



*Presents:*

# Brain Breaks

***Body ~ Breath ~ Mind ~ Attention ~ Engagement***

Pure Edge, Inc. believes that work environments will be more effective when staffs learn strategies to help combat stress and develop social, emotional, and academic learning competencies.

## **Participants will learn:**

- Simple and effective strategies to alleviate stress and to calm over-stimulated minds.
- The importance of self-care, specifically in their role as educators.
- How to engage in Pure Edge *Brain Breaks*, 1-5 minutes in length, designed for easy classroom implementations and to promote student focus.

During this interactive session, explore and practice a variety of techniques and learn how to adapt these are all ages, and can also be tailored for specific grade levels.

***All attendees must come in suitable clothing for light exercise***

Please call the Education Services Department at 415-499-5870 for more information.

**We can have  
sessions created  
just for your  
school district.**

