

Pure Community



## Thank you for joining us!

**Session 2: Educator Self-care Learn, Live, and Share Series**


**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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 Website: [www.pureedgeinc.org](http://www.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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3

## Welcoming Activity: This or That



Respond to the questions via the poll



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## Learning Objectives

- ❖ Plan for implementation and sharing of strategies with a focus on strengthening co-regulation with others.
- ❖ Review CASEL competencies
- ❖ Experience Breathe, Move, Rest Strategies
- ❖ Practice teach Breathe, Move, & Rest Strategies



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5

## Homework Check-In

### Live:

Practice Breathe, Move, and Rest Brain Breaks

### Learn:

Sign up for a free curriculum account ~ [pureedgeinc.org](https://pureedgeinc.org);  
Sign up for a free Educators Headspace account ~ [go.headspace.com/pureedge](https://go.headspace.com/pureedge)

### Share:

Identify one thing that you implemented related to the three signature practices:  
welcoming activity, engaging activity, and optimistic closure  
AND,  
Tweet or IG us about it @pureedgeinc.org

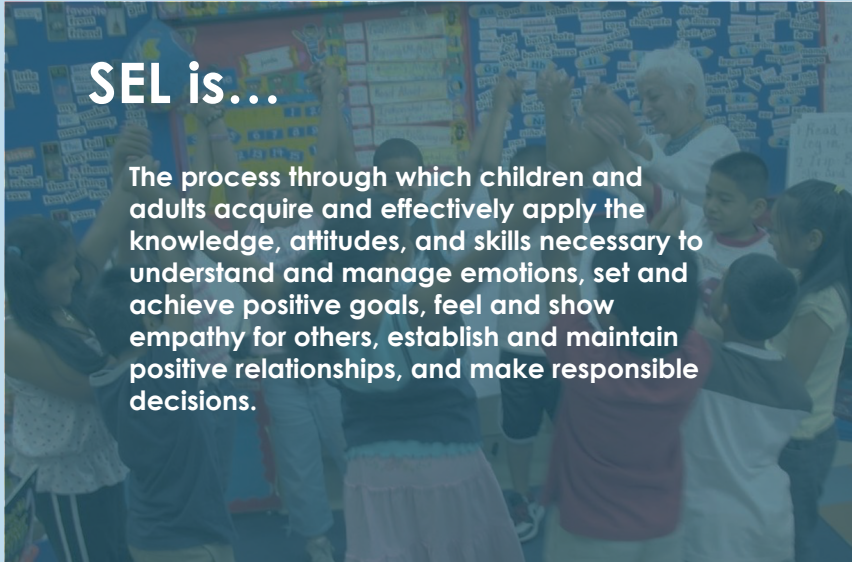


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6

## SEL is...

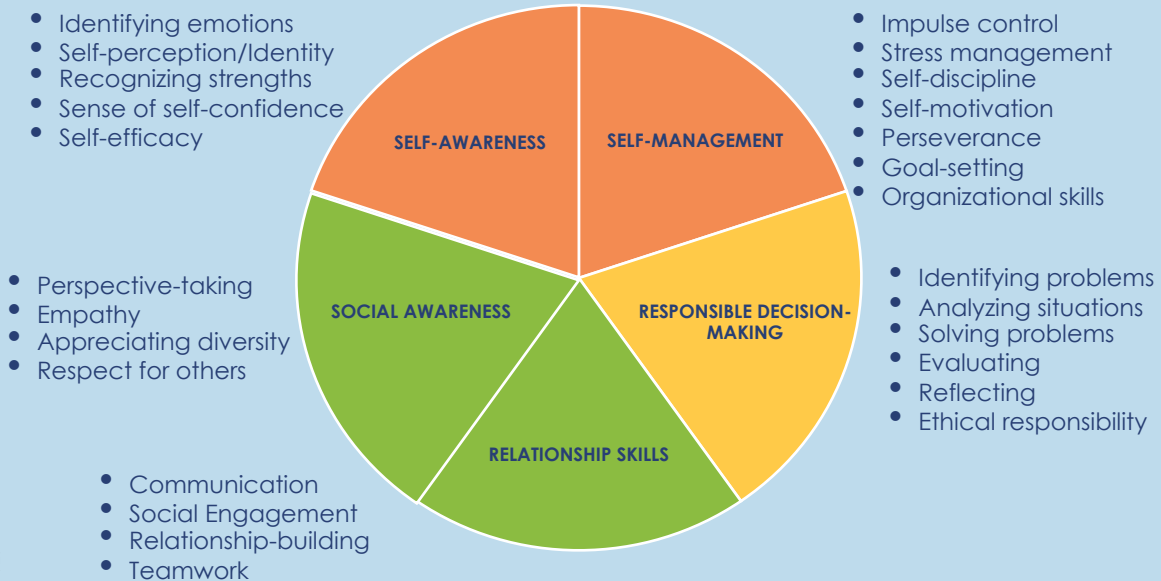
The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



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## Social and Emotional Competencies



www.casel.org



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# Self-care Practice



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Breathe

Move

Rest



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## Engaging Activity: Anchor Breathing



1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?



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11



## Engaging Activity: Alternate Nostril Breathing



### Notes:

- \*The hand movements will take some practice to feel comfortable.
- \*If thumb and pinky are too hard for learners to coordinate, you could use right thumb to close right nostril and left thumb to close left nostril.
- \*Once your learners have mastered the hand movements, helpful verbal cues are: inhale right, close, exhale left. Inhale left, close, exhale right.
- \*This exercise can take 1 to 3 minutes.

1. Let's start with a few deep breaths through the nose.
2. Inhale, close the right nostril by pressing the side of the nose with the right thumb.
3. Exhale out the left nostril.
4. Inhale through the left nostril.
5. Close the left nostril by pressing the side of the nose with your right pinky and fourth finger. At the same time, take your thumb off of your right nostril.
6. Exhale out the right nostril.
7. Inhale through the right nostril.
8. Close the right nostril with your thumb again and exhale through the left (removing the pinky and fourth finger).
9. This is one round. Complete 2 or 3 rounds by repeating steps 2-8. End on a left exhalation.
10. Take a few regular breaths.
11. Notice how you feel.



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12

## Building Relationships

*Respond*

Vs.



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13



"Behavior is communication"

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

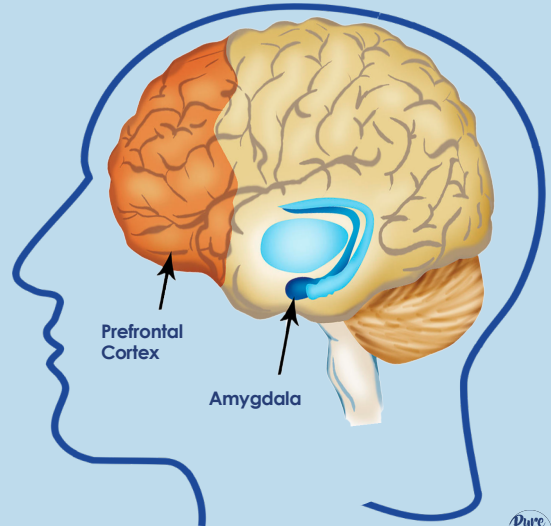


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14

# Neuroscience

- ❖ The rational part of the brain, the Prefrontal Cortex, isn't fully developed until age 25 or so.
- ❖ Adults think with the prefrontal cortex, the brain's rational part. This is the part of the brain that responds to situations with good judgment and an awareness of long-term consequences.
- ❖ Children, teens, and young adults rely on the amygdala to process information; the emotional part of the brain.



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15

Blue Zone



Red Zone



Blue Zone: This Photo by Unknown Author is licensed under CC BY Red Zone: This Photo by Unknown Author is licensed under CC BY

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16

## Green Zone



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

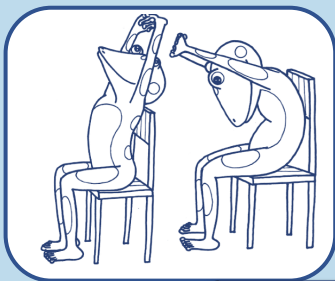


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17



## 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.



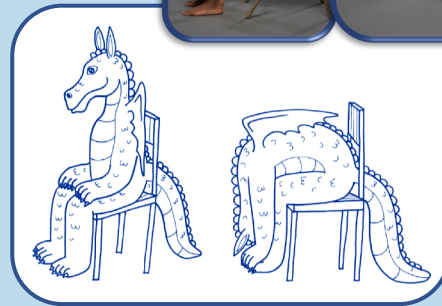
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18



## Engaging Activity: Seated Forward Bend

1. Sit in Seated Mountain Pose with feet flat on the floor. Inhale and sit tall, making your back as long as possible.
2. Exhale, reach both feet slightly out in front of you and fold over your legs, sliding your hands down your legs towards your shins. Take 2-3 breaths here.
3. Inhale and come back up to Seated Mountain Pose.
4. Repeat as required.



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19

## Emotional Regulation

Learning to identify and regulate symptoms of stress, so we must also **learn how to identify and regulate one's own emotions.**

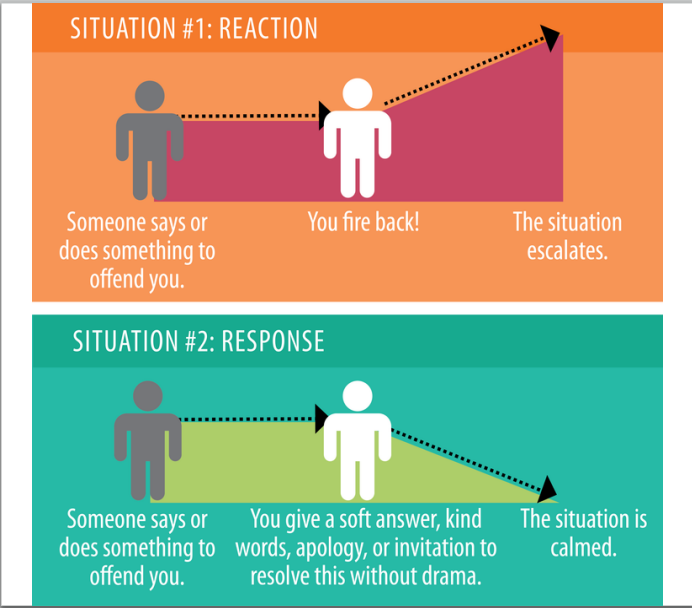


Image Source: <http://www.theexecutivecoach.com.au/services/>



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20



**SITUATION #1: REACTION**

Someone says or does something to offend you. → You fire back! → The situation escalates.

**SITUATION #2: RESPONSE**

Someone says or does something to offend you. → You give a soft answer, kind words, apology, or invitation to resolve this without drama. → The situation is calmed.

Image: The Principle of First Response, <https://www.centerconsulting.org/blog/how-to-respond-to-conflict>  
1 & 2: Manage Thyself, <http://coach2growth.com/manage-thyself/>


## Response

A response is thought out, calm and non-threatening.<sup>1</sup>

- More time for reflection
- Intentional
- Weights alternatives
- Less Charged
- Considers other and/or other outcomes.<sup>2</sup>

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21



## Body – Breath Connection

- The average person takes approximately **23,000 breaths** per day.<sup>1</sup>
- Breathing is an **involuntary function**.
- The breath is connected to the **nervous system** (brain, spinal cord, peripheral nerves), as well as the:
  - cardiovascular system,**
  - digestive** and
  - musculoskeletal systems.**

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22

## Body – Breath Connection

- **The body** is our most concrete tool in mindfulness practice. It provides **immediate feedback**.
- When one becomes aware of the body, **one notices its state as it is right now**.
- **Feedback loop:** The muscles, bones, organs, nervous system that are all part of an inescapable connection, from how one may think and feel, in the moment.

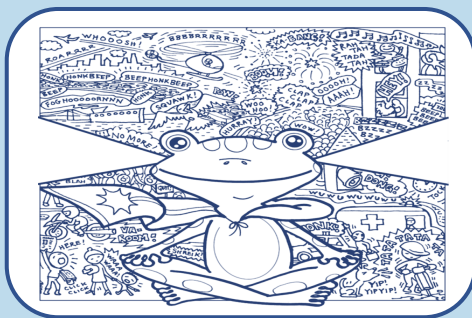


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23



## Engaging Activity: Mindful Listening



1. Close your eyes.
2. Set the timer to 45 seconds.
3. In your mind list the items that you hear, feel, and think, while we are sitting silently.

\*Have learners share their experience at the end.



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24



## 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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25

## 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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26

## Brain Breaks Review



### Breathe

- ❖ Anchor Breathing
- ❖ Alternate Nostril Breathing



### Move

- ❖ Chair Cat/Cow
- ❖ Seated Forward Bend



### Rest

- ❖ Mindful Listening
- ❖ Guided Rest/Body Scan



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27

## Body – Breath Connection

Our bodies send us messages throughout the day.

Can you name **one of the messages your body** has sent you so far today?

- Hunger
- Fullness
- Thirst
- Tired
- Warmth
- Cold



<https://www.todayparent.com/baby/baby-sleep/6-tips-for-getting-your-baby-to-sleep-in-a-crib-during-naptime/>

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28

# Optimistic Closure: Home Practice

**Throughout your day, try to bring attention to:**

How and what your **body is feeling?**

How what your **breath is doing?**

**What do you notice in your body, breath, and mind?**

**Check specific times of the day, once a day:**

Morning

Afternoon

Evening



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29

## 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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30

# Homework

## Live:

Do the "Optimistic Closure: Home Practice" as often as you can this week.

## Learn:

Explore the Headspace App and note one thing that surprised you.

## Share:

Implement a Brain Break either at home or online in a virtual classroom setting.

AND,

Tweet or IG us about it @pureedgeinc.org



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31

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Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum Log Out + MENU



breathe

move

rest



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32

## HEADSPACE: Mindfulness On Demand



Headspace is donating their app  
to all Educators.

[go.headspace.com/pureedge](https://go.headspace.com/pureedge)

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



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33



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Thank you for joining us!

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34