



Pure Community

Thank you for joining us!

COC Session 9: Six Critical Healing Factors

Trainer: Gill McClean

Director of Professional Development

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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Culture of Care Series: Session 9

Six Critical Healing Factors



Introductions

Gill McClean

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Director of Professional Development &
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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.



Welcoming Activity: Poll

Are you an Early Bird or a Night Owl?



Welcoming Activity: Poll

What happens when your alarm goes off?





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.

Learning Objectives

- ❖ What are the Six Critical Healing Factors?
- ❖ Why are they impactful?
- ❖ Gain practice teaching the Brain Breaks?

We will always practice

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



Breathe



Move



Rest



Benefits of Nasal Breathing



- ❖ Filters dust and impurities from the air
- ❖ Warms the air to body temperature
- ❖ The diaphragm is more easily controlled, which supports the development of internal core strength
- ❖ More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- ❖ Increased oxygen from nasal breath increases energy and vitality

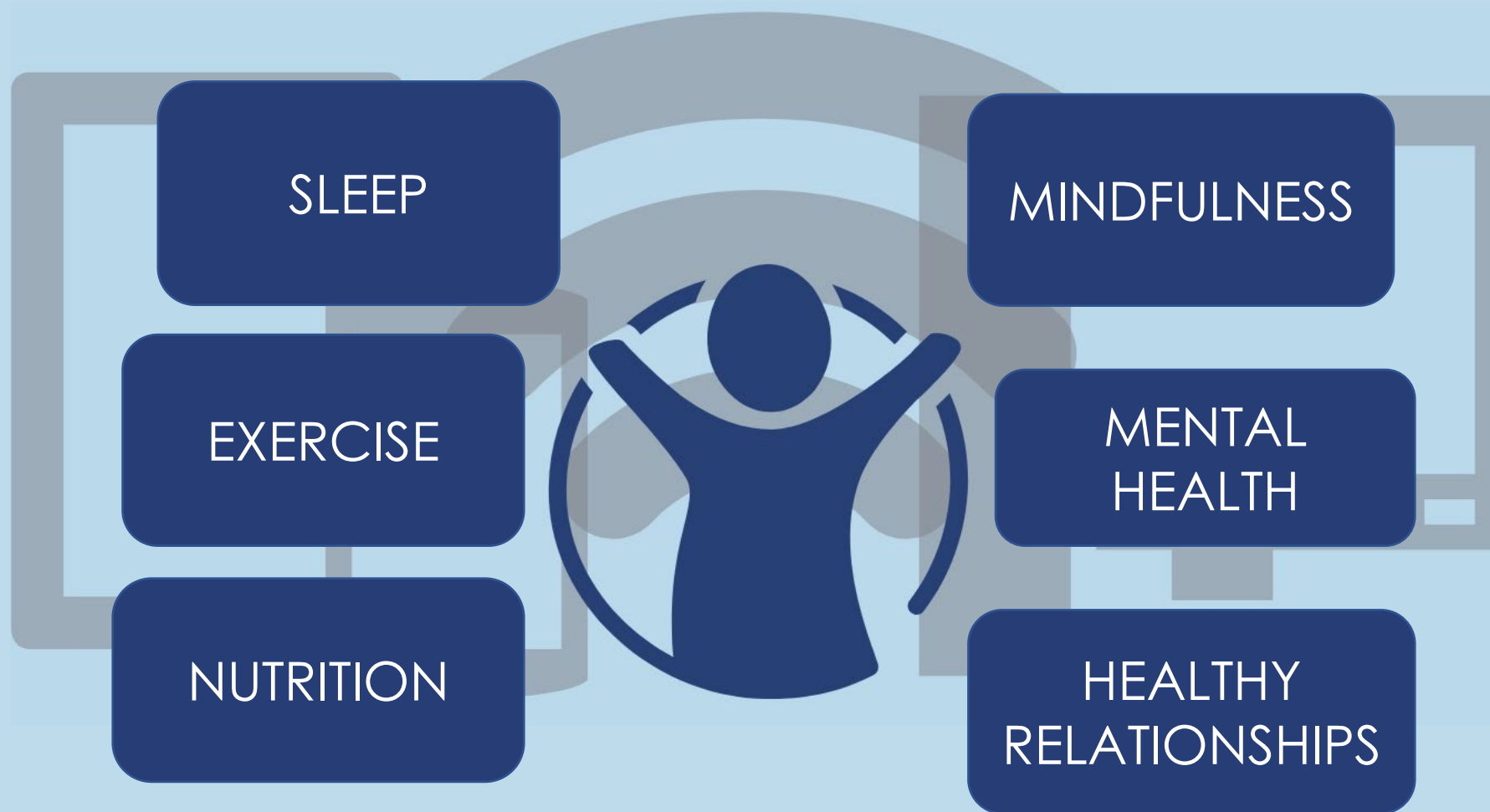


Engaging Activity: Taking in the Good

1. Think of one thing from the day that you feel good about, and be specific—for example, you listened, you were more creative, you lent a helping hand, or someone smiled at you, etc.
2. Hold on to that memory for the next 30 seconds. Remember it in as much detail as you can.
3. Allow the feeling associated with the memory to sink in your mind. Act as a sponge, absorbing the memory and the feeling together.



Six Critical Healing Factors...



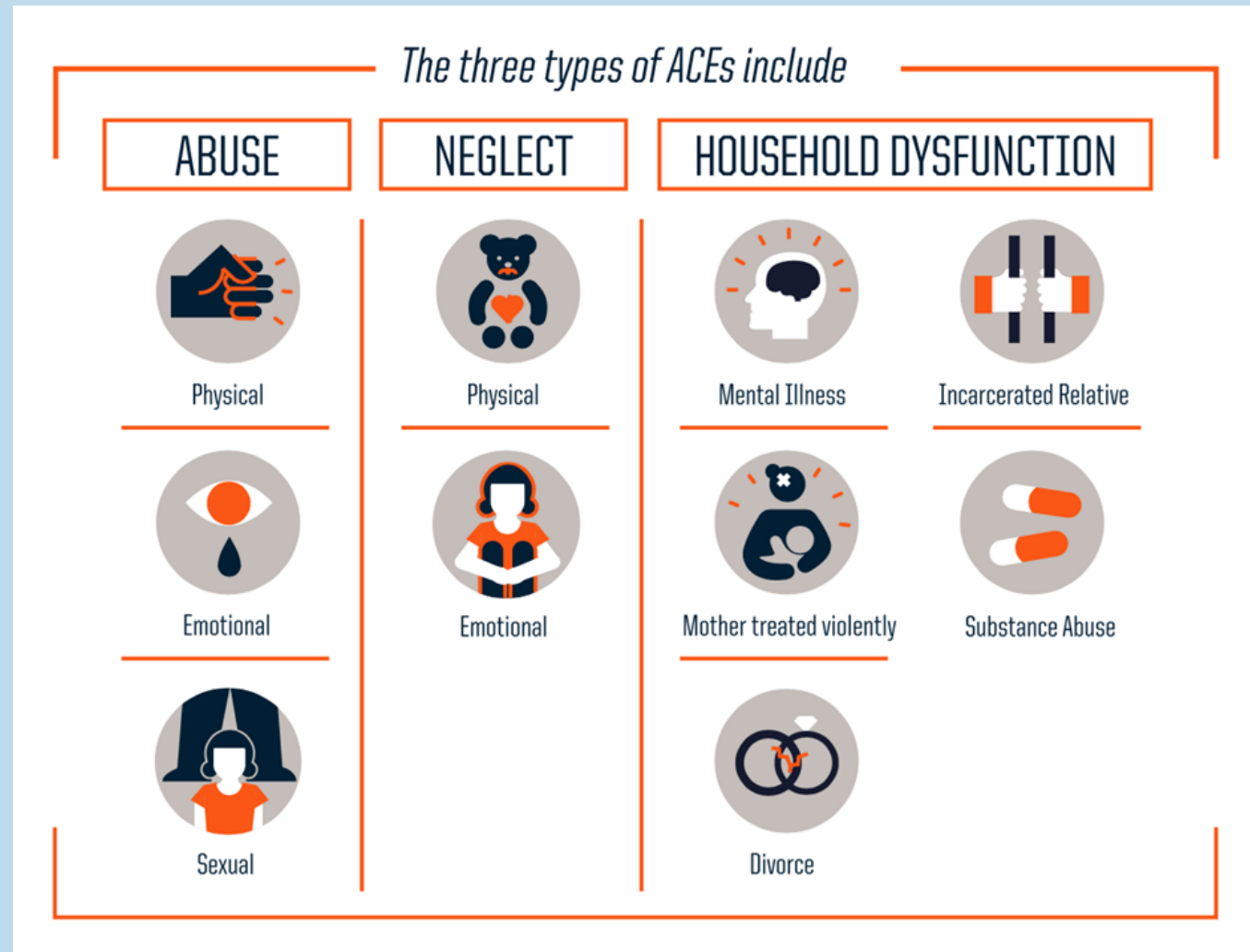


Engaging Activity: Even In – Even Out

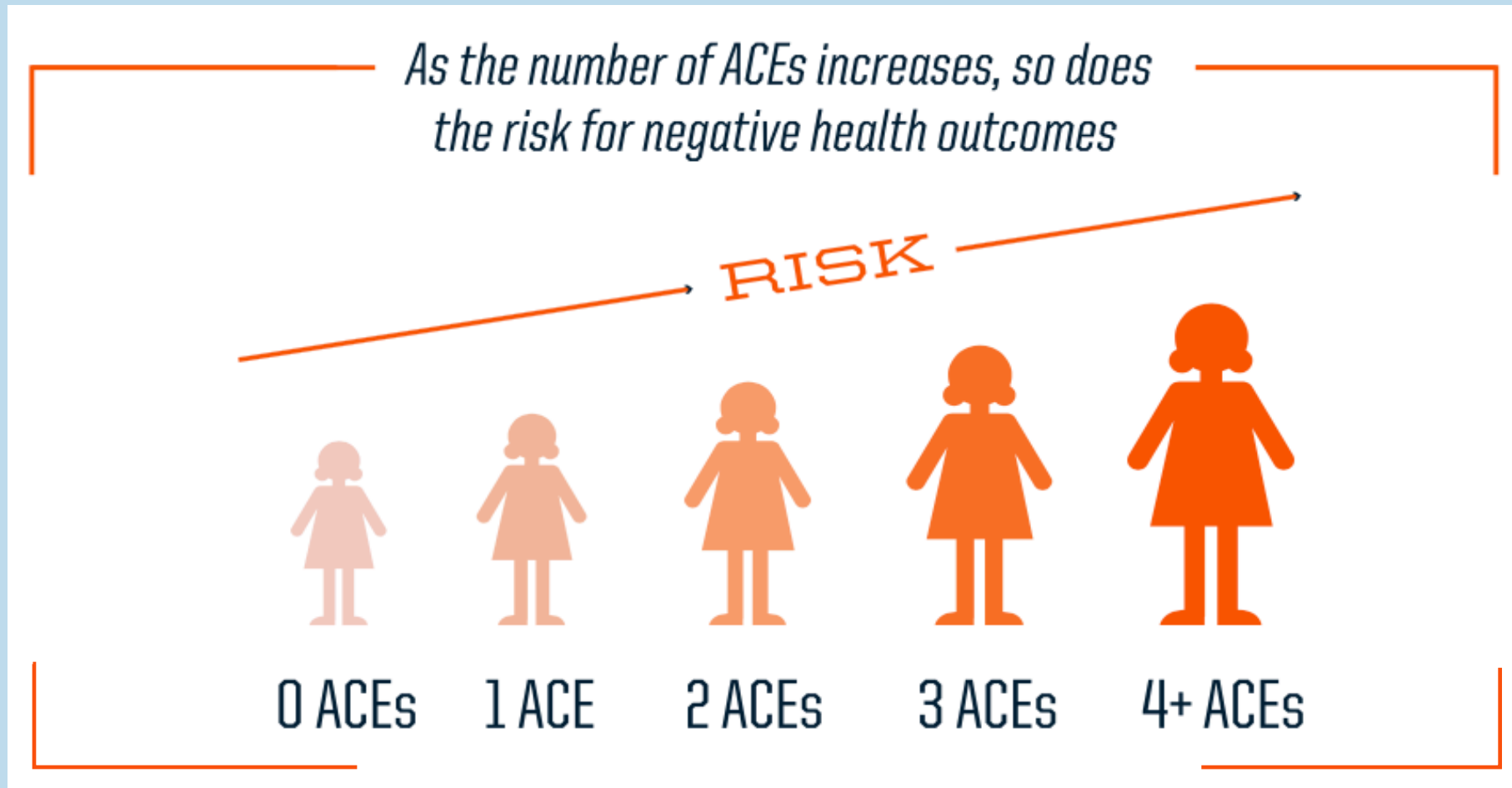
1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, lets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



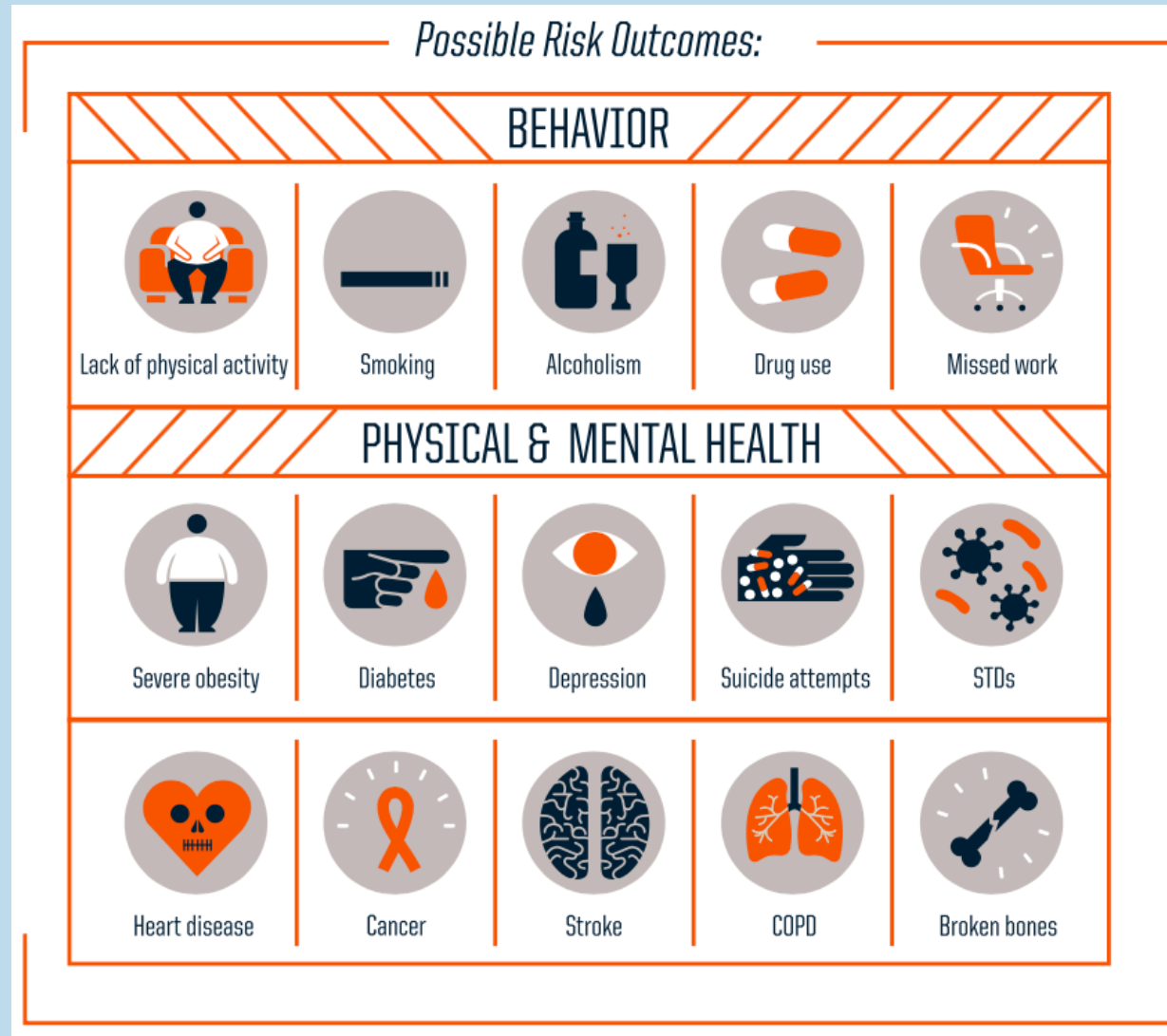
Adverse Childhood Experiences (ACEs)



ACES and Outcome Risk

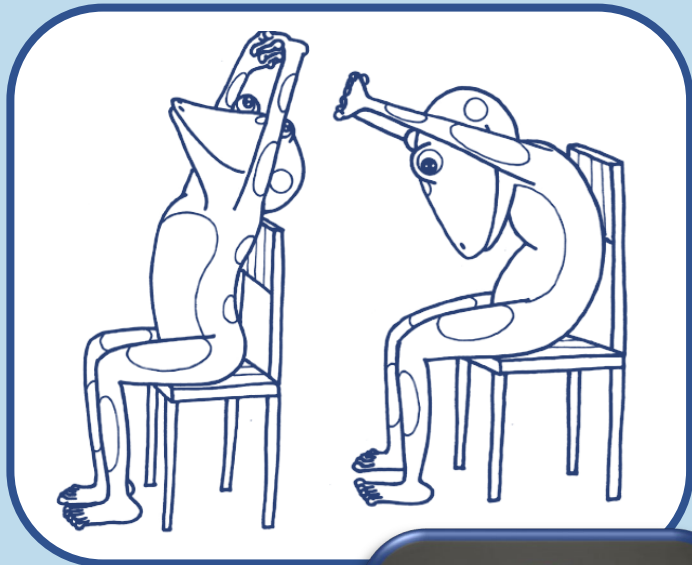


ACES and Health Outcomes



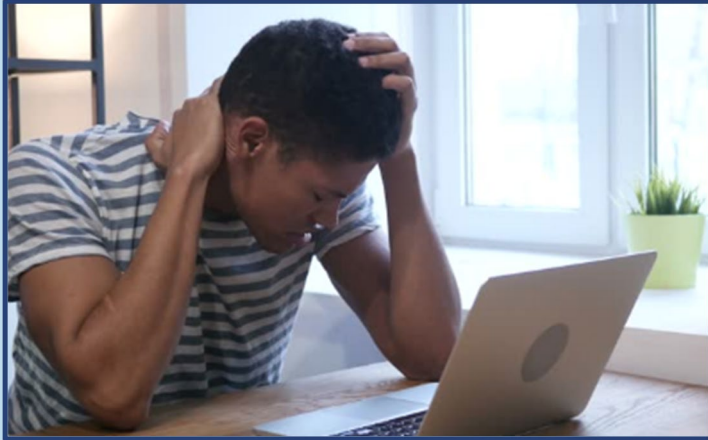


Engaging Activity: Chair Cat/Cow



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.

Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



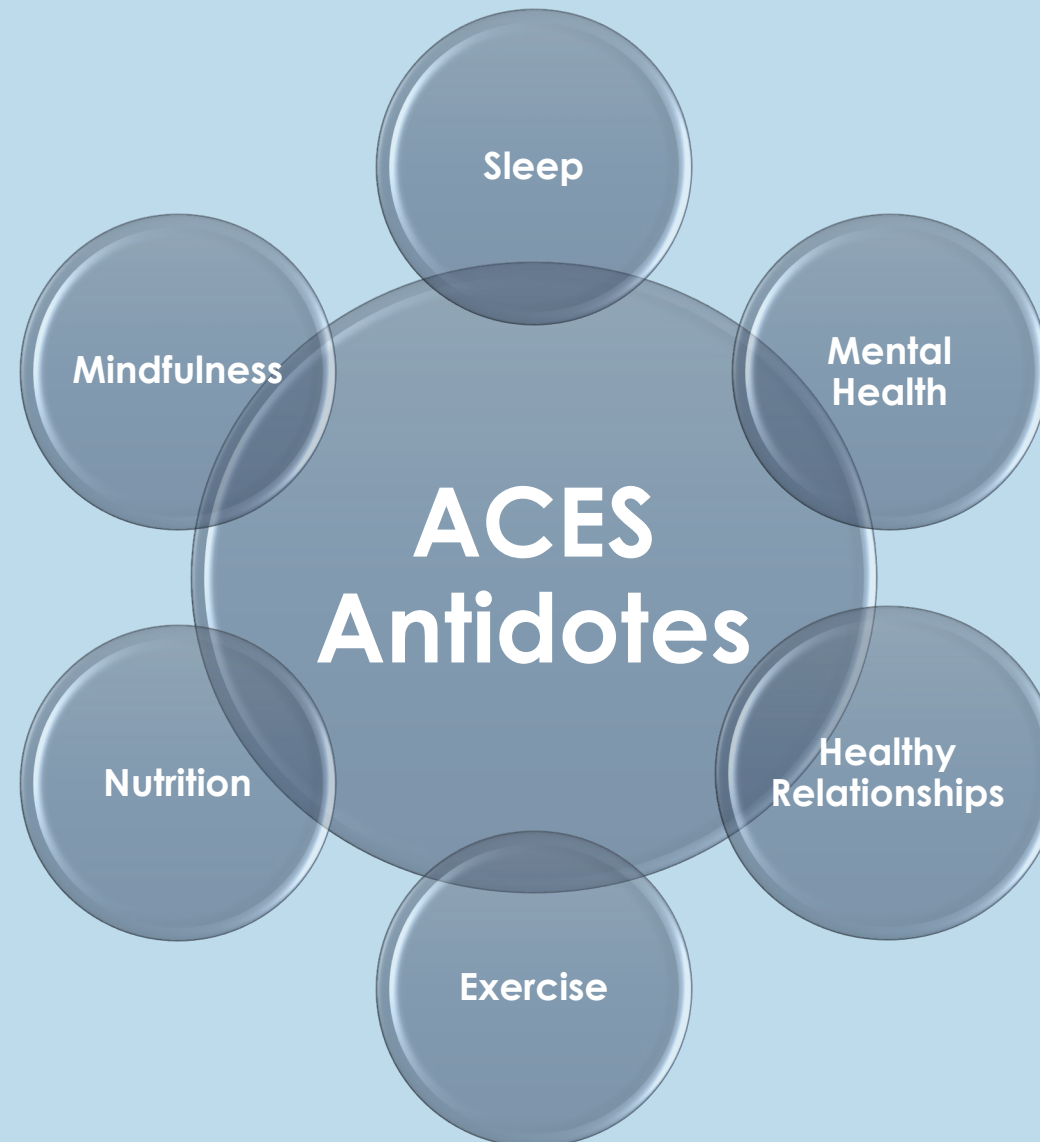
“Brake”

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-tired>, <https://ggia.berkeley.edu/practice>

ACES: Six Critical Healing Factors



Dysregulated Stress Response

“

...the literature provided evidence of why these things were effective. Fundamentally, they all targeted the underlying biological mechanism – a dysregulated stress response system and the neurologic, endocrine, and immune disruptions that ensued.

Dr. Nadine Burke Harris, M.D.
The Deepest Well

”

What is a Dysregulated Stress response.....

Stress is the body's normal response to challenging events or environments. *Positive stress* (the first day of school, a big exam, a sports challenge), is part of growing up.

But when events or the environment are threatening or harmful, we go into flight or freeze mode and bypass our thinking brains, which can be way too analytical to save us.

With help from caring adults, children also recover from this tolerable stress.

Too much stress – *toxic stress* – happens when children's brains feel highly stressed for too long. Then a child's brain and body will produce an overload of stress hormones — such as cortisol and adrenaline — that harm the function and structure of the brain.

Human relationships are the essential ingredient that catalyze healthy development and learning.



Sources: Griffiths, P.E., & Hochman, A (2015) Developmental systems theory. eLs 2, 1-7.
Moore, D.S. (2015) The developing genome: An introduction to behavioral epigenetic.

Witherington, D.C., & Lickliter, R. (2016) Integrating development and evolution in psychological science; evolutionary developmental psychology, developmental systems an explanatory pluralism. Human development, 59, 200-234.

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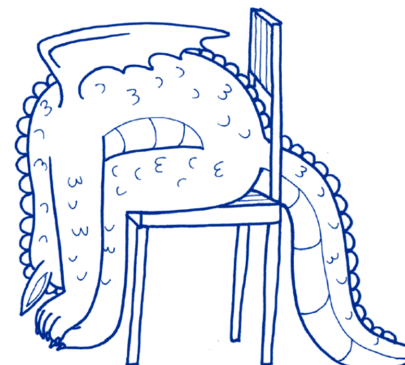


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Engaging Activity: Seated Forward Bend

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.



Did You know?

Toxic stress has the potential to change a **child's** brain chemistry and brain anatomy.

Toxic stress weakens the architecture of the developing brain, which **can** lead to lifelong problems in learning, behavior, and physical and mental health.

Are ACEs really that common?

ACEs are incredibly common—two out of three people (67%) of the study population had at least one ACE, more than one in five (20%) reported three or more ACEs and one out of eight people (13%) of the population had four or more ACEs.



What's the key?

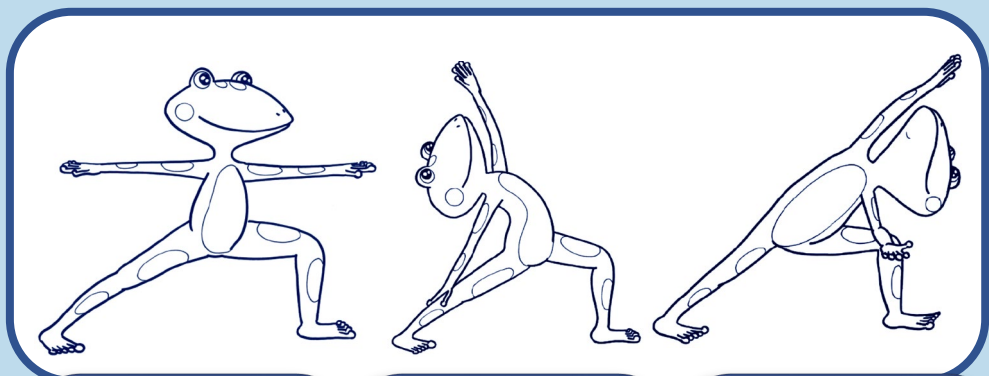
When children overcome these burdens, they have typically been the beneficiaries of exceptional efforts on the part of supportive adults. These findings underscore the importance of prevention and timely intervention in circumstances that put young children at serious psychological risk.



When relationships are reliably responsive and supportive, they can actually buffer young children from the adverse effects of other stressors.



Engaging Activity: Wave Sequence



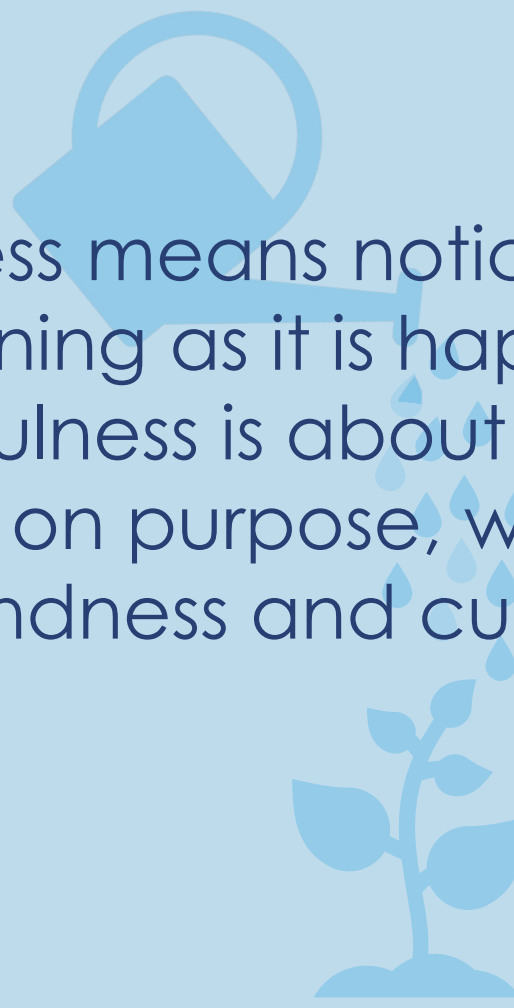
1. Begin in Mountain Pose.
2. Inhale, step your left foot wide to the side, exhale and turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale and hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back towards your left calf and raise your right arm straight up towards the ceiling, exhale here. Look up at your hand and take 2 breaths.
4. Inhale and return to Surfer.
5. Exhale, place your right arm on your right thigh, and raise your left arm overhead. Look towards your left hand and take 2 breaths. This is Wave.
6. Inhale and return to Surfer.
7. Exhale and step feet together in Mountain Pose.
8. Repeat on the other side.

*This sequence can be used to invigorate when tired or lethargic.

What is mindfulness?

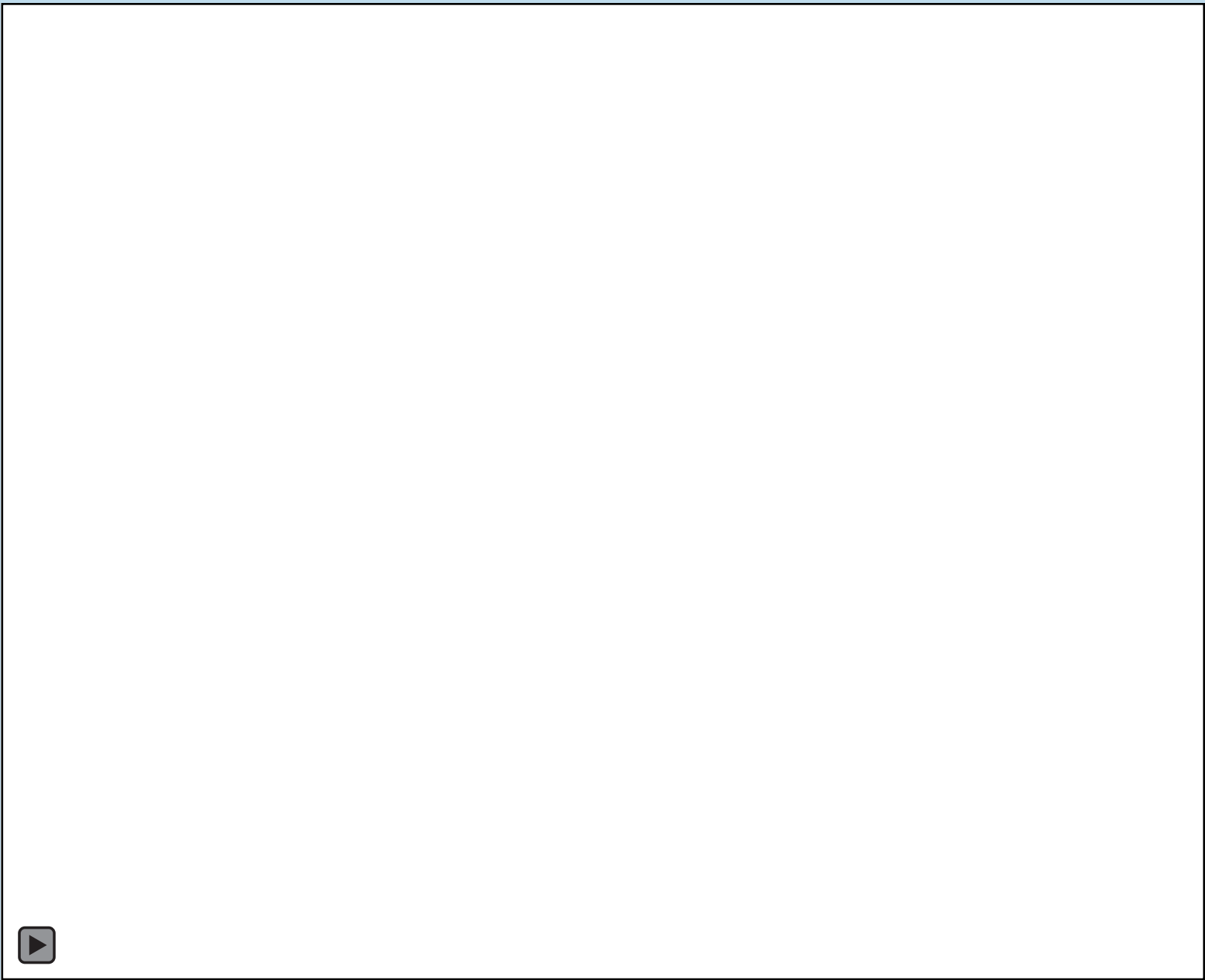


Mindfulness



Mindfulness means noticing what is happening as it is happening.

Mindfulness is about paying attention on purpose, with a sense of kindness and curiosity.



Guiding Questions

**How does it feel to be in balance?
Or, how does it feel to be imbalanced?**

Grades 6-12, Lesson 4.1

**How can being mindful shape
our experiences?**

Grades 3-5, Lesson 4.1

Pure Power

Grades K-5 Unit 4
Power to Grow
and Stretch



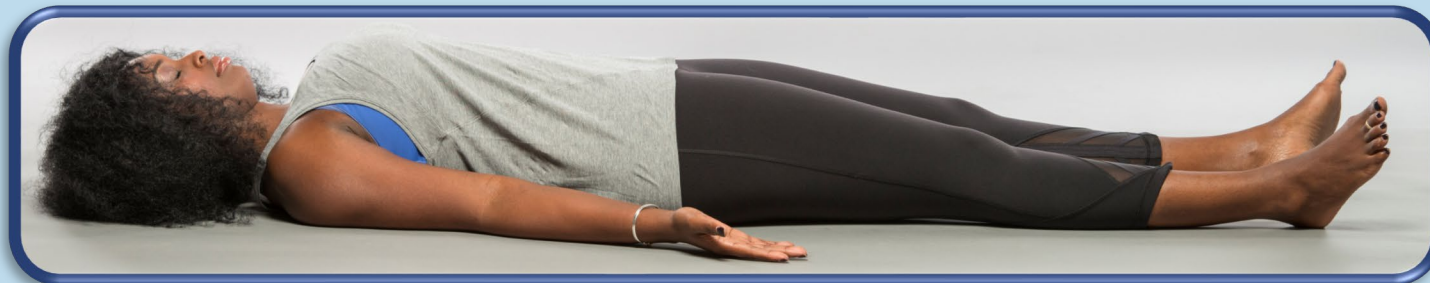
Grades
6-12

Unit 4
Power of a
Balanced Life



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.



Optimistic Closure:

Jeopardy



Optimistic Closure:

Healthy Relationships are....



Optimistic Closure:

“Filters dust and impurities from the air” is...



Brain Breaks Review



Breathe

- ❖ Mindful Minute
- ❖ Taking in the Good
- ❖ Even In – Even Out



Move

- ❖ Chair Cat/Cow
- ❖ Seated Forward Bend
- ❖ Wave Sequence



Rest

- ❖ Guided Rest/Body Scan

Takeaways

- ❖ The Six Critical Healing Factors are:
 - ❖ Sleep
 - ❖ Mental Health
 - ❖ Healthy Relationships
 - ❖ Exercise
 - ❖ Nutrition
 - ❖ Mindfulness
- ❖ It takes one caring adult to make difference.
- ❖ Being Mindful isn't about sitting alone in a dark room.
- ❖ The brain can change from the impact of Toxic Stress.

Homework

Self?

Which of the six critical healing factors can you increase upon?

Online Class?

How could you start every lesson getting your kids in the “Green Zone”?

Together in Class?

Discuss the difference between feeling balanced and imbalanced.



pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest





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