



# Thank you for joining us!

**Session 3: 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.



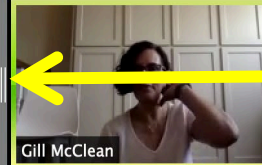
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## Welcoming: **Mindful Minute**



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Gill McClean

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.

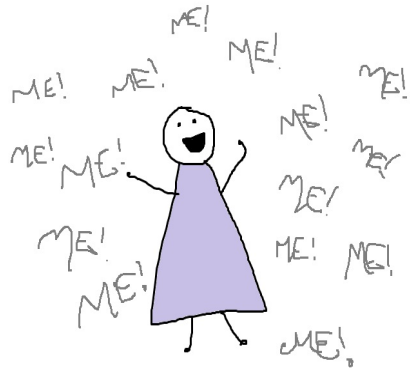
PEI also provides grants to national organizations that advance the work of whole child development & SEL.



# Welcoming Activity: Synectics

## “Self-talk” is like...

1



3



5



2



4



## Because...

# Homework Check-in

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## Live:

- ❖ Do the “Optimistic Closure: Home Practice” as often as you can this week.
- ❖ Practice Breathe, Move, and Rest Brain Breaks

## Learn:

- ❖ Explore the Headspace App and note one thing that surprised you.
- ❖ Sign up for a free Educators Headspace account ~ [go.headspace.com/pureedge](https://go.headspace.com/pureedge)
- ❖ Sign up for a free curriculum account ~ [pureedgeinc.org/curriculum](https://pureedgeinc.org/curriculum)

## Share:

- ❖ Implement a Brain Break either at home or online in a virtual classroom setting.  
AND, Tweet or IG us about it @pureedgeinc.org
- ❖ 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



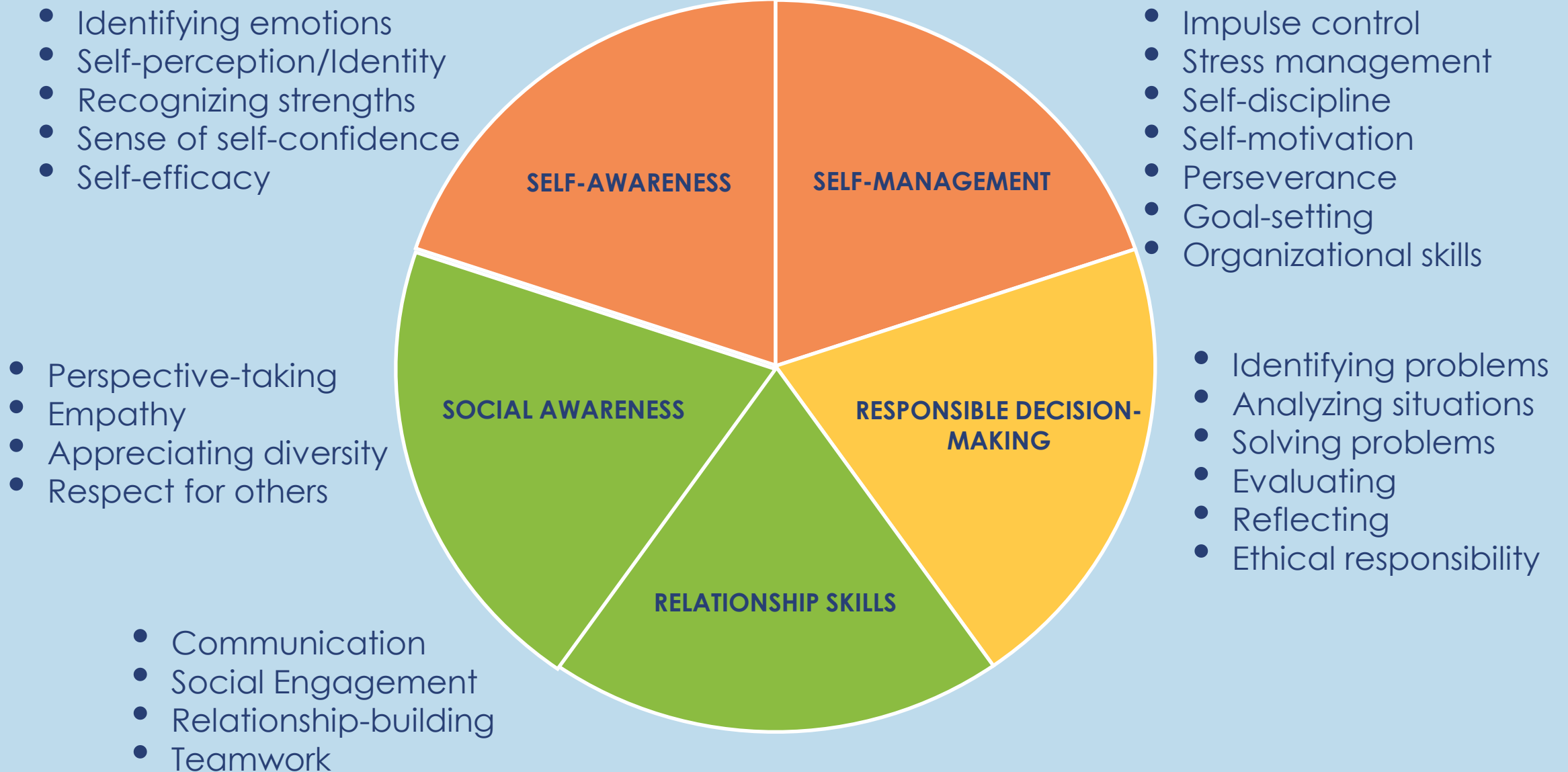




# SEL is...

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.

# Social and Emotional Competencies



# Learning Objectives

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



# Self-care Practice



Breathe

Move

Rest



“

*When we are no longer able to  
change a situation, we are  
challenged to change ourselves.*

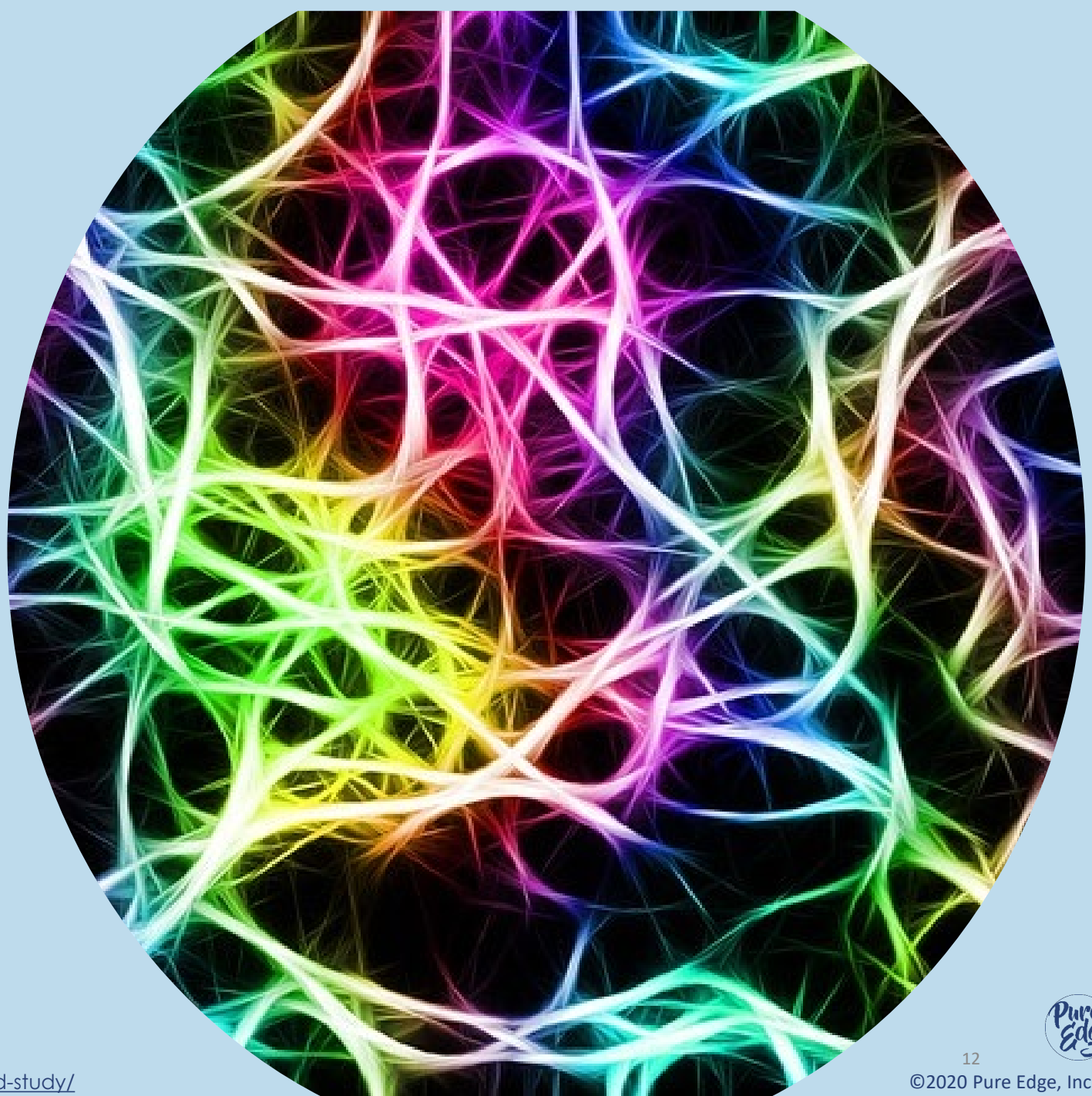
~Viktor Frankl

”

## NEUROPLASTICITY

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the brain's capacity to  
change and rewire  
according to environment  
and experience



# Creating Healthy Habits

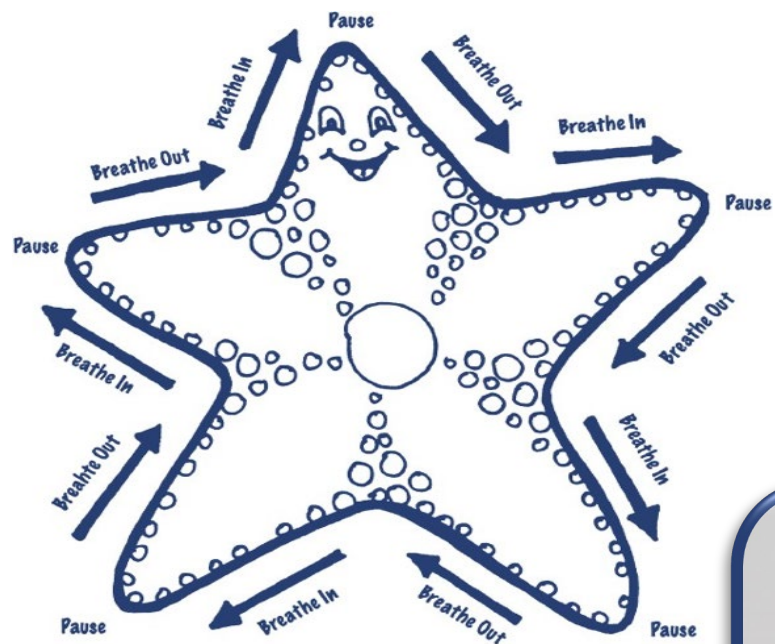
Habits are actions we repeat so often that they become automatic.

- ❖ Sometimes we pick up habits based on who we spend time with and the circumstances we are in.
- ❖ When we commit ourselves to habits that support health and wellness, physiological changes can take place in the body, the brain, and the nervous system.

This is why it is important to incorporate activities that support positive physical, mental, and emotional flexibility into daily life.



# 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.





# Engaging Activity: Easy In, Extended Out

1. Breathe in naturally.
2. Breathe out slowly, making the exhalation longer than the inhalation.
3. Keep going, making the exhalation longer than the inhalation.
4. Notice how you feel.

*\*Lengthening the exhalation tends to have a calming effect on the mind and body.*



# Creating Healthy Habits

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- ❖ Doing Meaningful things You Enjoy
  - Spirituality, hobbies, entertainment, and leisure
- ❖ Managing Your Thoughts
  - Positive self-talk, gratitude, and reappraisal
- ❖ Forgiveness
  - Having self-compassion; Giving ourselves permission to fail and forgive.



# Creating Healthy Habits

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- ❖ Physiological Regulation
  - Mindful breathing
- ❖ Self-care (Strong Immune System)
  - Sleep, nutrition, exercise
- ❖ Managing Your Life Smartly
  - Modifying and selecting situations to prevent stress; having routines and setting daily goals; problem-solving
- ❖ Healthy Relationships
  - Feeling safe, heard, and connected



# Creating Healthy Habits

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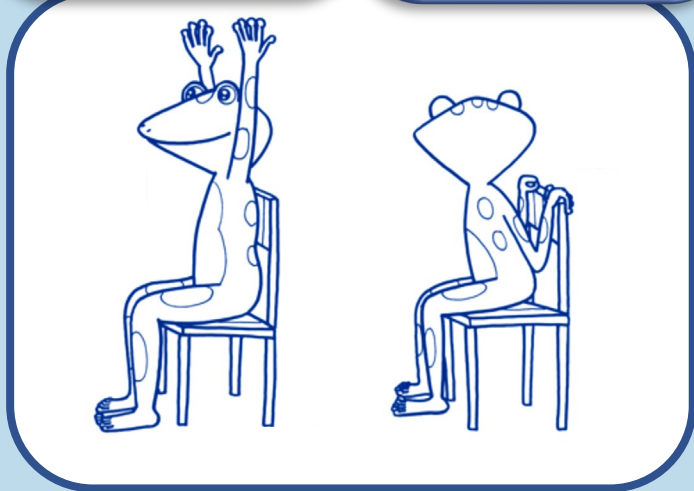
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# Creating Healthy Habits





# Engaging Activity: Chair Sunrise Twist

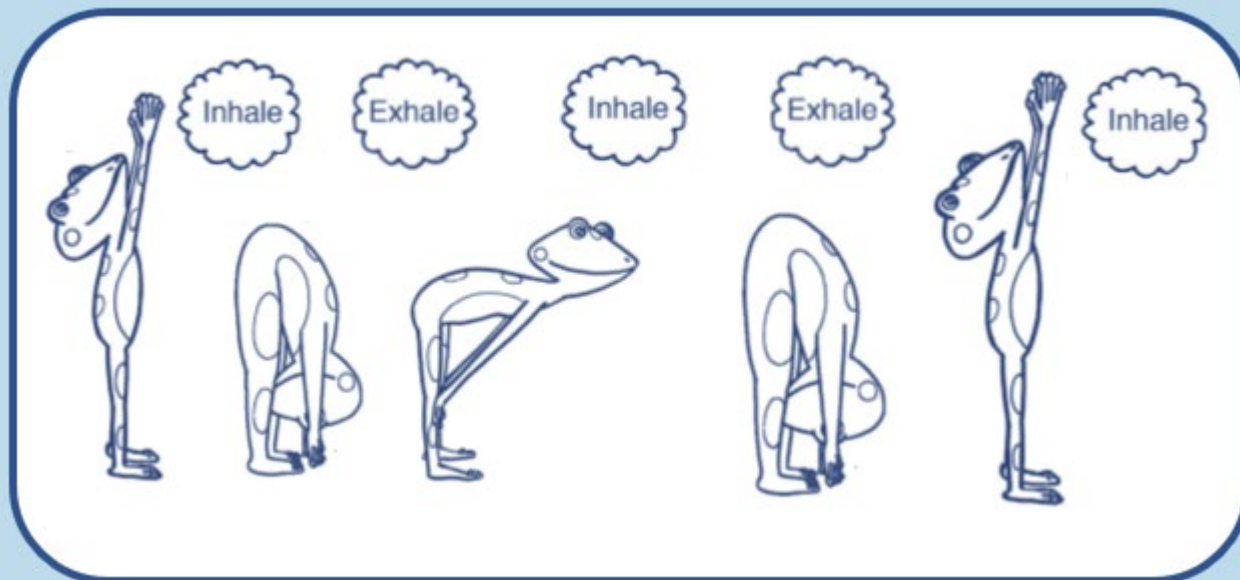


1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or back of chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale back to Seated Sunrise.
7. Exhale to Seated Mountain.





# Engaging Activity: Recharge Sequence



1. Begin standing in Mountain with feet slightly apart, hands at your sides.
2. Inhale, take your arms overhead and look up.
3. Exhale and fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet or the floor.
4. Inhale, place hands on shins, straighten legs and look up.
5. Exhale and fold over the legs once more.
6. Inhale, come all the way up to standing, arms overhead and look up.
7. Exhale, return to Mountain.

# Implementing Student and Adult SEL



## Welcoming / Inclusion Activities (1-10 minutes)

## Engaging Strategies (1-15 minutes)

## Optimistic Closure (3-5 minutes)

# Brain Breaks Review



## Breathe

- ❖ Starfish Breathing / Take Five
- ❖ Easy In, Extended Out
- ❖ Anchor Breathing
- ❖ Alternate Nostril Breathing
- ❖ Breathing Ball
- ❖ Even In, Even Out



## Move

- ❖ Chair Sunrise Twist
- ❖ Recharge Sequence
- ❖ Chair Cat/Cow
- ❖ Seated Forward Bend
- ❖ Chair Sequence



## Rest

- ❖ STOP
- ❖ Guided Rest/Body Scan
- ❖ Mindful Listening
- ❖ One Minute Reflection



# Engaging Activity: STOP

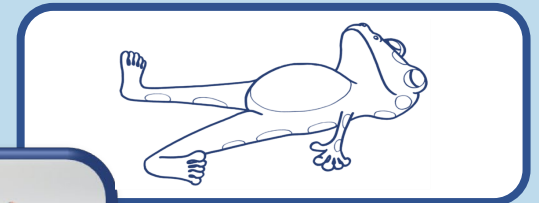
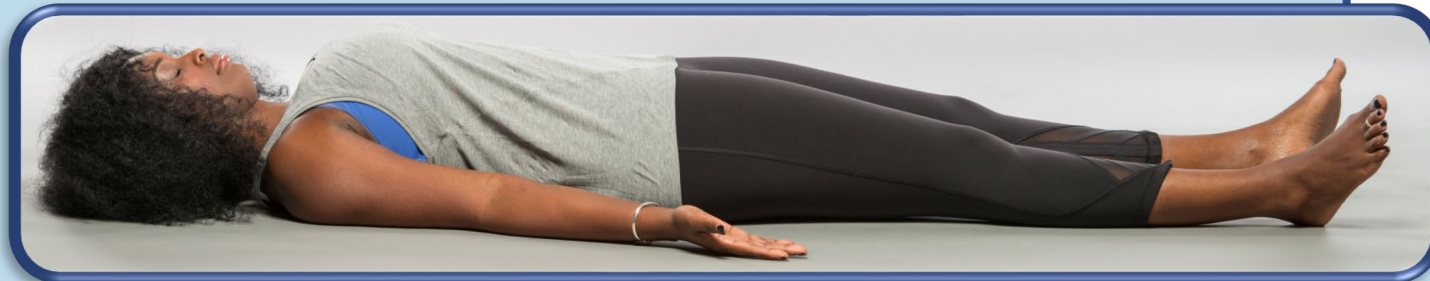


- ❖ STOP is an exercise designed to help learners practice self-regulation when they are experiencing strong emotions.
- ❖ Learners learn to go through the four steps: S-T-O-P
- ❖ It is a good idea to practice this exercise when learners are not experiencing strong emotions, so that they will be able to implement it when they are.
- ❖ The main focus is to hone learners' observation skills to help them make more mindful choices.
- ❖ When we observe, we are just noticing what we feel in our bodies, we are not saying if something is good or bad.
- ❖ For further exploration, ask learners how the quality of their breath changes when they are laughing, sobbing, anxious, frightened, angry, relaxed, surprised, or startled.
- ❖ Underscore two important features of mindfulness practice:
  1. Consistent practice—keep trying!
  2. Learn from unmindful moments, without being too harsh on yourself.



# 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.



# Creating Healthy Habits

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- ❖ **Plan**
- ❖ Change Your Surroundings
- ❖ **Ask for Support**
- ❖ Fill Your Time with Healthy Activities
- ❖ Track Your Progress
- ❖ Imagine the Future
- ❖ Reward Yourself
- ❖ **Be Patient**



# Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises

# Habit Development

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.

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# Creating Healthy Habits

"I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost... I am helpless.  
It isn't my fault.  
It takes forever to find a way out.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place.  
But, it isn't my fault.  
It still takes me a long time to get out.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in. It's a habit.  
My eyes are open.  
I know where I am.  
It is my fault. I get out immediately.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

I walk down another street."

# Optimistic Closure: My Next Step



# Homework

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## **Live:**

Note one positive new habit that you've picked up recently.  
AND, plan for one new habit you would like to implement

## **Learn:**

Do one of the guided practices on the Headspace app.

## **Share:**

(Plan to) Lead a discussion with your students on habits and goal setting.  
AND,  
Tweet or IG us about it @pureedgeinc.org



# Sample: Self-care Template for Implementation

## Self-Care Action Plan

|  |  |   |
|--|--|---|
| <b>LEARNING OBJECTIVES:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Recognize the impact of school stress</li> <li><input type="checkbox"/> Experience and apply brain breaks to self-care practice</li> <li><input type="checkbox"/> Summarize the concept of self-care</li> <li><input type="checkbox"/> Summarize the neuroscience of stress</li> </ul> | <b>REMINDERS &amp; KEY CONCEPTS:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> “Flipping Your Lid”</li> <li><input type="checkbox"/> Building Emotional Intelligence</li> <li><input type="checkbox"/> “Name it to Tame it”</li> <li><input type="checkbox"/> 6 Critical Healing Factors</li> <li><input type="checkbox"/> Well-Rounded Self-Care</li> <li><input type="checkbox"/> Plan, Prioritize, Calendar your Self-Care</li> </ul> | <b>RESOURCES:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> pureedgeinc.org <ul style="list-style-type: none"> <li>○ use employee ID / school email address in sign up fields</li> </ul> </li> <li><input type="checkbox"/> Headspace App <ul style="list-style-type: none"> <li>○ Go.headspace.com/pureedge</li> </ul> </li> </ul> |
|--|--|---|

| Self-Care Practice  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| <b>Breathe (choose 1):</b><br><i>Even In-Even Out</i> <i>Anchor Breath</i><br><i>Belly Breath</i> <i>Take Five / Starfish</i><br><i>Other</i> _____                         |        |         |           |          |        |          |        |
| <b>Move (choose 2):</b><br><i>Afternoon Re-Charge</i> <i>Chair Cat/Cow</i><br><i>Chair Twist</i> <i>Balance Brain Hop</i><br><i>Tree</i> <i>Chair</i><br><i>Other</i> _____ |        |         |           |          |        |          |        |
| <b>Rest (choose 1):</b><br><i>Body Scan</i> <i>Guided Rest</i><br><i>Mindful Minute</i> <i>Attitude of Gratitude</i><br><i>Other</i> _____                                  |        |         |           |          |        |          |        |



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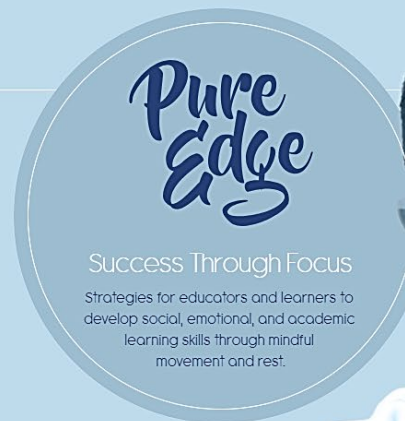
Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•  
breathe

•  
move

•  
rest



# HEADSPACE: Mindfulness On Demand

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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.**



**Please Note:** You will receive a follow-up email within 24 hours of this session and that will serve as confirmation of your attendance. Remember to also sign up and register in PDMS in order to earn credit hours. **Thank you!**

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