

Pure Community


## Thank you for joining us!

**Session:** Educator Self-Care Series: Strategies to Increase Energy and Vitality


**Trainer:** Gill McClean  
Director of Professional Development

**Getting Started:**

1. If you have any questions, please type them into the Q&A box!
2. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.




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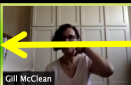
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Welcoming: **Mindful Minute**




To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.



Welcoming: **Mindful Minute**





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## Who We Are

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**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.



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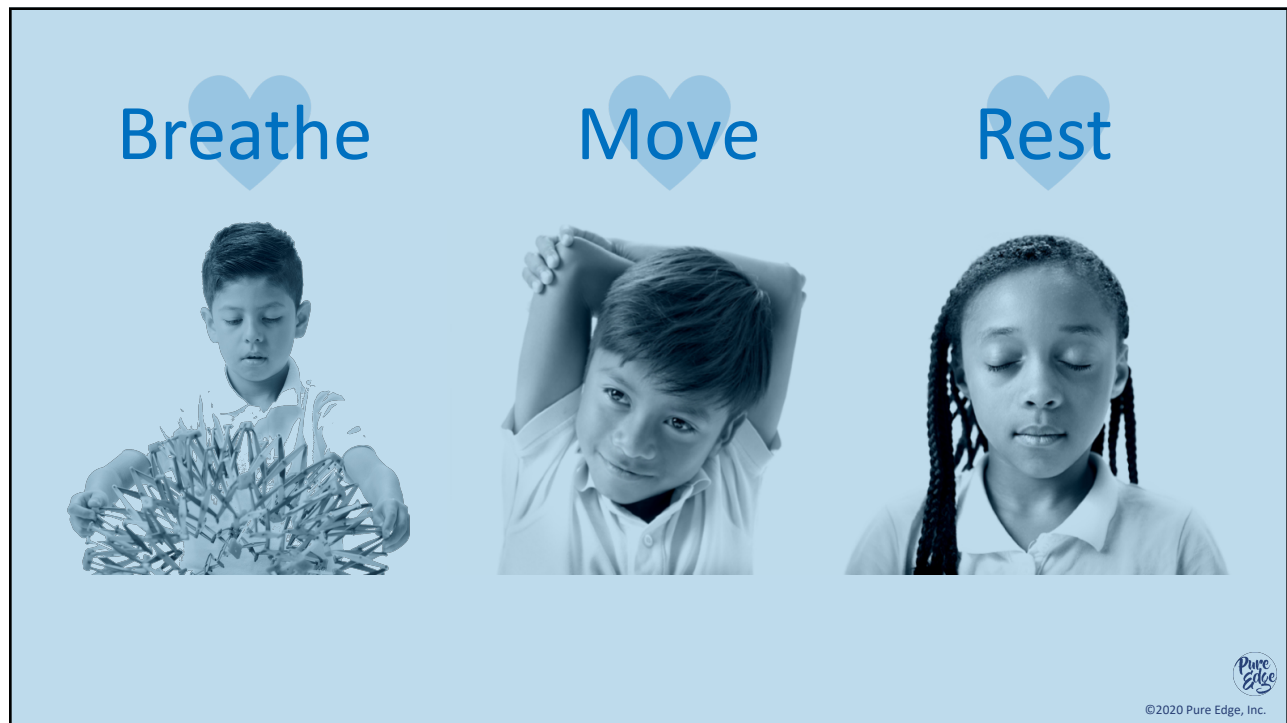
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## Welcoming Activity: Mindful Minute

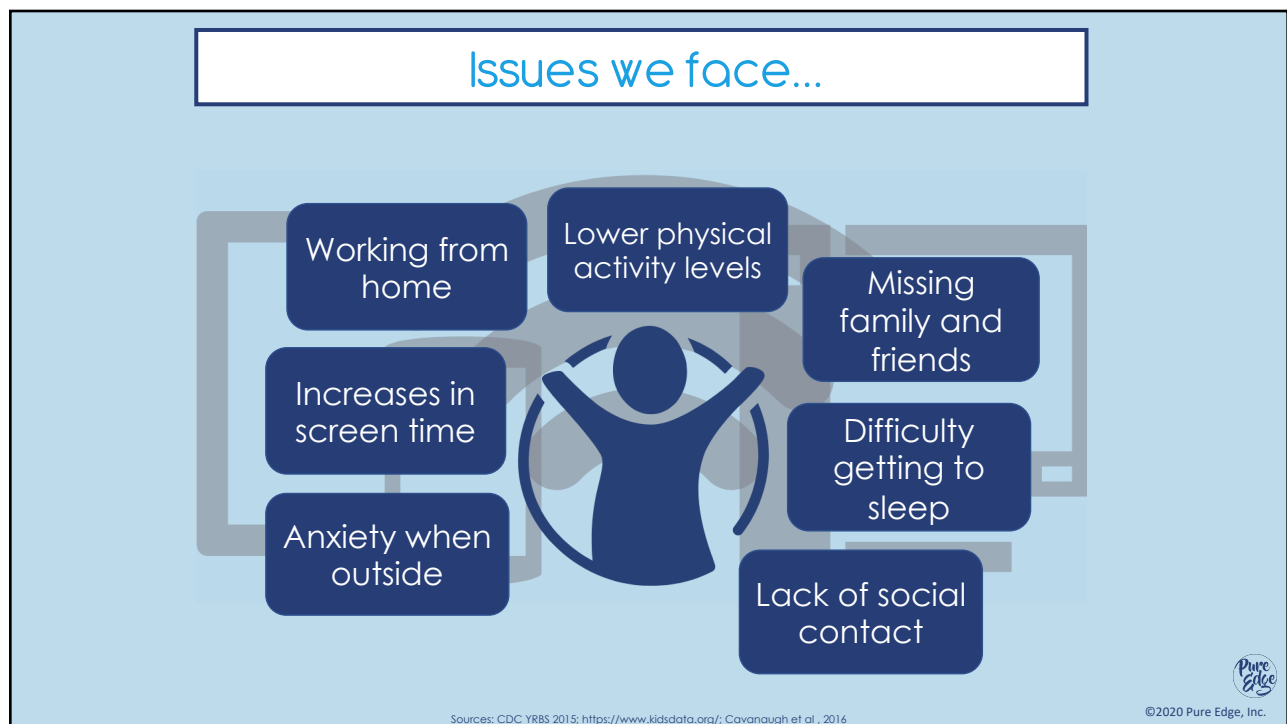


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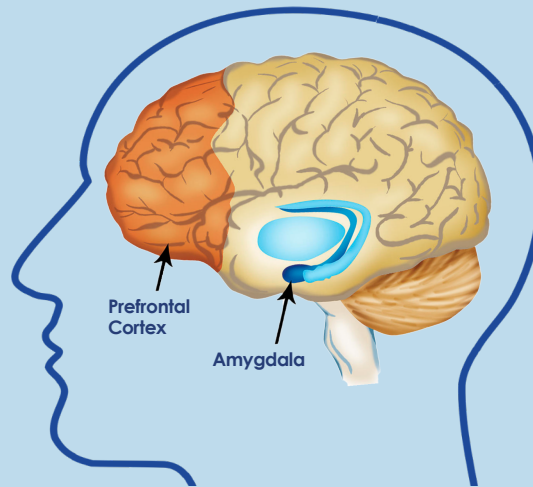


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## Self-regulation & the Brain

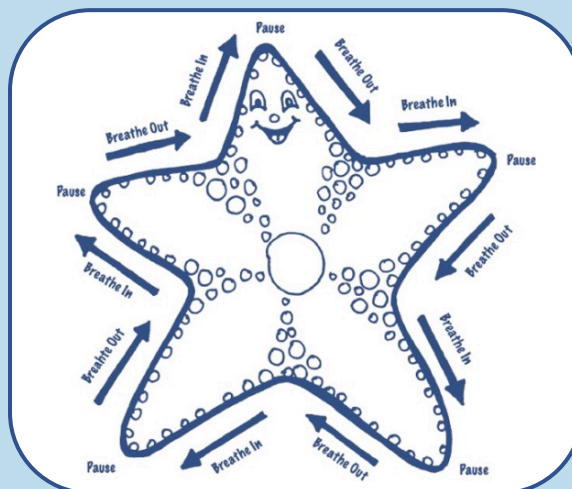


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## Engaging Activity: Starfish Breathing or Take Five



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## Stress Response



### “Gas Pedal”

Sympathetic Nervous System:  
Fight or Flight



### “Brake”

Parasympathetic Nervous System:  
Rest and Digest



<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>  
Image Sources: <https://www.shutterstock.com/video/clip-22377115-fired>, <https://ggia.berkeley.edu/practice>

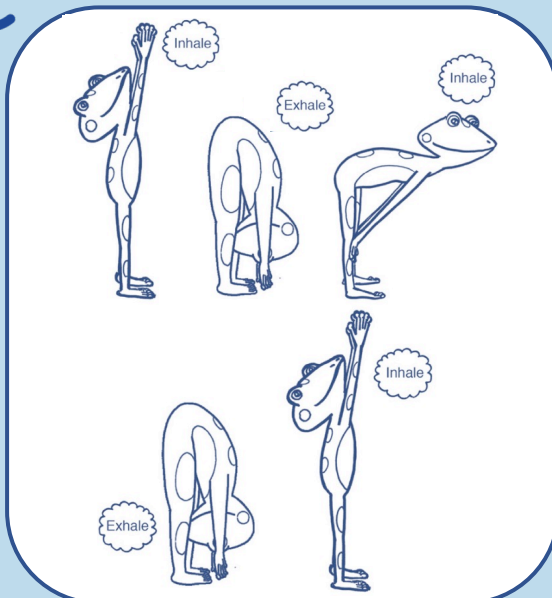


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## Engaging Activity: Recharge Sequence



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## Blue Zone



## Red Zone



Blue Zone Image: <https://www.shutterstock.com/video/clip-1007757856-worried-stressed-man> Red Zone Image: <https://www.shutterstock.com/search/mans-yelling>



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## Green Zone



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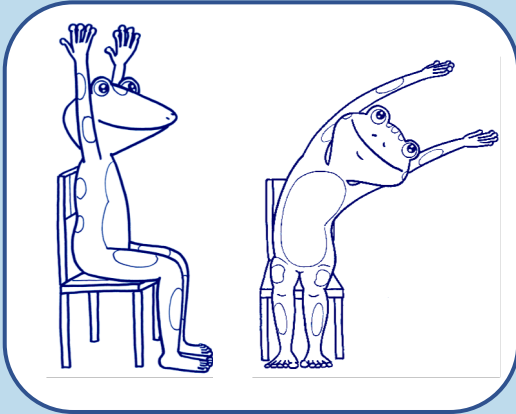


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## Engaging Activity: Seated or Standing Kite



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## Emotions & Decision-making



Teachers in positive moods marked an essay on average a full grade higher than those in negative moods.

Marc A. Brackett, James L. Floman, Claire Ashton-James, Lilla Cherkassky & Peter Salovey (2013) The influence of teacher emotion on grading practices: a preliminary look at the evaluation of student writing. *Teachers and Teaching: theory and practice*, 19:6, 634-646.



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## Engaging Activity: Tree



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## Engaging Activity: Guided Rest / Body Scan



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# Takeaways

## Circle back:

- Gill – you will need to fill this part in

## Breath, Move & Rest Review

### Brain Breaks

1. Starfish Breathing
2. Recharge Sequence
3. Seated or Standing Kite
4. Tree
5. Guided Rest / Body Scan



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Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training

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• breathe

• move

• rest



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