

Pure Community



Thank you for joining us!

Session: Educator Self-care Series: Strategies to Increase Energy and Vitality, Part 2


Trainer: Gill McClean
Director of Professional Development

Getting Started:

1. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.
2. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. **You will not receive a certificate, it will just be the confirmation of attendance email.**





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Email: getmoving@pureedgeinc.org

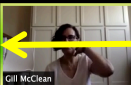

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1


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**





2

Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

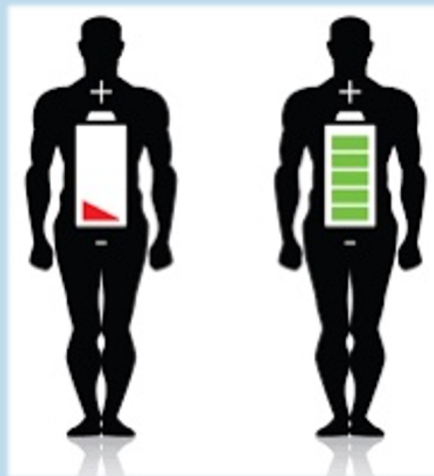
PEI also provides grants to national organizations that advance the work of whole child development & SEL.



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What is your Energy Level right now?



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Welcoming Activity: Mindful Minute



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5

Breathe

Move

Rest

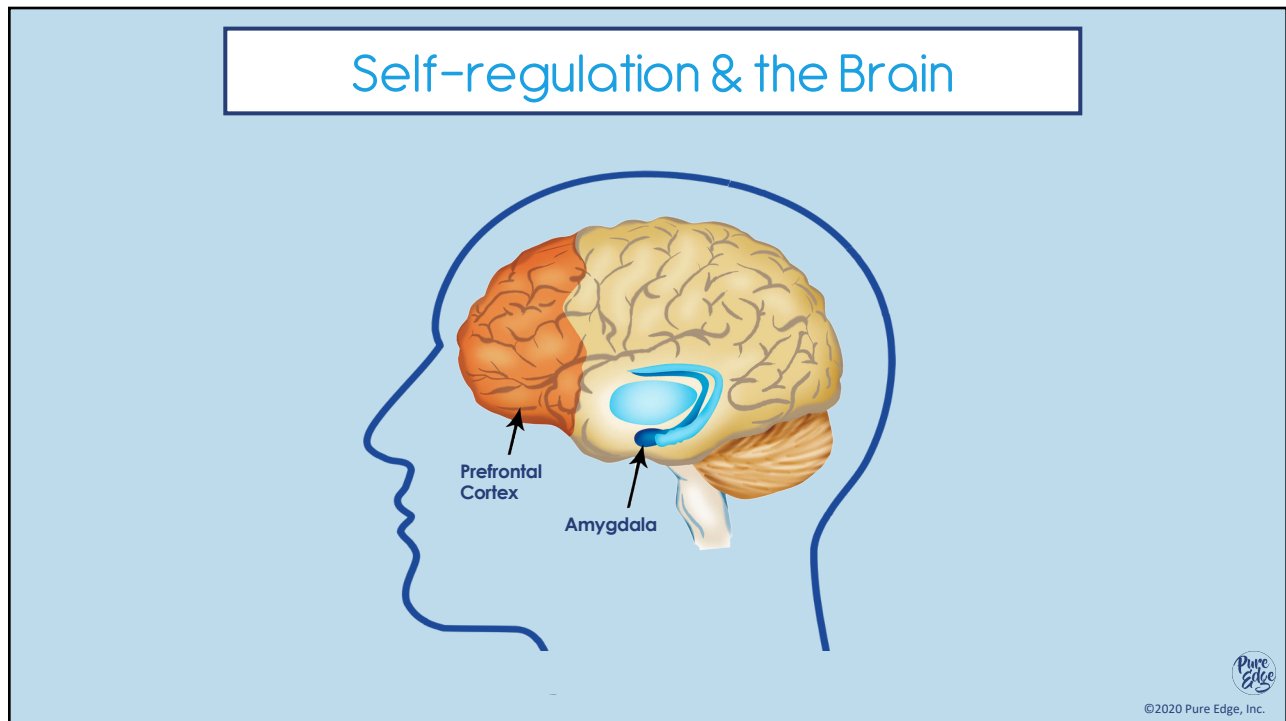


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6



7



8



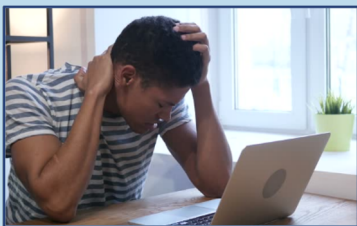
Engaging Activity: Alternate Nostril Breathing



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9

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: Chair Pose Twist & Forward Bend Sequence

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11

Blue Zone

Red Zone

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Blue Zone Image: <https://www.shutterstock.com/video/clip-1007757854-worried-stressed-man> Red Zone Image: <https://www.shutterstock.com/search/man+yelling>

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12

Green Zone



Image source: <https://www.goodnewsnetwork.com/get-drunk-happiness/>

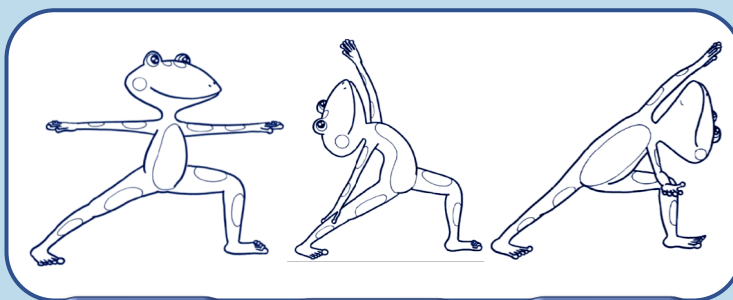


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Engaging Activity: Wave Sequence



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14

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 Cherkasskiy & 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.

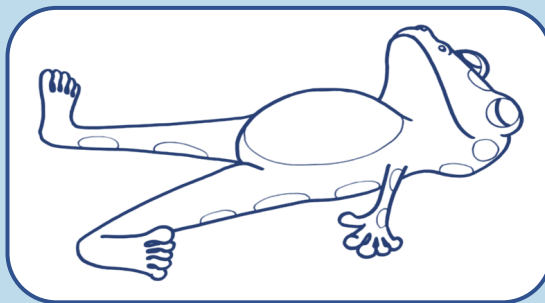


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15



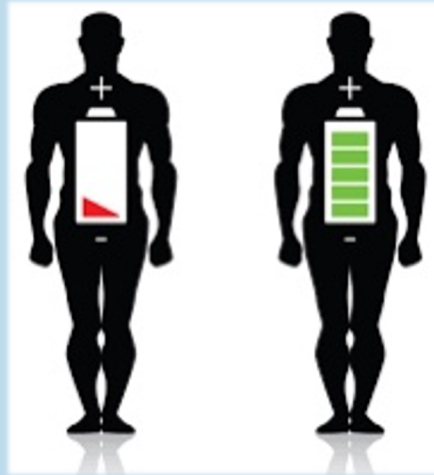
Engaging Activity: Guided Rest / Body Scan



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What is your Energy Level right now?



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17

Takeaways

Circle Back

- Stress in an “energy vampire”
- It’s natural to “flip your lid” but take action to refill your energy tank.
- Energy levels are elevated when we are in the Green Zone.

Brain Breaks Review

1. Alternate Nostril Breathing
2. Chair Pose Twist & Forward Bend
3. Wave Sequence
4. Guided Rest / Body Scan




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18



19




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20