




Pure Community

Thank you for joining us!

**Session 12: Culture of Care Implementation**  
**Trainer: Pure Edge, Inc Team**

**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.

Follow us @pureedgeinc  

Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)

Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



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# Culture of Care Series: Session 12

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## Culture of Care Implementation



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## Your Instructors

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Anne Contreras, Director of Programs  
[anne@pureedgeinc.org](mailto:anne@pureedgeinc.org)

Gill McClean, Director of Professional Development  
[gill@pureedgeinc.org](mailto:gill@pureedgeinc.org)

Michelle Kelsey Mitchell, Director of Partnerships  
[michelle@pureedgeinc.org](mailto:michelle@pureedgeinc.org)

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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.

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## Welcoming Activity

Respond to the poll to share which of the following images most accurately reflects your feelings right now.



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## 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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## Learning Objectives

- ❖ Build skills to train colleagues in PEI content.
- ❖ Understand the four Pure Edge Programs and how to use them.
- ❖ Identify and plan the next steps in Culture of Care Implementation.



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## We will always practice

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



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Breathe



Move



Rest



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## 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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# Culture of Care

- ❖ Session 1 Social and Emotional Learn (SEL) and Self-care
- ❖ Session 2 Respond v's React: Super Powers
- ❖ Session 3 Stress & Allostatic Load
- ❖ Session 4 The Neuroscience of Stress, Part 1
- ❖ Session 5 The Neuroscience of Stress, Part 2
- ❖ Session 6 Neuroplasticity
- ❖ Session 7 Creating Healthy Habits
- ❖ Session 8 Taking in the Good
- ❖ Session 9 Six Critical Healing Factors
- ❖ Session 10 Building belonging: Emotion & Cognition
- ❖ Session 11 Brain Break Implementation
- ❖ Session 12 Culture of Care Implementation





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# Pure Edge Programs






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# Pure Power Curriculum

## Grades K-5

- ❖ Unit 1 – 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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## Engaging Activity: Recharge Sequence



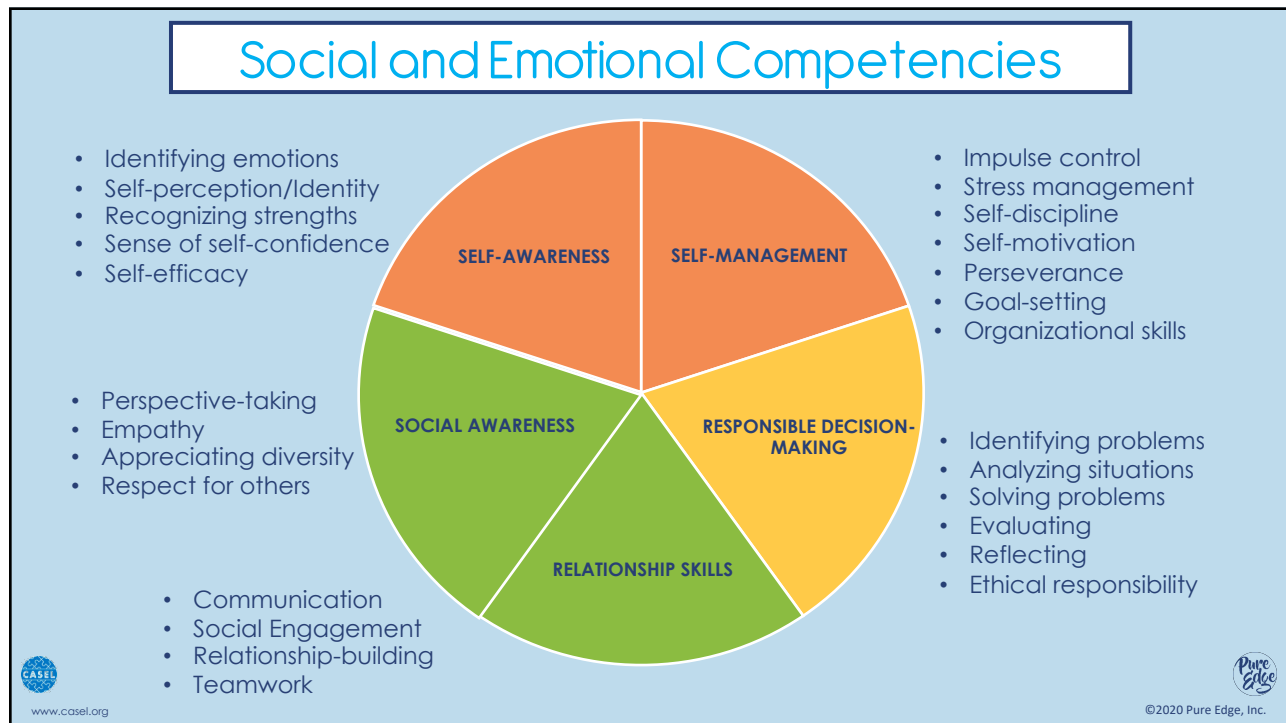
1. Begin standing in Mountain with feet slightly apart, hands at your sides.
2. Inhale, take your arms overhead and look up.
3. Exhale and fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet or the floor.
4. Inhale, place hands on shins, straighten legs and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

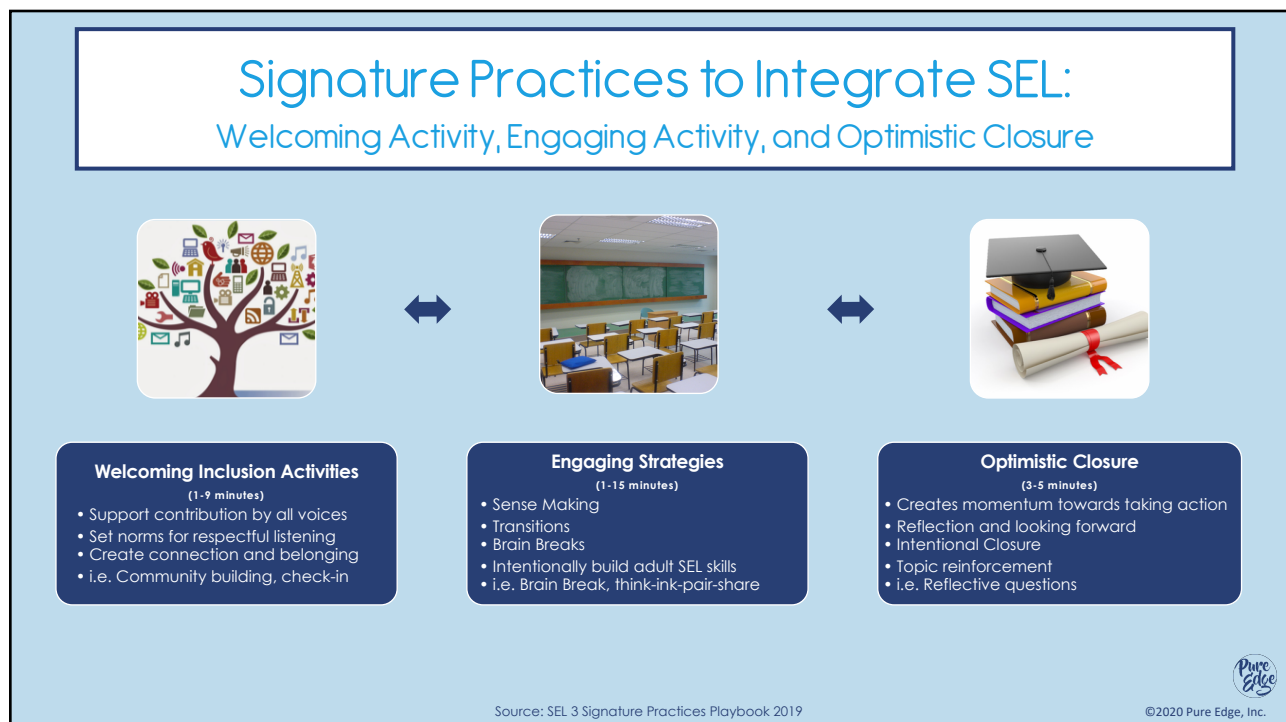


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## Next Steps Implementation?

- ❖ What can you do on Monday?
- ❖ What can you do for online classes?
- ❖ How can you share these strategies with colleagues?
- ❖ What can you do in preparation for return to school?



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



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

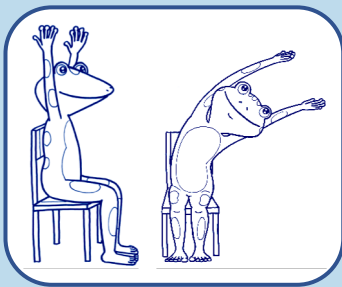


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## Engaging Activity: Seated or Standing Kite



1. Inhale, take both arms overhead.
2. Exhale, lean to the right side.
3. Inhale, come back to center, arms overhead.
4. Exhale, lean to the left side.
5. Repeat a few times.



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## 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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## Optimistic Closure:

How likely are you to recommend  
this series to a colleague?



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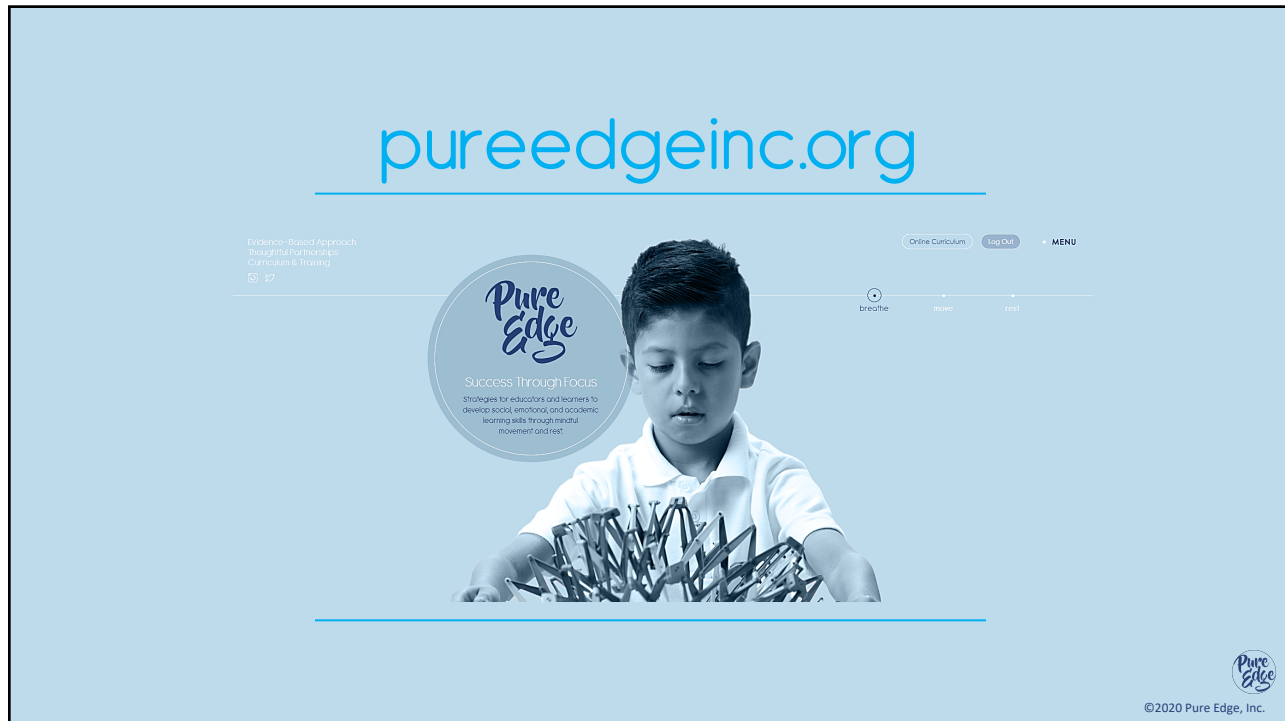
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❖ Guided Rest/Body Scan



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