



Pure Community

Thank you for joining us!

Session 1: Educator Self-care and Self-awareness
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 certificate of completion.
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.



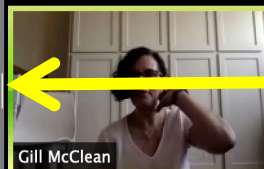
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Welcoming: Mindful Minute



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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

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



Respond to the poll on the next slide to share which of the following images most accurately reflects your experience right now.

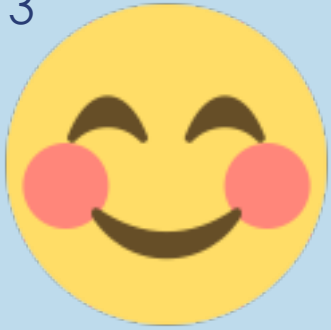
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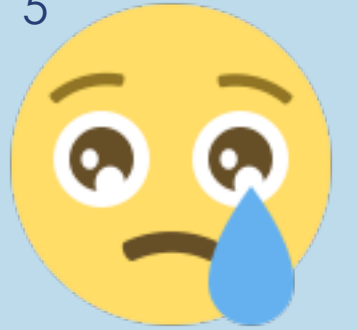
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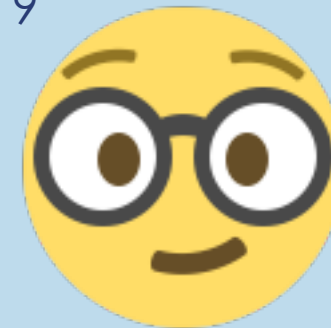
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8



9



10



Learning Objectives

- ❖ Identify the **aspects of self-awareness**.
 - ❖ Experience a **simple self-care practice** throughout.
 - ❖ Describe SEL and its competencies with a focus on **self-awareness**.
-

Why SEL?

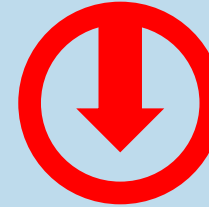


SEL Works: Compelling National Evidence

Science Links SEL to Student Gains:



- Better social-emotional skills
- Improved attitudes about self, others, and school
- Positive classroom behavior
- 11 percentile-point gain on standardized achievement tests



- Fewer conduct problems
- Less emotional stress
- Lower drug use

...and adults benefit too



Teachers who possess social and emotional competencies are **more likely to stay in the classroom longer** because they're able to work more effectively with challenging students—one of the main causes of burnout.



Statistically significant associations between measured social-emotional skills in kindergarten and key young adult outcomes across multiple domains of **education, employment, criminal activity, substance use, and mental health.**





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 Learning (SEL) CASEL Competencies

The Competencies serve as a framework for furthering social, emotional and academic learning within school contexts.

Pure Edge program touches on all five and especially promotes:

- Self-awareness
- Self-management
- Relationship Skills



Modeling and Implementation



3 Signature Practices



Welcoming/Inclusion Activities
(1-9 minutes)

- Support contribution by all voices
- Set norms for respectful listening
- Create connection and belonging
- i.e. Class Circles, Morning Meeting, Partner Discussions, etc.

Engaging Strategies
(1-15 minutes)

- Brain Breaks
- Sense-making
- Opportunities for Interactions
- Intentionally build SEL skills
- i.e. Brain Breaks, Directly teach SEL skills through evidence-based programs

Optimistic Closure
(3-5 minutes)

- Provides positive closure
- Reinforces learning
- Reflection and looking forward
- Intentional closure
- Topic reinforcement
- i.e. Reflective questions

Self-care Practice



Breathe

Move

Rest



Social and Emotional Competencies

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."



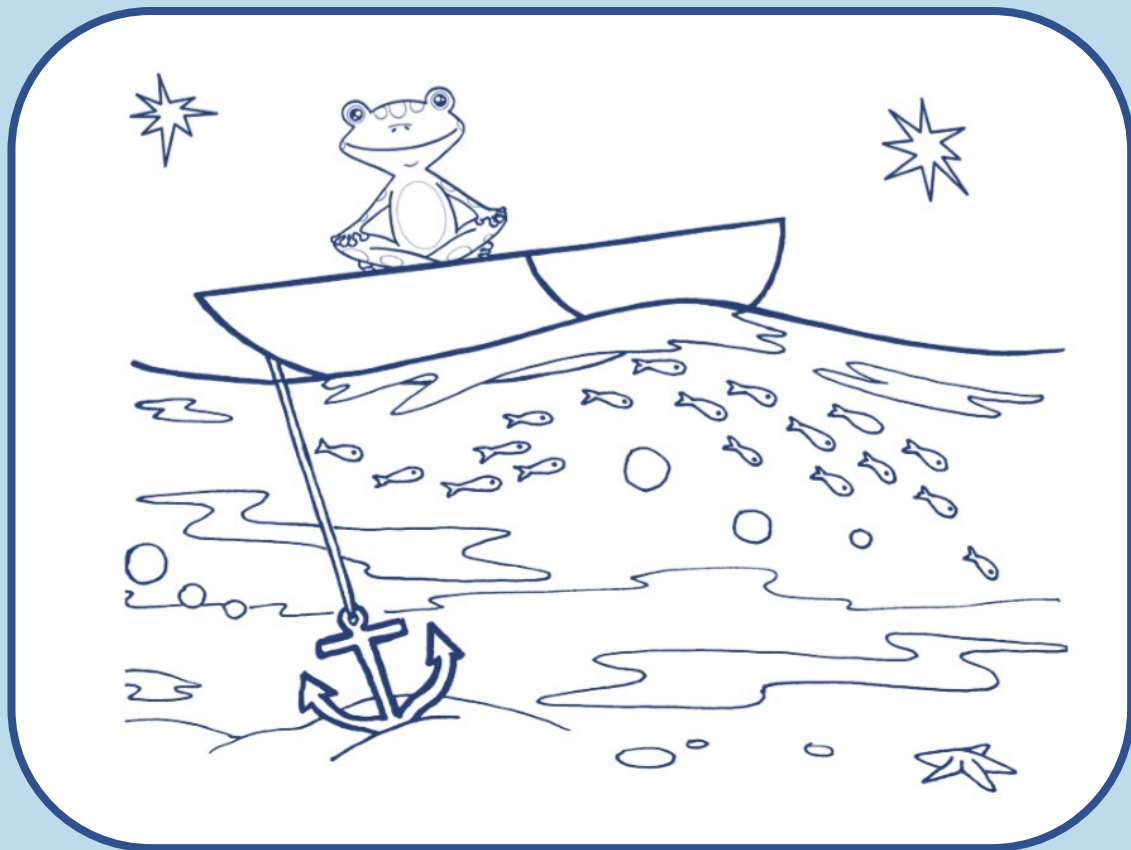
Social and Emotional Competencies

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy



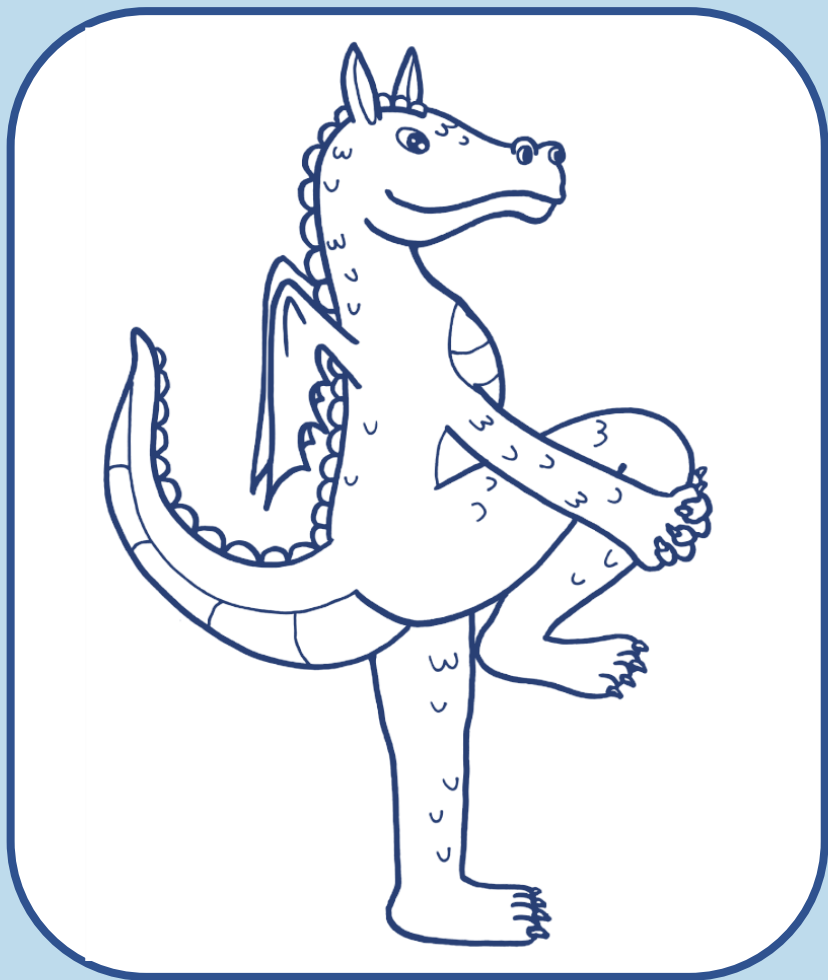


Engaging Activity: Anchor Breathing



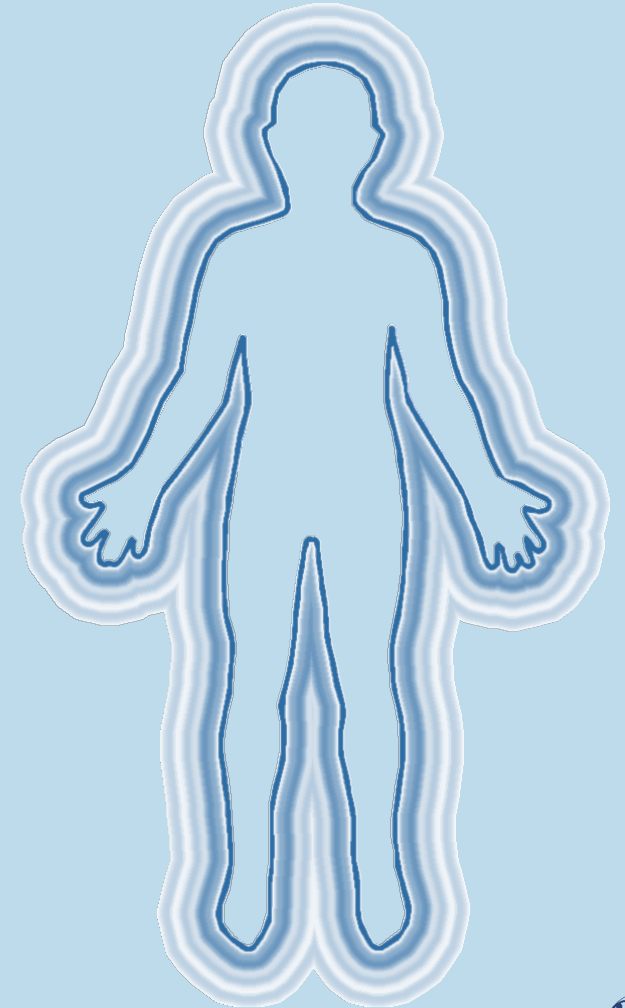


Engaging Activity: Stork



Self-Awareness and the Body

- **The body** is our most concrete tool in mindfulness practice. It provides **immediate feedback**.
- When one becomes aware of the body, **one notices its state as it is right now**.
- **Feedback loop:** The muscles, bones, organs, nervous system that are all part of an inescapable connection, from how one may think and feel, in the moment.



Self-Awareness and the Body

Research shows that the average person has **50,000 to 70,000** thoughts per day.¹



- Mindfulness can be defined as “**the ability to notice what is happening as it is happening.**”
- **Mindfulness practice** is one way to improve our ability to become more aware of what we are thinking.

“Through physical practice, we have learned how to exercise different muscles in the body, and now we will begin training our mindfulness muscle.”²

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916

2: Sharon Salzberg, Real Happiness, 2010

Self-Awareness and the Body

- **The body** is our most concrete tool in self-awareness and mindfulness practice. It provides **immediate feedback**.
- When one becomes aware of the body, **one notices its state as it is right now**.
- **Feedback loop:** The muscles, bones, organs, nervous system that are all part of an inescapable connection, from how one may think and feel, in the moment.



What is mindfulness?

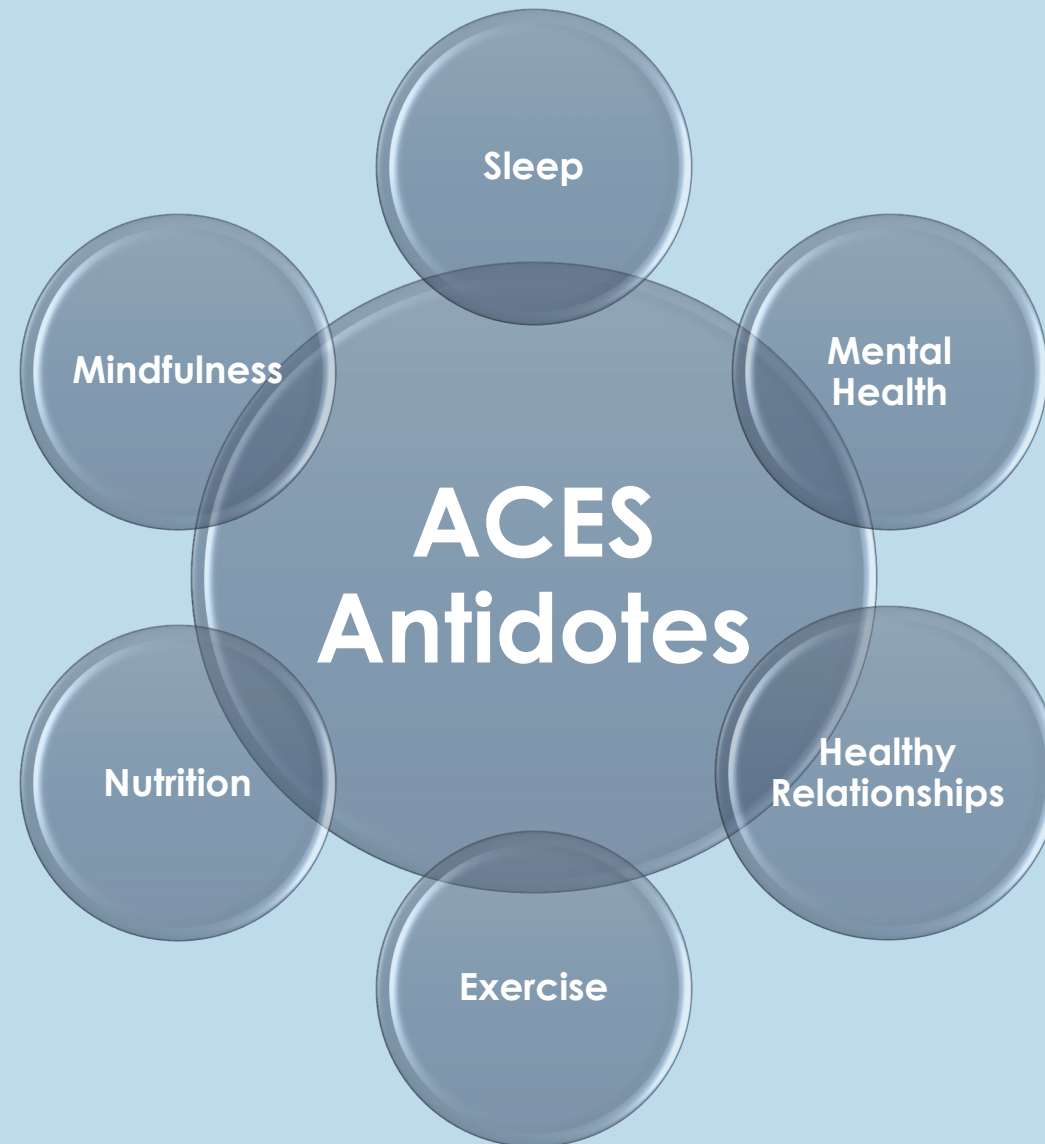


Mindfulness

Mindfulness means noticing what is happening as it is happening.
Mindfulness is about paying attention on purpose, with a sense of kindness and curiosity.

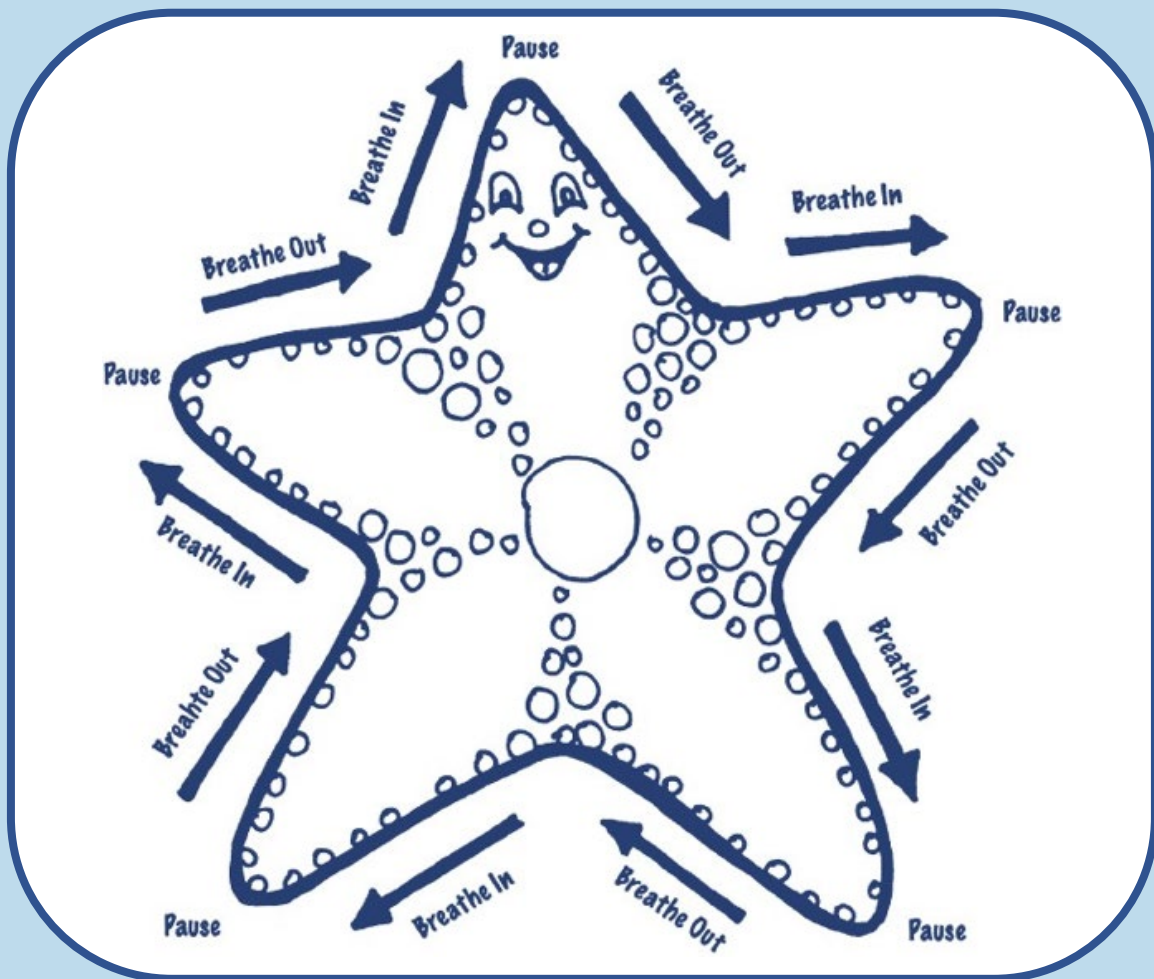


Self-awareness and the Healing Factors





Engaging Activity: Starfish Breathing or Take Five





Engaging Activity: Chair Eagle



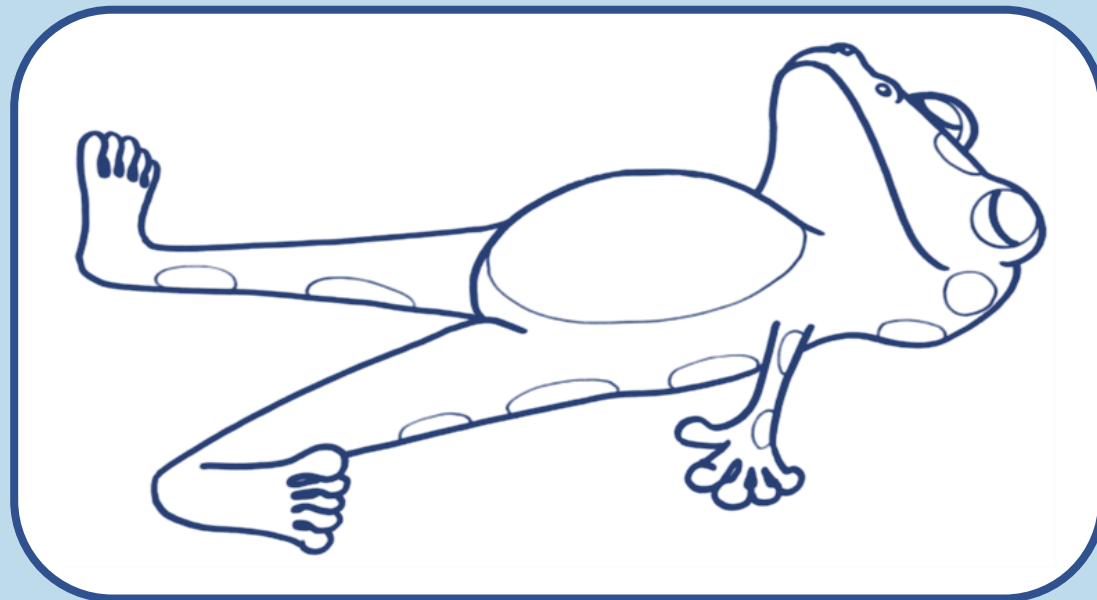


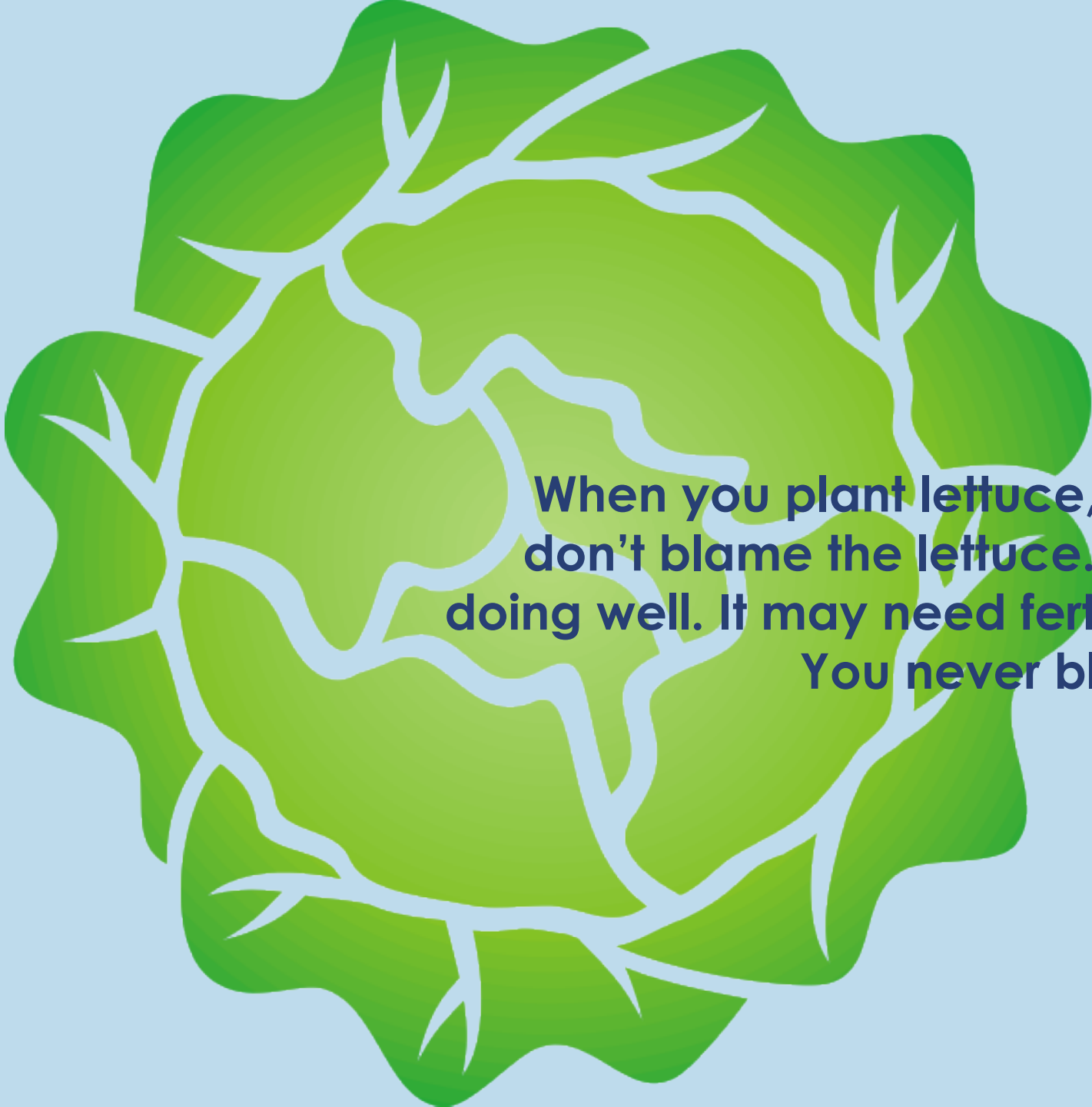
Engaging Activity: Eagle





Engaging Activity: Guided Rest / Body Scan





When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce.

— Thích Nhất Hạnh



Optimistic Closure: Home Practice

Throughout your day, try to bring attention to:

How and what your **body is feeling?**

How what your **breath is doing?**

What do you notice in your body, breath, and mind?

Check specific times of the day, once a day:

Morning

Afternoon

Evening



pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



**Pure
Edge**

Success Through Focus

Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.



●
breathe

●
move

●
rest





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