


Pure Community





Thank you for joining us!

Session 1: Educator Self-care Series: Learn, Live, and Share


Trainer: Michelle Kelsey Mitchell
Director of Partnerships

Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your confirmation of attendance.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in PDMS, in order to earn credit hours.
4. If you'd like, grab a pen/pencil/paper to jot down your thoughts.
5. At the end of the session be sure to follow the directions on the screen to connect with the survey. You must select "CONTINUE" to be connected to the survey.





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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

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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Welcoming Activity: Share it Out



Respond to the poll questions to share your responses with our group today.



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Learning Objectives

- ❖ Identify and review CASEL competencies
- ❖ Experience Breathe, Move, Rest Strategies
- ❖ Practice teach Breathe, Move, & Rest Strategies
- ❖ Plan for implementation and sharing of strategies with a focus on building safe and supportive relationships



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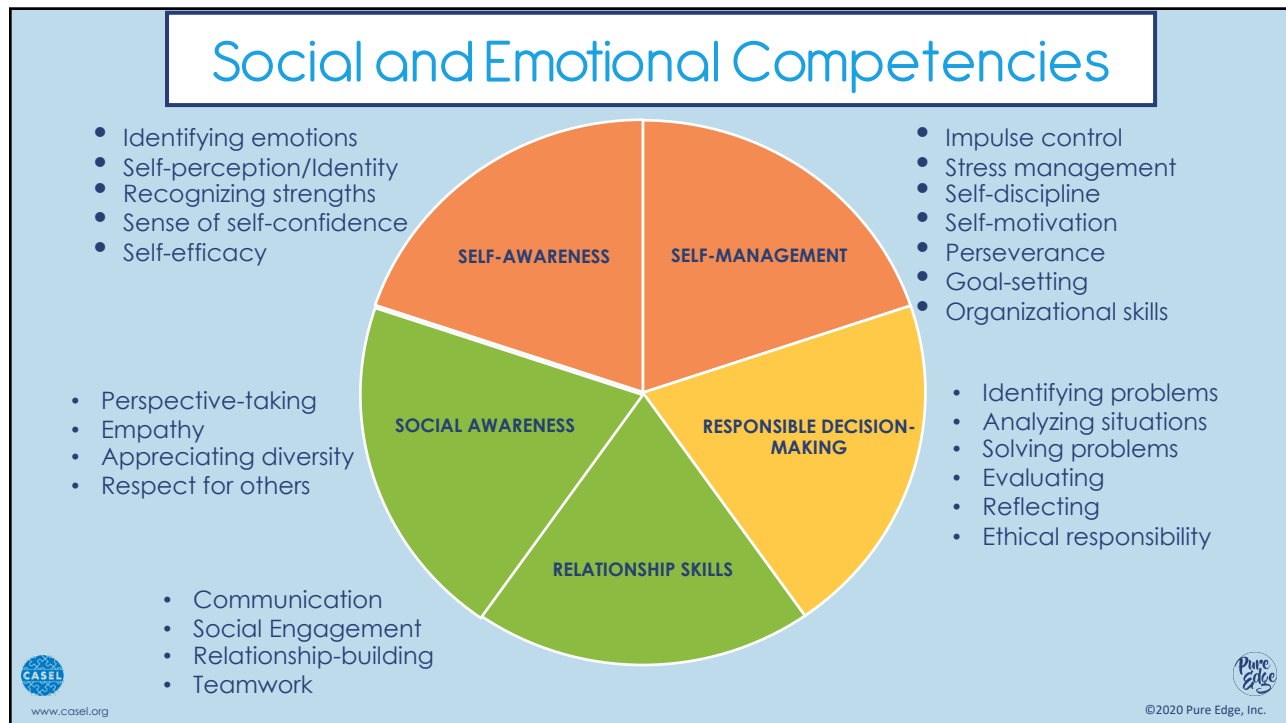
SEL is...

The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

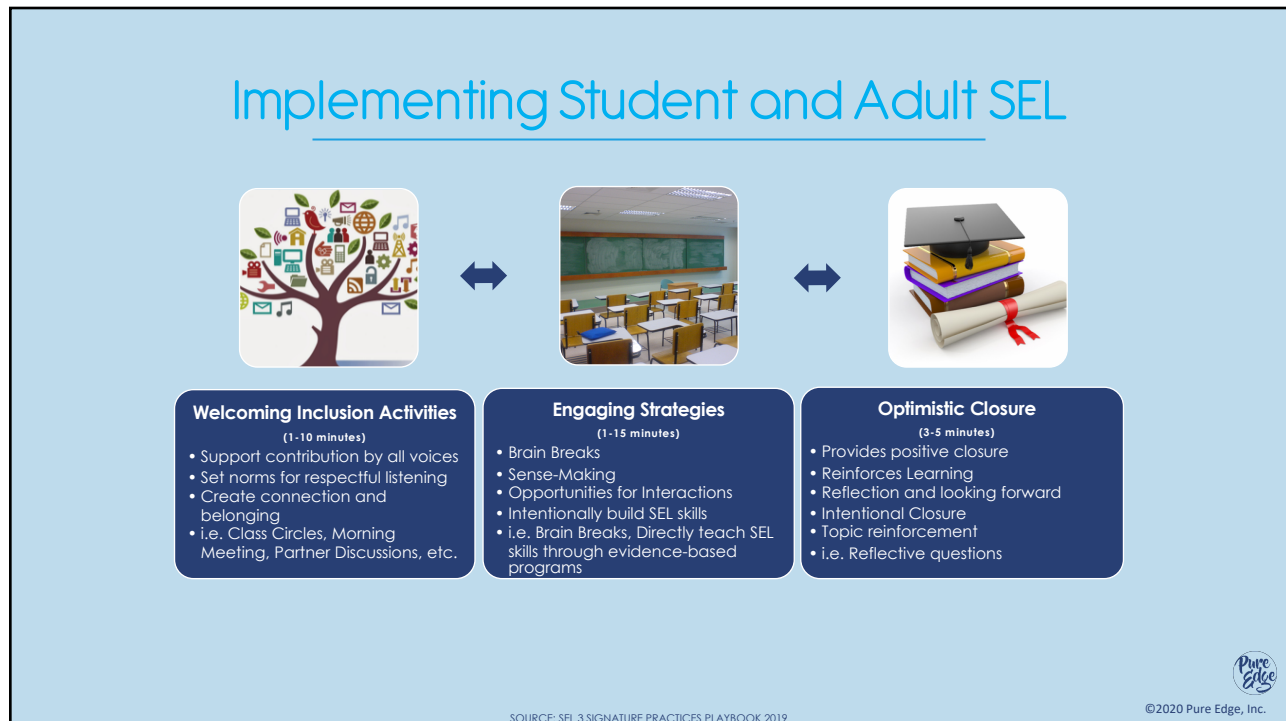


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Self-care Practice



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Breathe

Move

Rest

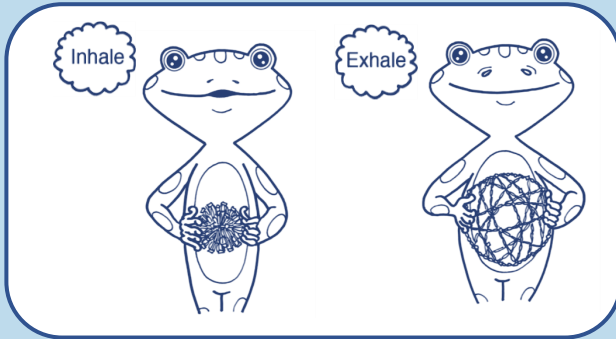


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Engaging Activity: Breathing Ball



1. Start in seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the Breathing Ball?

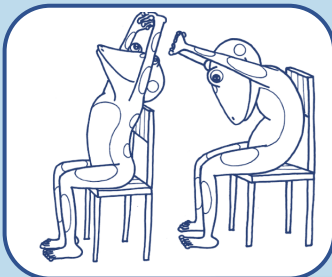


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Engaging Activity: Chair Cat/Cow



1. Sit in Seated Mountain with hands on knees.
2. As you inhale, stretch your arms overhead and interlace fingers. Reach the center of your chest up toward the ceiling and lift your chin so that you are looking at the ceiling. (Cow)
3. As you exhale, in one movement bring your hands forward, round your spine and drop your chin toward your chest. (Cat)
4. Repeat for several breaths: inhale, arms up, gaze lifts, chest up. Exhale round the spine, chin tucks, hands forward.
5. Return to Seated Mountain.



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Engaging Activity: One Minute Reflection

1. Before leaving school take a moment to pause and reflect on today.
2. Sit comfortably, either at your desk or on the floor.
3. Were there things you did today that you are proud of? Let them soak in for 20-30 seconds.
4. Feel good about your accomplishments.
5. Were there things you felt you could have done better or differently? It's okay to make mistakes or missteps.
6. Tomorrow, with a fresh mind and even breathing, you can try again.



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Building Relationships


Respond

Vs.



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Reaction

Can be thought of as an unconsidered or abrupt behavior or action.¹

Often a reaction springs forth from a:

- **sudden strong emotion**, or
- an accumulation of strong, **unexpressed emotions**.

1: Reaction. I. Definition of Reaction at Dictionary.com

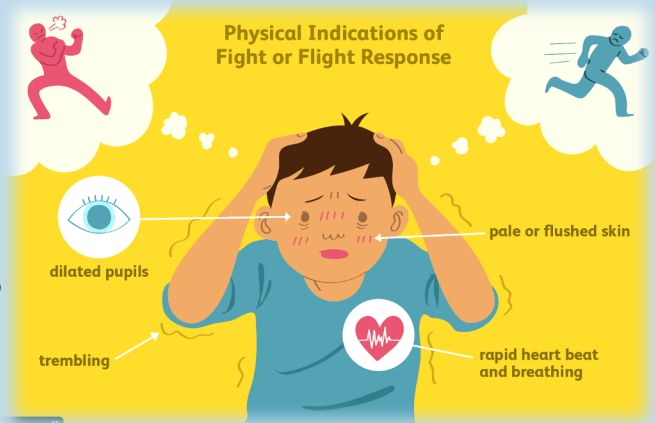
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Reaction

When we feel intense emotions, we might experience **physical** clues:

- Shaking
- Heat in the face
- Tight muscles
- Rapid heartbeats
- Stomach aches
- The urge to hit, kick, or stomp



Physical Indications of Fight or Flight Response

Image: Illustration by Joshua Seong. © Verywell, 2018; <https://www.verywellmind.com/what-is-the-fight-or-flight-response-2795194>

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Engaging Activity: Even In – Even Out

1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, let's count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.



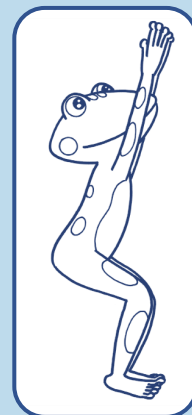
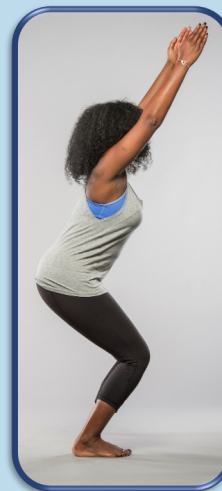
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Engaging Activity: Chair Pose

1. Stand in Mountain Pose with feet together.
2. Inhale and bend both knees. Reach arms overhead and look up at thumbs. Squeeze your knees together and feel your thigh muscles working.
3. Take 3-5 relaxed breaths.
4. If it is comfortable, you can press your palms together overhead.
5. Exhale, return to Mountain Pose.



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***Variation: Kangaroo Pose:** Hands in front of body, elbows bent. Have learners take little hops, trying to land feet in same place. This will be VERY activating.

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Engaging Activity: Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.

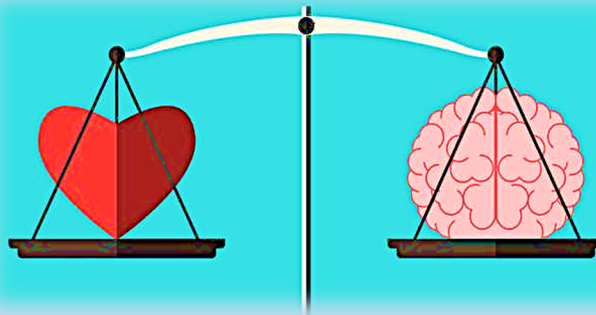


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Emotional Regulation

Balanced emotional regulation entails:



Feelings, thoughts, physiological signals – heart rate and breath pattern, and nonverbal communication – such as body language & facial expression.¹

1: Saudino and Wang, "Emotional Regulation and Stress," Journal of Adult Development, 2011. <http://link.springer.com/article/10.1007/s10804-010-9114-7#page-2>
Image: March 2, 2020. [Understanding emotions is nearly as important as IQ for students' academic success.](https://theconversation.com/us/topics/emotional-regulation/49394)
Carolyn MacCann, University of Sydney; Amirali Minbashian, UNSW; and Jai Douthett, University of Oxford. <https://theconversation.com/us/topics/emotional-regulation/49394>

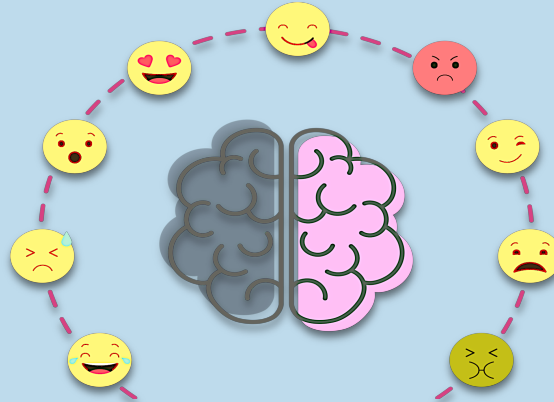


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Emotional Regulation

The stability of our emotional lives has the potential to become dysregulated due to a variety of factors, most of which are **not necessarily within our control.**¹



Multifaceted **physical-mental-emotional process** that can be affected by stress.

1: Bessel Van der Kolk, "Development trauma disorder: Towards a rational diagnosis for children with complex trauma histories," *Psychiatric Annals*, 2005.
http://www.traumacenter.org/products/pdf_files/preprint_dev-trauma_disorder.pdf
 Image: Steve Glavaski, Should You Accept or Regulate Your Emotions, Medium, December 15, 2019.



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"Behavior is communication"

Siegel, D. and Bryson, T. (2018). *The Yes Brain*. New York, NY: Random House USA.

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Implementing *Student* and *Adult* SEL



**Welcoming Inclusion
Activities
(1-10 minutes)**

**Engaging Strategies
(1-15 minutes)**

**Optimistic Closure
(3-5 minutes)**

SOURCE: SEL 3 SIGNATURE PRACTICES PLAYBOOK 2019



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Brain Breaks Review



Breathe

- ❖ One Minute Reflection
- ❖ Breathing Ball
- ❖ Even In / Even Out



Move

- ❖ Chair Pose
- ❖ Seated Cat/Cow



Rest

- ❖ Guided Rest/Body Scan



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Takeaways

- ❖ There are five CASEL competencies
- ❖ React vs Respond
- ❖ Emotional Regulation
- ❖ The 3 signature practices to intentionally integrate SEL are: Welcoming Activity, Engaging Activity, and Optimistic Closure.



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Homework

Live:

Practice Breath, Move, Rest Brain Break

Learn:

Sign up for a free curriculum account ~ pureedgeinc.org;
Sign up for a free Educators Headspace account ~ go.headspace.com/pureedge

Share:

Identify one thing that you implement related to the three signature practices:
welcoming, engaging activity, and optimistic closure

AND,

tweet or IG us about it @pureedgeinc.org



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Optimistic Closure: Maintaining Relationships During Physical Distancing

1. Try to say hello frequently.
2. Show you care with a text, email, video, or note.
3. Try snail mail pen pals, phone pals, or virtual turn and talk.
4. Use online tools like Google Classroom to create "virtual tables" for small-group discussions
5. Consider including parents.
6. Ask your students what norms your class should follow as you work together remotely.
7. Invite your students to tell you how they think you can support them during their time away from school. Give them a voice and choice in shaping your new ways of working and being together.



www.casel.org

<https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist.pdf>
<https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure>



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Evidence-Based Approach
Thoughtful Relationships
Curriculum & Training



Online Curriculum Log Out + MENU



breathe

move

rest



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HEADSPACE: Mindfulness On Demand



 HEADSPACE®

Headspace is donating their app to all Educators.



go.headspace.com/pureedge

Think of it as,
**A personal meditation guide,
right in your pocket.**



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