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

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

*14-16 breaths per minute*
Brain Break | Anchor Breathing
Brain Break | Even In, Even Out
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
Brain Break | Guided Relaxation
Check-In

In 3 words or less describe what you notice about what’s on your mind OR how your body feels right now.
Pause and consider how you felt (physically and mentally) at the start of our session and how you feel now.

What do you notice?
Thank you for joining us!

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

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