



Pure Community

Thank you for joining us!

Session 8: Taking In the Good
Trainer: Anne Contreras, Director of Programs


Getting Started:

1. If you have any questions, please type them into the Q&A box!
2. At the end of this session, when you leave the meeting, there will be a link that will pop-up asking you to complete the Session Quiz / Feedback Form.
3. You will receive a follow-up email within 24 hours of this session. That email will serve as your confirmation of attendance record for this session.

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Website: www.pureedgeinc.org

Email: getmoving@pureedgeinc.org



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1

Culture of Care Series: Session 8

Taking in the Good



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2

Your Instructor

Anne Contreras, MACP, MFTi #87444
Director of Programs - National Trainer
anne@pureedgeinc.org

PhD Studies:
International Psychology
Trauma/Systems Concentration,
Global Crisis Informed Care



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3

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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4

Welcoming Activity

Today we are going to conduct
an experiment to see
what each of us notices.



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5

Welcoming Activity

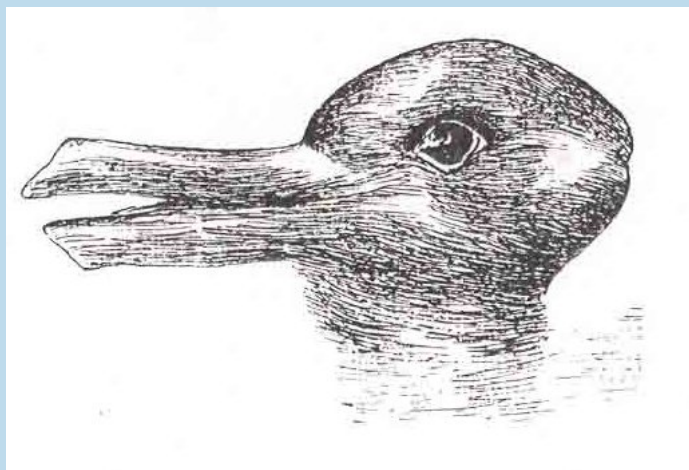


Image: <https://www.illusionsindex.org/i/duck-rabbit>



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6

Pure Power Curriculum

Grades K-5

- ❖ Unit 1 – The Power to Be Calm
- ❖ Unit 2 – Power to Tame Your Temper
- ❖ Unit 3 – Power to Laser Focus
- ❖ **Unit 4 – Power to Grow and Stretch**
- ❖ Unit 5 – Power to Lead with Kindness

Grades 6-12

- ❖ Unit 1 – Power to Shine
- ❖ **Unit 2 – Power of Mindfulness**
- ❖ Unit 3 – Power of Brain-Body Connection
- ❖ Unit 4 – Power of a Balanced Life
- ❖ Unit 5 – Tool Kit for a Balanced Life



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7

Learning Objectives

- ❖ Learn and further understand bias.
- ❖ Become aware of negative bias.
- ❖ Learn and adopt the technique, Taking In the Good.
- ❖ Experience Breathe, Move, and Rest practices
- ❖ Continue learning to align with SEL lesson structure



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8

We will always practice

1. Self-care 
2. Brain Breaks 
3. Modeling SEL Lesson Structure 



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9

Signature Practices to Integrate SEL: Welcoming Activity, Engaging Activity, and Optimistic Closure



Welcoming/Inclusion Activities (1-9 minutes)

- Support contribution by all voices
- Set norms for respectful listening
- Create connection and belonging
- i.e. Community building, check-in

Engaging Strategies (1-15 minutes)

- Sense making
- Transitions
- Brain Breaks
- Intentionally build adult SEL skills
- i.e. Brain Breaks, think-ink-pair-share

Optimistic Closure (3-5 minutes)

- Creates momentum towards taking action
- Reflection and looking forward
- Intentional Closure
- Topic reinforcement
- i.e. Reflective questions



Source: SEL 3 Signature Practices Playbook 2019

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10



Engaging Activity: Mindful Minute



- Start in Seated Mountain.
- Bring your attention to the present moment. We are going to start by taking a Mindful Minute.
- Start bringing your attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep...).
- Continue to focus your attention on the breath, and notice how you are feeling. Just notice.

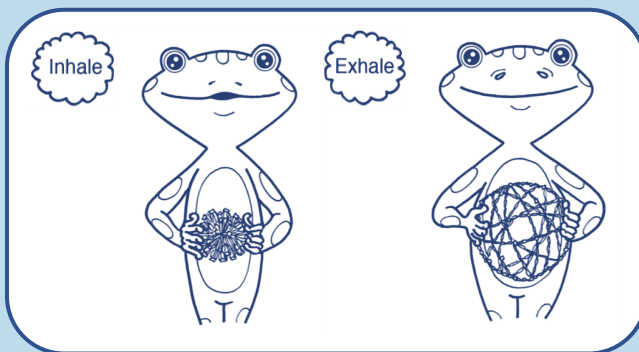


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11



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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12

Guiding Question

Why is it important to think about and replay positive experiences, several times in your mind?



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13

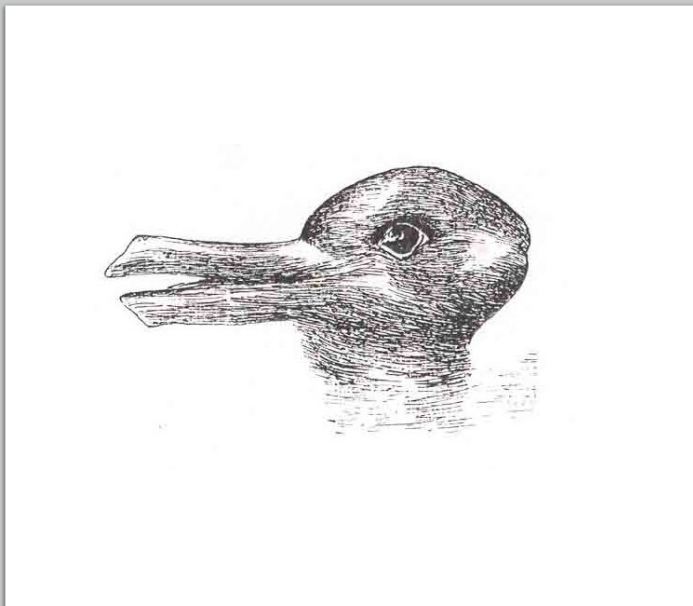


Image: <https://www.illusionsindex.org/i/duck-rabbit>

Duck-Rabbit Image

We interpret situations, people's actions, and even pictures differently.

- Sometimes, we're too quick to judge a situation.
- We don't always take the time to fully consider other perspective.



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14

Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.¹

Nearly all humans share a **negativity bias**, that is...our tendency to hold on to or collect negative information in the form of **memories** or **impressions**.

¹: [Bias | Definition of Bias by Merriam-Webster](#)

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15

Engaging Activity: Mountain/Chair Strength Sequence

1. Begin in Mountain Pose.
2. Inhale, raise your arms overhead.
3. Exhale, bend your knees and sit back as though you were going to sit in an imaginary chair.
4. Hold for 3 breaths.
5. Inhale, come back to Mountain Pose.
6. Increase hold to 5 breaths as stamina increases.

**This sequence can be used to strengthen the lower back and legs. It's also re-energizing after sitting in a chair for awhile.*

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16

Image: <https://www.relevantinsights.com/blog/10-cognitive-biases>

Negativity Bias

Negativity bias can take the shape of:

- ❖ Excessive worry
- ❖ Anxiety
- ❖ Frustration
- ❖ Aggression
- ❖ Judgement

Sometimes it leads us to look for or expect danger.

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17

1: Hanson, Dr. Rick, Take in the Good, May 5, 2020.
Image: Paauw, Kathy, Life Management, Managing Priorities and Relationship Building, November 6, 2018

Negativity Bias

For example, studies have found that:

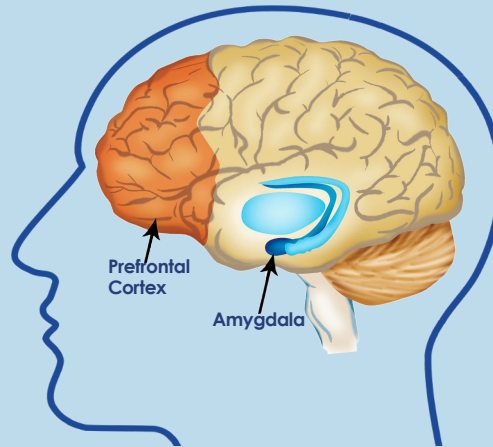
- **In a relationship**, it typically takes five good interactions to make-up for a single bad one.
- People will work much harder to **avoid losing \$100** than they will work to gain the same amount of money.
- **Painful experiences** are much more memorable than pleasurable ones.¹

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18

Neuroscience

Survival mechanism is often triggered by high stress environments.



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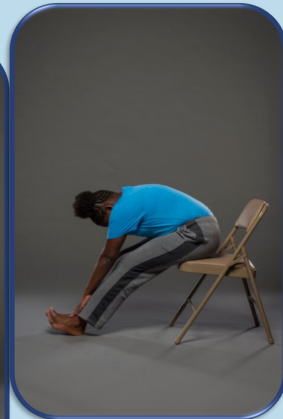
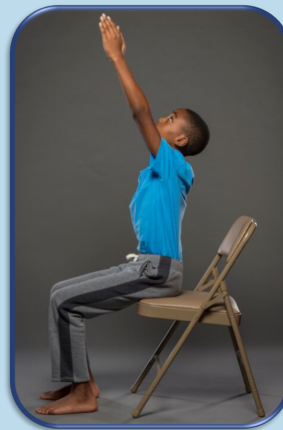
19



Engaging Activity: Chair Sunrise/Sunset

1. Sit in Seated Mountain.
2. Inhale, reach arms up overhead. Reach up through the tips of the fingers.
3. Exhale, fold forward. Your belly will touch your legs. Put your hands on your shins, your ankles, or on the floor. Let your head and neck relax.
4. Inhale, sit up tall and stretch arms overhead again.
5. Exhale, return to Seated Mountain.
6. Repeat several times.

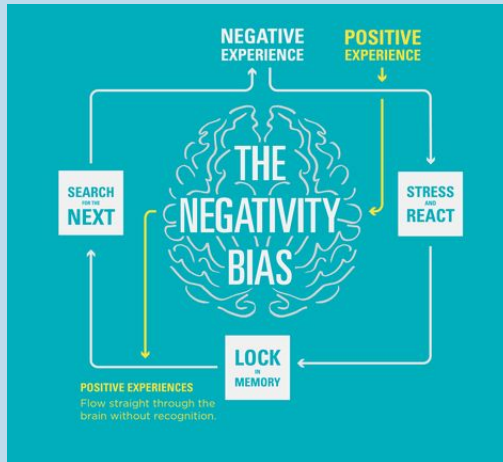
*If seated on the floor, start in crisscross. As the learners exhale, have them stretch their arms in front of them until hands touch the floor. You can also do standing from Mountain Pose.



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20

Taking in the Good



"The brain is like Velcro for negative experiences and like Teflon for positive ones."¹

That shades "implicit memory" – your underlying expectations, beliefs, action strategies, and mood – in an increasingly **negative direction**.

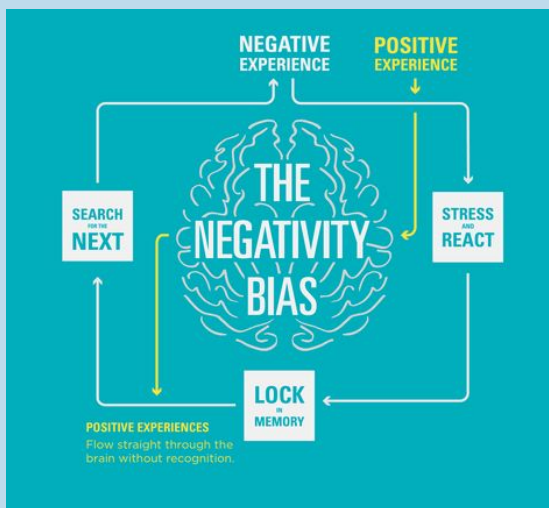
1: Rick Hanson and Rick Mendius, "Positive Emotions and Taking In the Good," 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>

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21

Taking in the Good



- Meaning, unpleasant experiences stick to the brain's longer-term memory.
- While pleasant experiences are less likely to stay put.

It takes **2-3 seconds** for one's brain to remember something **unpleasant**.

It takes **20-30 seconds** for your brain to remember something **pleasant**.

Rick Hanson and Rick Mendius, "Positive Emotions and Taking In the Good," 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>

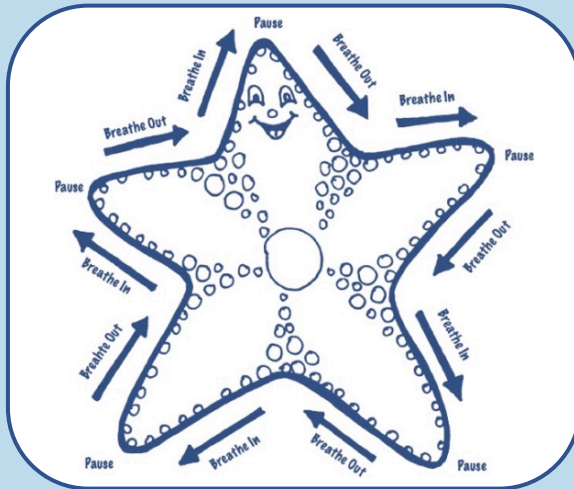
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22



Engaging Activity: Starfish Breathing or Take Five



1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.



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23

Taking in the Good



- **Taking in the Good** entails focusing on the positive in **what is occurring** or has already occurred.
- Therefore, absorbing and appreciating the experience itself of a positive thought or memory in order to **cultivate resilience** and **gratitude**.

A brain-science savvy and psychological skillful way to improve how you feel, get things done, and treat others.¹



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1: Rick Hanson and Rick Mendius, "Positive Emotions and Taking In the Good," 2007, <http://www.wisebrain.org/PositiveEmotions.pdf>

24

How to “Take in the Good”



1. Look for good facts and turn them into good experiences.
2. Really enjoy the experience.
3. Intend and sense that good experiences are sinking into you.¹

1: Rick Hanson and Rick Mendius, “Positive Emotions and Taking In the Good,” 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>



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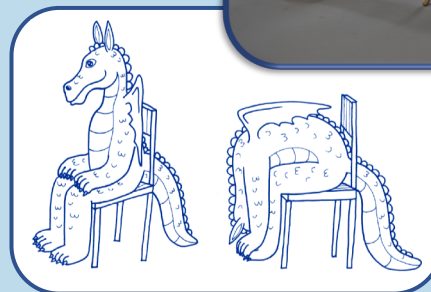
25



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.

*Use this move as a quick pick-me-up or to restore when energy seems to be low.



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26



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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27

Optimistic Closure



Use one word to finish the sentence,
something I learned this lesson...



Photo: Juan Monino

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28

Takeaways

- ❖ Bias
 - ❖ An inherent or learned prejudice against a thing, person, or group when compared with another.
- ❖ Negativity Bias
 - ❖ Can take the shape of: excessive worry, anxiety, frustration, aggression, judgement. Also, sometimes it leads us to look for or expect danger.
- ❖ Taking In the Good
- ❖ Breathe, Move, and Rest Brain Break Practices
- ❖ The 3 signature practices to integrate SEL into a lesson are:
Welcoming Activity, Engaging Activity, and Optimistic Closure.



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29

Brain Breaks Review



Breathe

- ❖ Mindful Minute
- ❖ Breathing Ball
- ❖ Starfish or Take-5



Move

- ❖ Mountain/Chair Strength Sequence
- ❖ Chair Sunrise/Sunset
- ❖ Seated Forward Bend



Rest

- ❖ Guided Rest/Body Scan



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30

Homework

Self?

Notice how one might negatively interpret a situation?

Practice **Even In – Even Out** breathing.

Then, notice, how you might “Take in the Good” from the situation?

Online Class?

Before starting a lesson with your learners,
do the Brain Break practice: **Attitude of Gratitude**.

Together in Class?

After signing up for a curriculum account at www.pureedgeinc.org:

- 1) Go to the online curriculum
- 2) Go to BRAIN BREAK videos
- 3) Watch the video for **CHAIR SUNRISE/SUNSET**. Practice this sequence to eventually do in class with your students.



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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



Pure Community

Please Note: 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.

Thank you for joining us!

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Trainer: Anne Contreras, Director of Programs

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