


Pure Community





Thank you for joining us!

Session 7: Creating Healthy Habits
Trainer: Michelle Kelsey Mitchell
Director of Partnerships


Getting Started:

1. If you have any questions, please type them into the Q&A box.
2. Keep paper/pen near you to jot down your thoughts.
3. 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.
4. 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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Culture of Care Series: Session 7

Creating Healthy Habits


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Introductions

Michelle Kelsey Mitchell
michelle@pureedgeinc.org
Director of Partnerships &
National Trainer



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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.



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Welcoming Activity: Synectics

"Habits" are like...

1



3



5



2



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Because...

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HW Check-in: Session 4

Self:

Choose 2 Breathe, Move, and/or Rest Brain Breaks to practice independently. Note how you feel before (pre) and after (post) your practice.

Online Class:

Plan one class lesson and explicitly label each of the 3 signature practices within the full lesson.

Together in Class:

Map the "why" of Brain Breaks to your current scope and sequence.

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HW Check-in: Session 5

Self:

Briefly note/journal your experience each day when you:

1. Notice the feeling/sensation of rushed, energetic, hyper, or worried – sympathetic.
2. Notice the feeling/sensation of relaxed, ease, or mellow – parasympathetic.

Online Class:

Briefly note/journal your experience when 15-minutes into an online class session, you and your students practice a Brain Break by interjecting Chair Eagle for 3 breaths.

Together in Class:

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

1. Go to the online curriculum
2. Go to the BRAIN BREAK videos
3. Watch the video for Anchor Breathing,
so you can eventually do it in class with your students.



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HW Check-in: Session 6

Self:

- 1) Each time you are able to give focused attention to your breath, purposely lengthen/extend the exhale.
- 2) Identify one new strategy of interest to you for improving brain growth.

Online Class:

Using the SEL curriculum as guidance, plan and facilitate a discussion about neuroplasticity with students.

Together in Class:

Using the SEL curriculum as guidance, plan and facilitate a discussion on growth mindset vs. fixed mindset.



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Learning Objectives

- ❖ Associate neuroplasticity with habit formation.
- ❖ Identify healthy habits that support educator self-care and SEL.
- ❖ Reflect, plan, and set goals for healthy habit formation and SEL alignment.
- ❖ Illustrate the interconnectedness of SEL and self-care.
- ❖ Practice and implement Breathe, Move, and Rest Strategies for Self-awareness and Self-management.
- ❖ Identify CASEL competencies
- ❖ Acquire Skills to train colleagues in SEL, evidence-based curricula.



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Guiding Questions

What is a habit?

How can we apply our understanding of wellness practices to create new, positive habits?



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

~Viktor Frankl



Frankl, Viktor Emil., and Hse Lasch. *Man's Search for Meaning: an Introduction to Logotherapy*. Hodder and Stoughton, 1962.



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Self-care



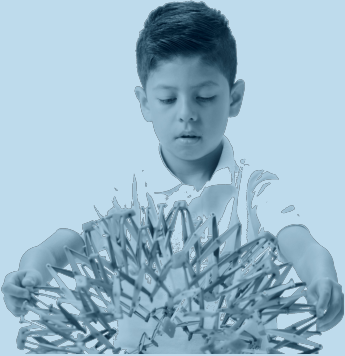
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Breathe






Move






Rest



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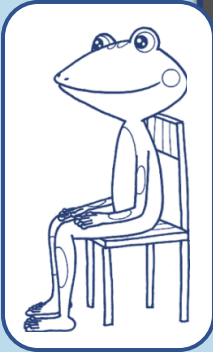

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Engaging Activity: Easy In, Extended Out

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.

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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.



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Engaging Activity: One Minute Reflection



1. Before leaving school take a moment to pause and reflect on today.
2. Sit comfortably, either at your desk or on the floor.
3. Were there things you did today that you are proud of? Let them soak in for 20-30 seconds.
4. Feel good about your accomplishments.
5. Were there things you felt you could have done better or differently? It's ok to make mistakes or missteps.
6. Tomorrow, with a fresh mind and even breathing, you can try again.

*If on the floor, sleeping crocodile can be done lying on the belly. Instruct learners to cross arms, "make a pillow with your hands" and lie down with head resting on hands.



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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.

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NEUROPLASTICITY

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



<https://www.projectrex.org/adolescent-brain-cognitive-development-abcd-study/>



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Creating Healthy Habits

- ❖ 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.



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.

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Creating Healthy Habits

- ❖ 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



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.

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Creating Healthy Habits

The Big 7

- ❖ Mindful breathing
- ❖ Sleep
- ❖ Nutrition
- ❖ Exercise
- ❖ Building and maintaining positive relationships
- ❖ Doing things that are meaningful to you (hobbies/entertainment)
- ❖ Positive self-talk, including self- and other – compassion, acceptance, reappraisal, visualization, and problem-solving.



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.



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Creating Healthy Habits



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Creating Healthy Habits



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

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<https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>



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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.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/eisp.674>



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Modeling and Implementation of SEL



**Welcoming /
Inclusion Activities**
Synectics



Engaging Strategies
Brain Breaks



Optimistic Closure
My Next Step



Source: SEL 3 Signature Practices Playbook 2019

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Considerations & Strategies

MINDSETS



versus



- ❖ Link choices to actions (and future goals!)
- ❖ Integrate academic content to discuss and explore roles/role play
- ❖ Self-talk
- ❖ "I Can't – Yet" Strategy
- ❖ "Thought Stopping Strategy"
 1. Become aware of self-talk.
 2. Stop the negative self-talk.
 3. Replace it with positive self-talk.

Image Source: https://www.connectinglink.com/blog/responsible_decision-making

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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

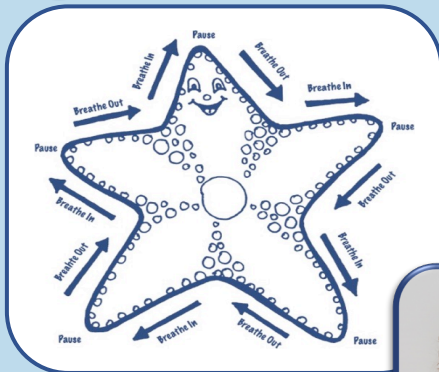


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Engaging Activity: Starfish Breathing or Take Five



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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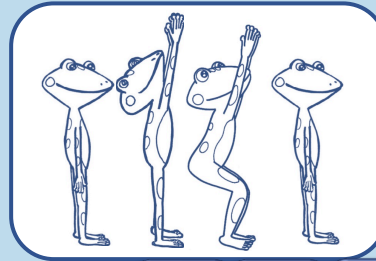
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Engaging Activity: Mountain/Chair Strength Sequence

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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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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Brain Breaks Review



Breathe

- ❖ Easy In, Extended Out
- ❖ Starfish Breathing/Take Five



Move

- ❖ Chair Sunrise Twist
- ❖ Mountain/Chair Strength Sequence



Rest

- ❖ One Minute Reflection
- ❖ Guided Rest/Body Scan



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Pure Power Implementation



Grades K-5

- ❖ Unit 2 – Power to Tame Your Temper
 - ❖ Lesson 2.6, Success through Goal Setting (3-5)
 - ❖ Lesson 2.4, Success through Goal Setting (K-2)



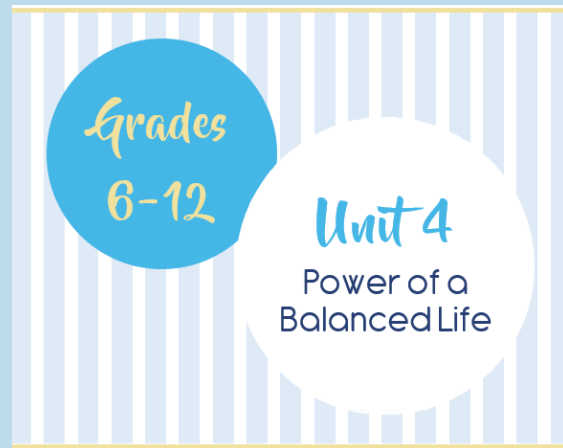
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Pure Power Implementation

Grades 6-12

- ❖ Unit 4 – Power of a Balanced Life
- ❖ Lesson 7, Habits and Neuroplasticity



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Creating Healthy Habits



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Sample: Self-care Template for Implementation

Self-Care Action Plan

LEARNING OBJECTIVES:

- Recognize the impact of school stress
- Experience and apply brain breaks to self-care practice
- Summarize the concept of self-care
- Summarize the neuroscience of stress

REMINDERS & KEY CONCEPTS:

- "Flipping Your Lid"
- Building Emotional Intelligence
- "Name it to Tame it"
- 6 Critical Healing Factors
- Well-Rounded Self-Care
- Plan, Prioritize, Calendar your Self-Care

RESOURCES:

- pureedgeinc.org
 - use employee ID / school email address in sign up fields
- Headspace App
 - Go.headspace.com/pureedge

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



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HEADSPACE: Mindfulness On Demand



Headspace is donating their app to all Educators.

go.headspace.com/pureedge

Think of it as,
**A personal meditation guide,
 right in your pocket.**



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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."

There's a Hole in My Sidewalk: The Romance of Self-Discovery. — Portia Nelson
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Homework

Self:

Reflect on your day. Then, identify and briefly journal about one good thing/goal/accomplishment.

Online Class:

Plan and implement 1 Brain Break strategy during your online class.

Together in Class:

Map healthy habit formation to your current curriculum standards and objectives.

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Optimistic Closure: My Next Step



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training
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Online Curriculum Log Out + MENU



• breathe • move • rest



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