

Pure Community


## Thank you for joining us!

**Session 4: 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.

Follow us @pureedgeinc  
 Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
 Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)

  
©2020 Pure Edge, Inc.

1

# Introductions

---

Michelle Kelsey Mitchell  
**[michelle@pureedgeinc.org](mailto:michelle@pureedgeinc.org)**  
 Director of Partnerships &  
*National Trainer*

---

  
©2020 Pure Edge, Inc.

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.



3  
©2020 Pure Edge, Inc.

3

## Welcoming Activity: Candy Bar Matching

1



3



2



4



<http://www.wacoonline.org/ice-breakers.html>; This Photo by Unknown Author is licensed under CC-BY-SA-NC; This Photo by Unknown Author is licensed under CC-BY-SA; This Photo by Unknown Author is licensed under CC-BY-NC-ND; This Photo by Unknown Author is licensed under CC-BY-SA



4  
©2020 Pure Edge, Inc.

4

## Welcoming Activity: Candy Bar Matching

1



3



2



4



<http://www.wacanline.org/ice-breakers.html>; This Photo by Unknown Author is licensed under CC-BY-SA-NC; ; This Photo by Unknown Author is licensed under CC-BY-NC-ND; This Photo by Unknown Author is licensed under CC-BY-SA



5  
©2020 Pure Edge, Inc.

5

## Homework Check-in

### Live:

- ❖ Note one positive new habit that you've picked up recently. AND, plan for one new habit you would like to implement
  - ❖ Do the "Optimistic Closure: Home Practice" as often as you can this week.
  - ❖ Practice Breathe, Move, and Rest Brain Breaks

### Learn:

- ❖ Do one of the guided practices on the Headspace app.
- ❖ Explore the Headspace app and note one thing that surprised you.
- ❖ Sign up for a free curriculum account ~ [pureedgeinc.org](http://pureedgeinc.org)
- ❖ Sign up for a free Educators Headspace account ~ [go.headspace.com/pureedge](http://go.headspace.com/pureedge)

### Share:

- ❖ (Plan to) Lead a discussion with your students on habits and goal setting.
  - AND, Tweet or IG us about at it @pureedgeinc.org
- ❖ Implement a Brain Break either at home or online in a virtual classroom setting.
  - AND, Tweet or IG us about at 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 at it @pureedgeinc.org



©2020 Pure Edge, Inc.

6

## Learning Objectives

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



©2020 Pure Edge, Inc.

7

“

“The three most important aspects of learning  
–attention, focus, and memory–  
are all controlled by our emotions,  
not by cognition.”

~Marc Brackett

”



Brackett Ph.D., M. (2019). *Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive*. New York, NY: Celadon Books.

8

©2020 Pure Edge, Inc.

8



# Self-care



9  
©2020 Pure Edge, Inc.

9

Breathe

Move

Rest



10  
©2020 Pure Edge, Inc.

10



## Engaging Activity: Ocean Breathing

1. Inhale through your nose.
2. As you exhale, whisper the sound ahhh through your mouth. Repeat two or three times.
3. On the next breath, close your mouth, exhale, and send the whisper sound through your nose.
4. See if you can find the same whisper sound in the nose on the inhalation and the exhalation.

\*Ocean Breath is created by lightly constricting the throat to create a hissing sound as you breathe in and out through the nose.

\*If you can't find the sound at first, just keep practicing.



©2020 Pure Edge, Inc.

11

## Building Belonging

*The brain stem, the oldest part of the brain, directs our bodily survival mechanisms, such as heart rate, circulation, respiration, digestion, and reproduction.*

**When our survival is secure** and these mechanisms are working properly, **we feel safe.**

*The limbic system, the second oldest part of the brain, is a relay station for hunger, thirst, memory, fear, and emotions. **When the limbic system is balanced, we feel content.***



12

This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)

©2020 Pure Edge, Inc.

12

*When we do not feel safe, we tend to feel fear or insecurity.*

*When we do not feel content, we tend to feel as though we are lacking.*

*When we do not feel connected, we might feel rejected or alone.*



This Photo by Unknown Author is licensed under CC BY

13  
©2020 Pure Edge, Inc.

13



## Engaging Activity: Chair Eagle

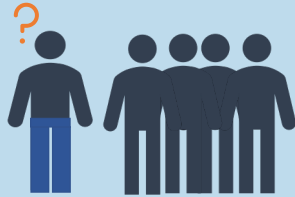


1. Sit in Seated Mountain.
2. Cross your right thigh on top of your left.
3. Inhale and bring your arms up with elbows bent and palms facing forward (cactus arms).
4. Exhale and cross your left elbow on top of your right. Touch the back of your hands together. If it feels comfortable, bring palms together.
5. Inhale and lift elbows up until you feel a comfortable stretch.
6. Look at your thumbs and take 3 relaxed breaths.
7. Release on an exhale.
8. Repeat second side (left thigh on top, right arm on top).

©2020 Pure Edge, Inc.

14

# Belonging and Performance



## Stereotype Threat (Steele)

When students have questions about their belonging, they search for cues to signal whether or not they fit in and are valued by others.



## Resource Allocation

Resources otherwise used to focus on learning are instead used to figure out if they belong.

## Role in Achievement Gaps

Because such questions undermine performance & are more common among underrepresented groups, they contribute to gaps.



Source: Mindset Scholars Network Accessed 12/19/17 at <http://mindsetscholarsnetwork.org/wp-content/uploads/2015/09/What-We-Know-About-Belonging.pdf>

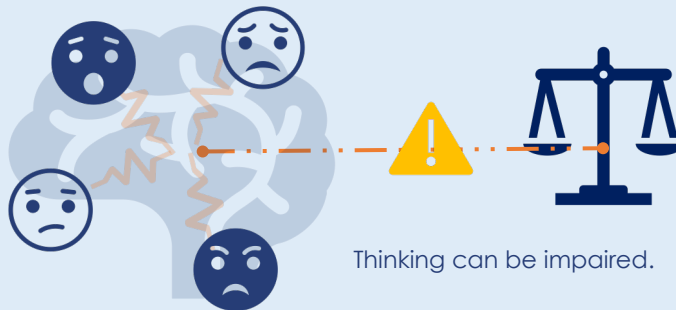


15  
©2020 Pure Edge, Inc.

15

# Social Elements of Learning

When feelings are not well managed,



Thinking can be impaired.

Source: National Scientific Council on the Developing Child (2004). Children's Emotional Development Is Built into the Architecture of Their Brains: Working Paper No. 2. Accessed 12/19/17 at <http://developingchild.harvard.edu/wp-content/uploads/2004/04/Childrens-Emotional-Development-Is-Built-into-the-Architecture-of-Their-Brains.pdf>



16  
©2020 Pure Edge, Inc.

16



## 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.

\*This sequence can be done behind or in front of desks/chairs. It's useful to re-energize learners when they get tired.



©2020 Pure Edge, Inc.

17



## Engaging Activity: Eagle



1. From Mountain Pose, step feet apart and bend knees slightly.
2. Start to shift weight to left leg.
3. Inhale: Keeping knees bent, cross right thigh over left, and let right toes touch the floor on the outside of the left foot.
4. Wrap left arm on top of the right arm. Bend elbows, press backs of hands together.
5. If you are steady, lift right foot off of the ground. If it is comfortable, tuck right foot behind left calf.
6. See if you can touch palms together. Lift elbows and fingers upward.
7. Look at an unmoving point and balance for 5 breaths.
8. Exhale: Unwind into Mountain.
9. Repeat on left side.

\*The focus is on keeping steady and being balanced in the pose. Have learners stop anywhere along the way if they start to wobble or feel discomfort. Remind learners to keep their focus on their breathing, and to back out a little bit if they are holding their breath, or the breath becomes too fast or too shallow.



©2020 Pure Edge, Inc.

18

## Building Belonging



©2020 Pure Edge, Inc.

19

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.

This Photo by Unknown Author is licensed under CC BY-SA

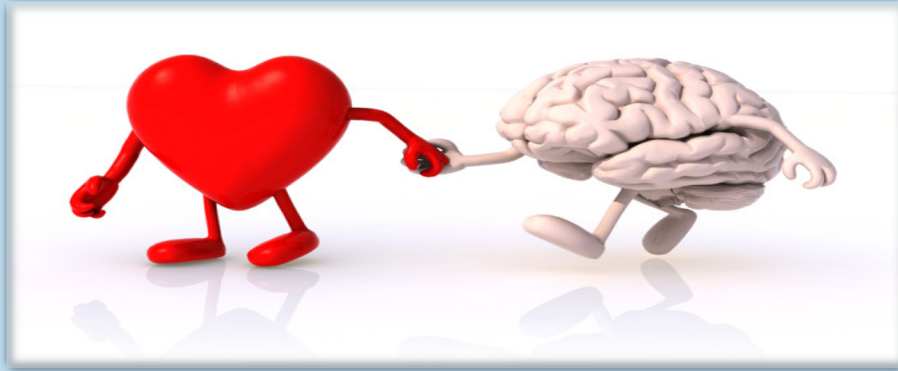


©2020 Pure Edge, Inc.

20



## Building Belonging



Learning is Social, Emotional, and Academic.  
The brain never stops growing and changing in response to experiences and **relationships**.

This Photo by Unknown Author is licensed under CC BY

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. Wiltherington, 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.



©2020 Pure Edge, Inc.

21

## What does it feel like to belong?



<https://www.hopefiji.org/post/why-is-belonging-so-important-to-those-who-have-been-sexually-exploited>



©2020 Pure Edge, Inc.

22

# Building Belonging



©2020 Pure Edge, Inc.

23

## How to Build Belonging

1. **Normalize** - Teach students questions of belonging and difference are normal and lessen over time
2. **Express Confidence** - Communicate confidence in students' capability to meet high standards along with critical feedback,  
 "this draft can be improved, I believe you can do it."

**Culture of Care practices foster social and personal conditions to increase belonging.**



Source: Mindset Scholars Network, Accessed 12/19/17 at <http://mindsetscholarsnetwork.org/wp-content/uploads/2015/09/What-We-Know-About-Belonging.pdf>

©2020 Pure Edge, Inc.

24



# Building Belonging



## 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



©2020 Pure Edge, Inc.

25

# Building Belonging



©2020 Pure Edge, Inc.

26



## Engaging Activity: Attitude of Gratitude



1. Sit comfortably, and if you like you can close your eyes.
2. Think of something/someone in your life for which you are thankful, or grateful. It can be anything or anyone!
3. Take a few moments to just appreciate this thing or person.
4. Now think of another thing or person for which you are grateful.
5. Take a few moments to appreciate this thing or person.
6. Notice how you feel.

\*As you introduce this exercise, you might want to model an example for learners before bringing them through the exercise.

\*This is a nice exercise to take a few responses from learners after the exercise is finished.



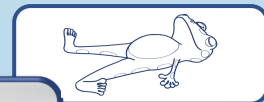
©2020 Pure Edge, Inc.

27



## 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.



28  
©2020 Pure Edge, Inc.

28

## Brain Breaks Review



### Breathe

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



### Move

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



### Rest

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



29  
©2020 Pure Edge, Inc.

29



## Arrival/Homeroom

This offers learners a chance to check in with themselves at the start of a school day.

**Mindful Minute**  
or/and


**Breathing Exercise**  
Anchor Breathing

**Rest**  
Mindful Listing



©2020 Pure Edge, Inc.


30



## Break During Class


Doing a little movement  
and breathing as a  
break can re-energize  
learners.

Chair Cat/Cow  
Chair Twist



©2020 Pure Edge, Inc.


31



## Afternoon Slump

To re-engage sluggish  
learners, some breath  
and movement exercises  
can be helpful

Recharge Sequence  
Mountain/Chair Strength  
Sequence



©2020 Pure Edge, Inc.

32



## Refocus Between Lessons

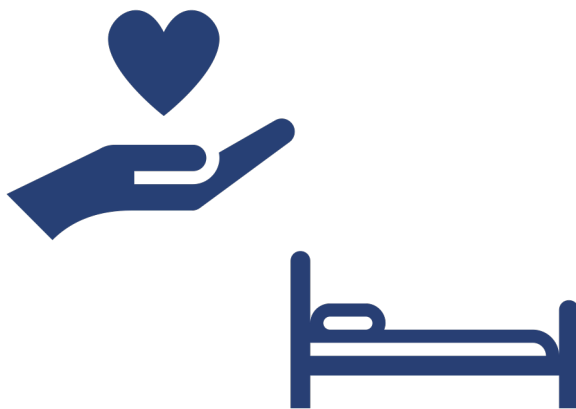
Use the breath to help settle students as they transition from one class or lesson to another.

Breathing Ball  
Even In – Even Out



©2020 Pure Edge, Inc.

33



## Departure

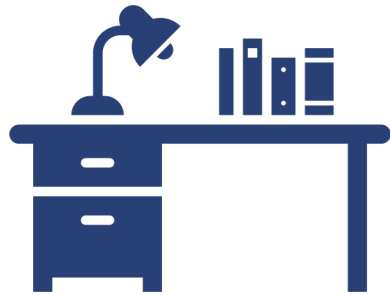
**Rest** is designed to help learners reflect at the end of the day.

Attitude of Gratitude  
One Minute Reflection



©2020 Pure Edge, Inc.

34



## Before Testing

Breathing exercises help relieve testing-related stress and puts learners in a state of focus.

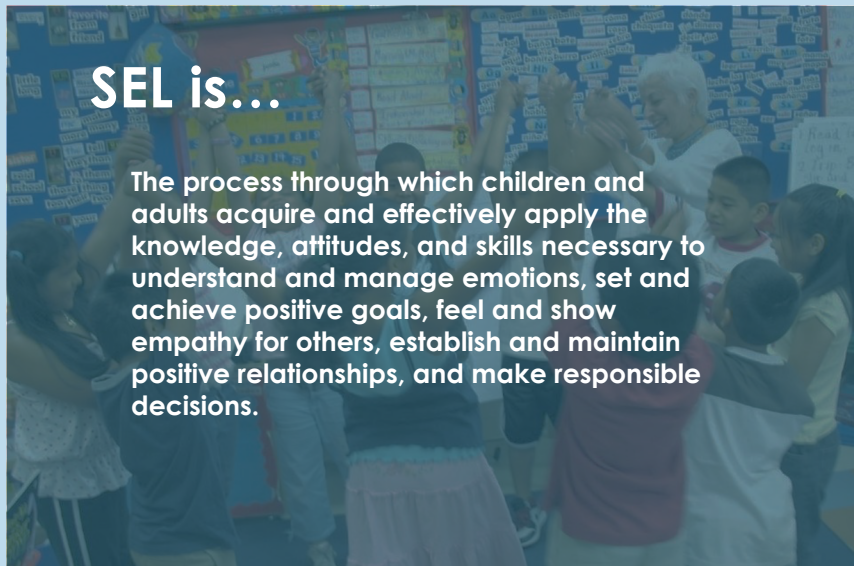


©2020 Pure Edge, Inc.

35

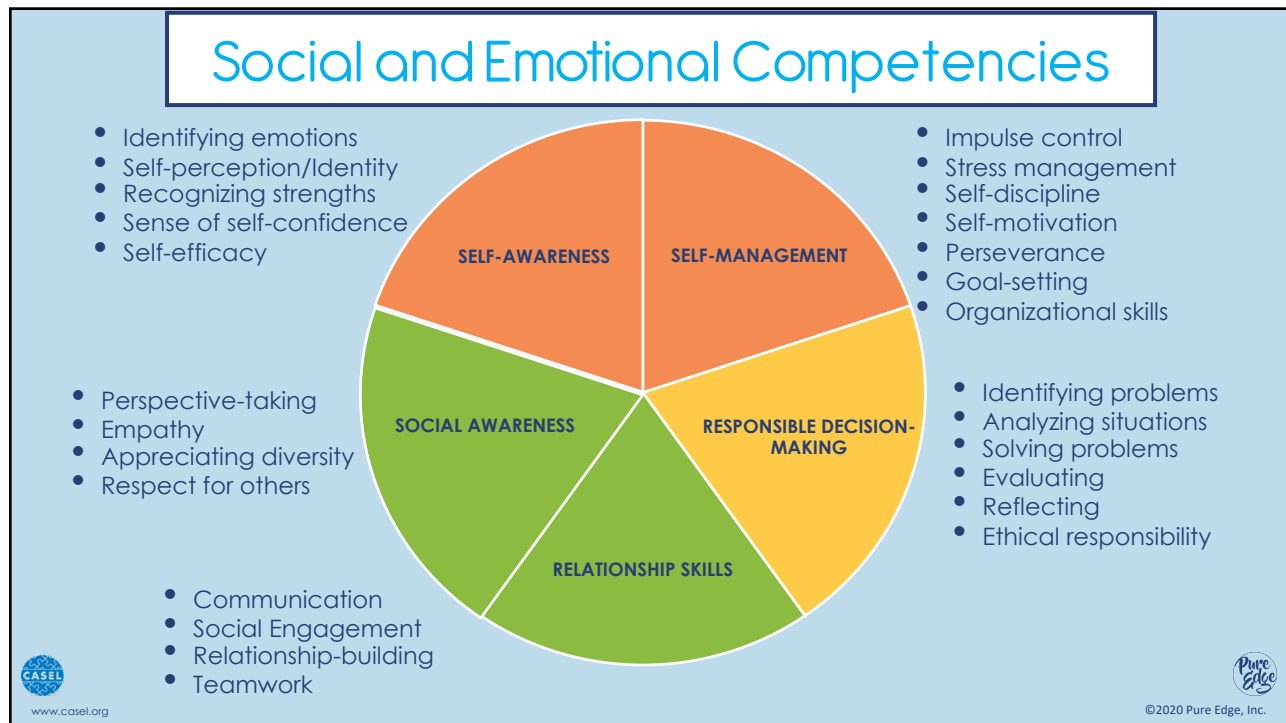
## SEL is...

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.



©2020 Pure Edge, Inc.

36



37

## Optimistic Closure: Tenets of Culture of Care

---

*A Culture of Care...*

- ❖ Integrates SEL throughout the school
- ❖ Recognizes the importance of caring for self and others
- ❖ Values communication and compassion
- ❖ Fosters belonging for all community members

Pure Edge ©2020 Pure Edge, Inc.

38



39




Pure Community

**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!**

Thank you for joining us!

**Session 4: Educator Self-care Learn, Live, and Share Series**  
**Trainer: Michelle Kelsey Mitchell, Director of Partnerships**




Follow us @pureedgeinc  
 Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
 Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



©2020 Pure Edge, Inc.

40