts and emotions — understanding how they arise and understanding how we can use them constructively to achieve well-being in our lives?



Brain Break | Seated Mountain



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Breathing Fact

We breathe an average of
21,600 times per day.

14-16 breaths per minute



Brain Break | Anchor Breathing



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Brain Break | Even In, Even Out



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Breathing Practice Benefits

- ❖ Nasal breathing filters dust and impurities from the air.
- ❖ The diaphragm, which is a sheet of muscle underneath the lungs that serves as the primary muscle of breathing, is more easily controlled.
- ❖ When the breath is long and slow, you can calm the nervous system and focus your mind.
- ❖ Extending the exhale induces relaxation, as does relaxing the tongue and surrounding facial muscles



Brain Break | Chair Twist



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Brain Break | Guided Relaxation



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Reflection

Pause and consider how you felt (physically and mentally) at the start of our session and how you feel now.

What do you notice?





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