



# Thank you for joining us!

**Session 3:** Educator Self-Care and Social 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 your respective agency's system 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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# Introductions

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

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# Who We Are

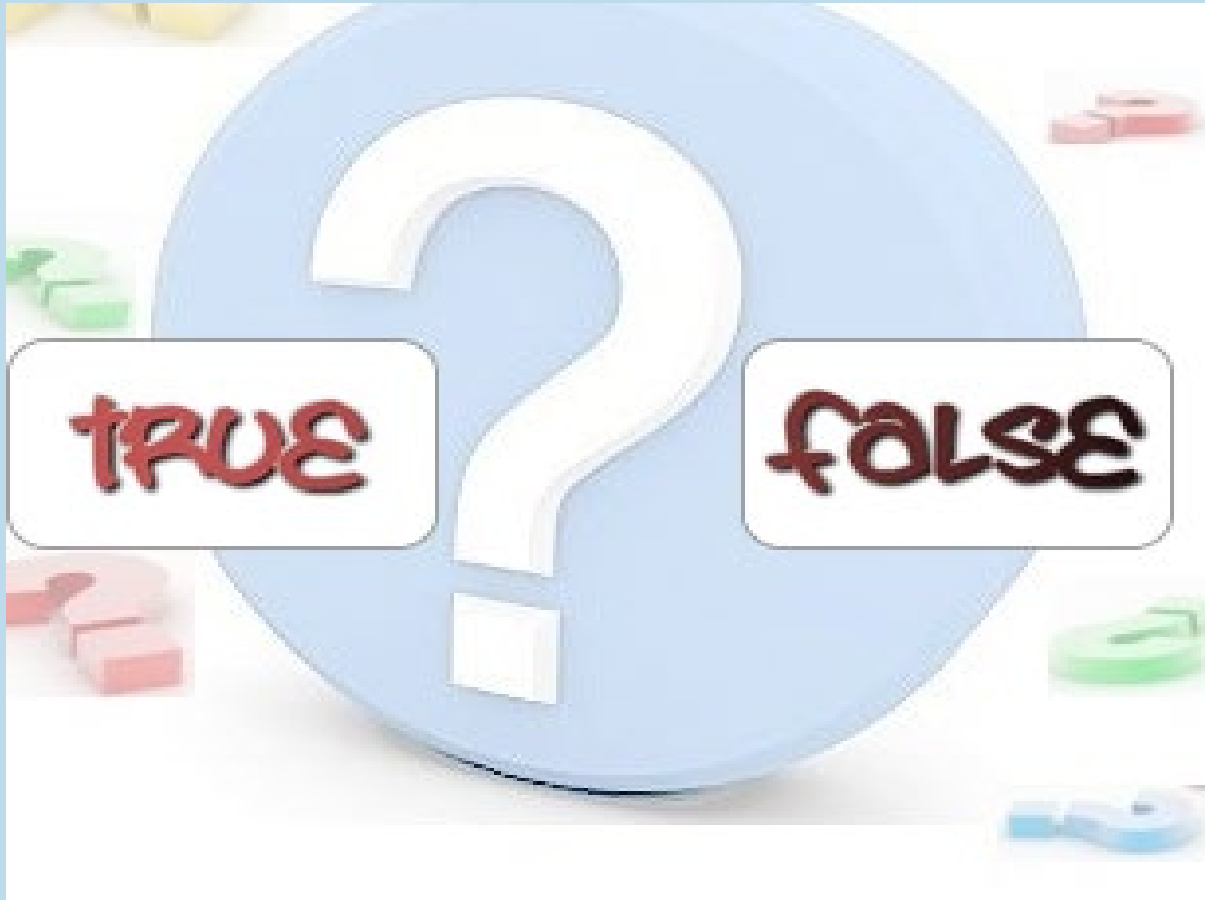
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**Pure Edge, Inc. (PEI)** is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.



# Welcoming Activity: True or False



Respond to the questions via the poll

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# Session Review

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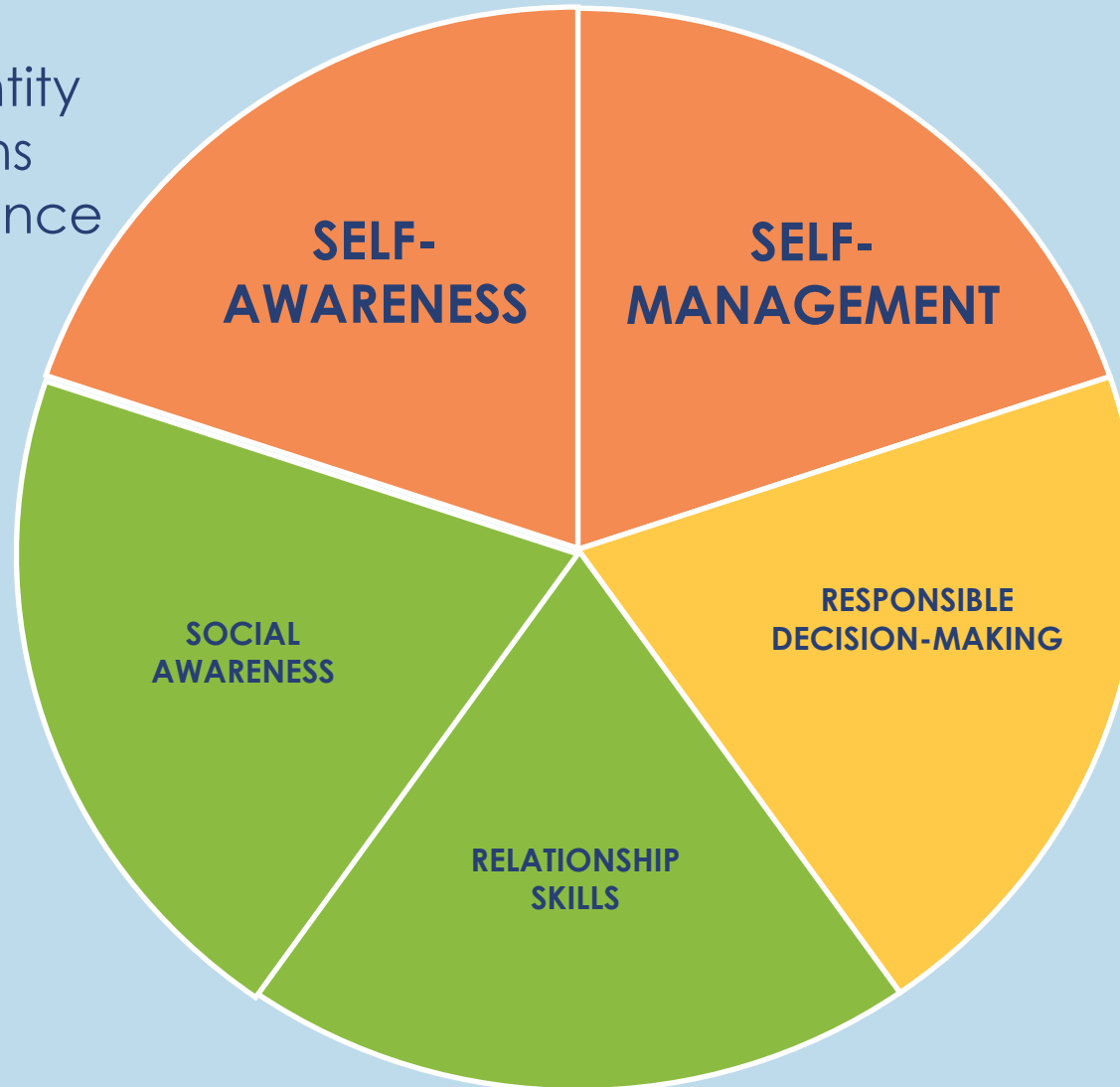
# SEL is...

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 Competencies

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



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

# Brain Breaks and Key Concepts



## Breathe

- ❖ Even In - Even Out
- ❖ Alternate Nostril Breathing
- ❖ Anchor Breathing
- ❖ Starfish Breathing / Take Five



## Move

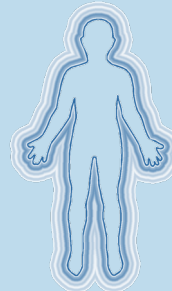
- ❖ Chair Cat/Cow
- ❖ Sunrise/Sunset
- ❖ Stork
- ❖ Eagle



## Rest

- ❖ Mindful Listening
- ❖ STOP
- ❖ Guided Rest/Body Scan

- 
- ✓ *Allostatic Load*
  - ✓ *Body Awareness*
  - ✓ *Mindfulness*
  - ✓ *6 Critical Healing Factors*





# Learning Objectives

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

# Social and Emotional Learning Competencies

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.  
The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

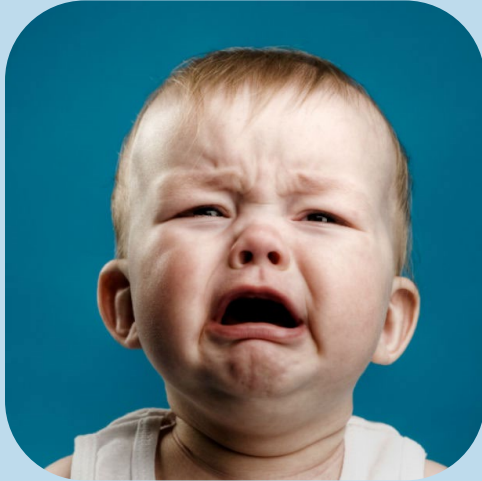


# Social and Emotional Learning Competencies



- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

# Social Awareness and Self-Care



“Gas Pedal”

Sympathetic Nervous System:  
Fight or Flight



“Brake”

Parasympathetic Nervous System:  
Rest and Digest

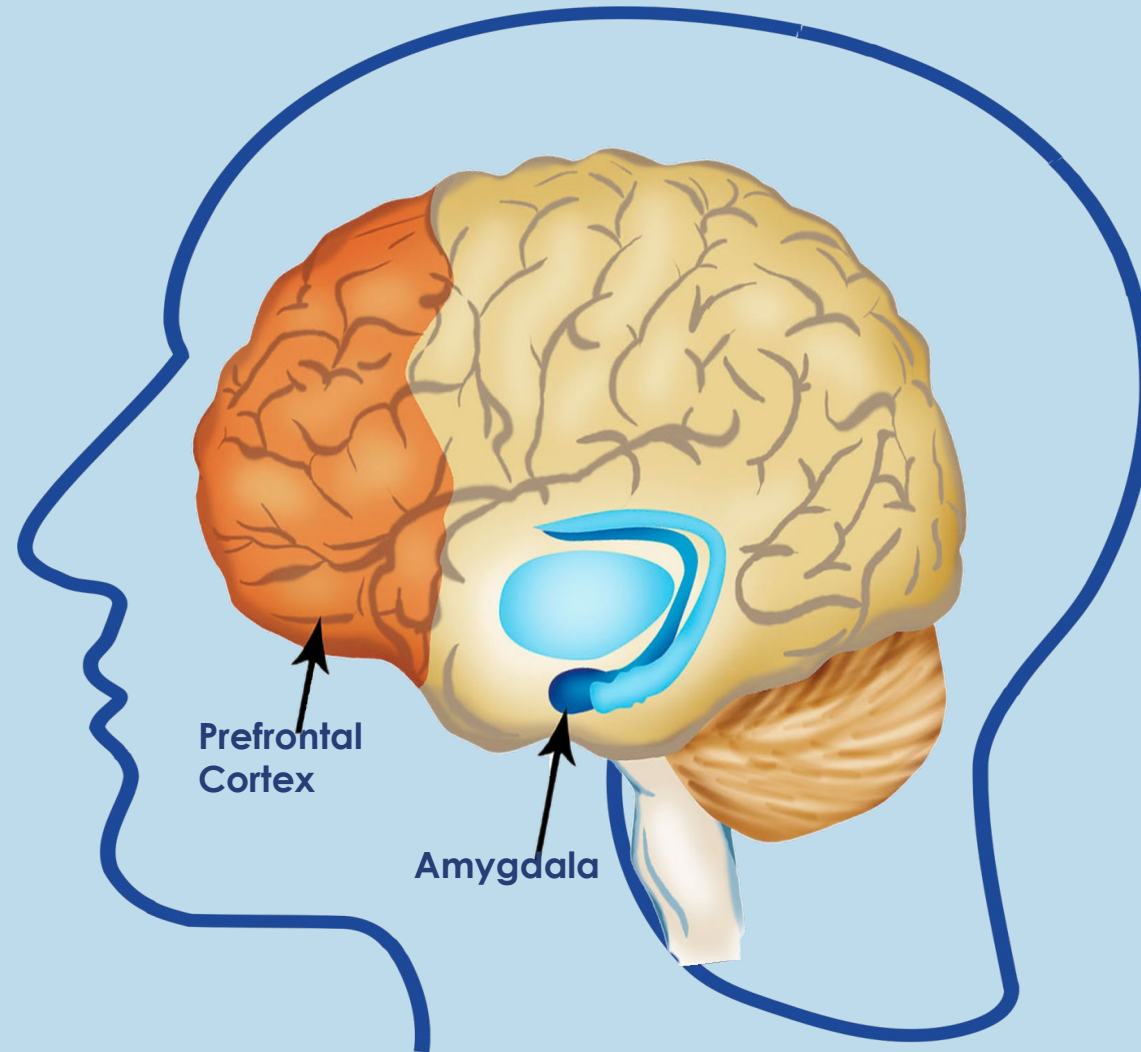


# Social Awareness and Self-care



# Social Awareness and Self-care

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# Engaging Activity: What did you see first?

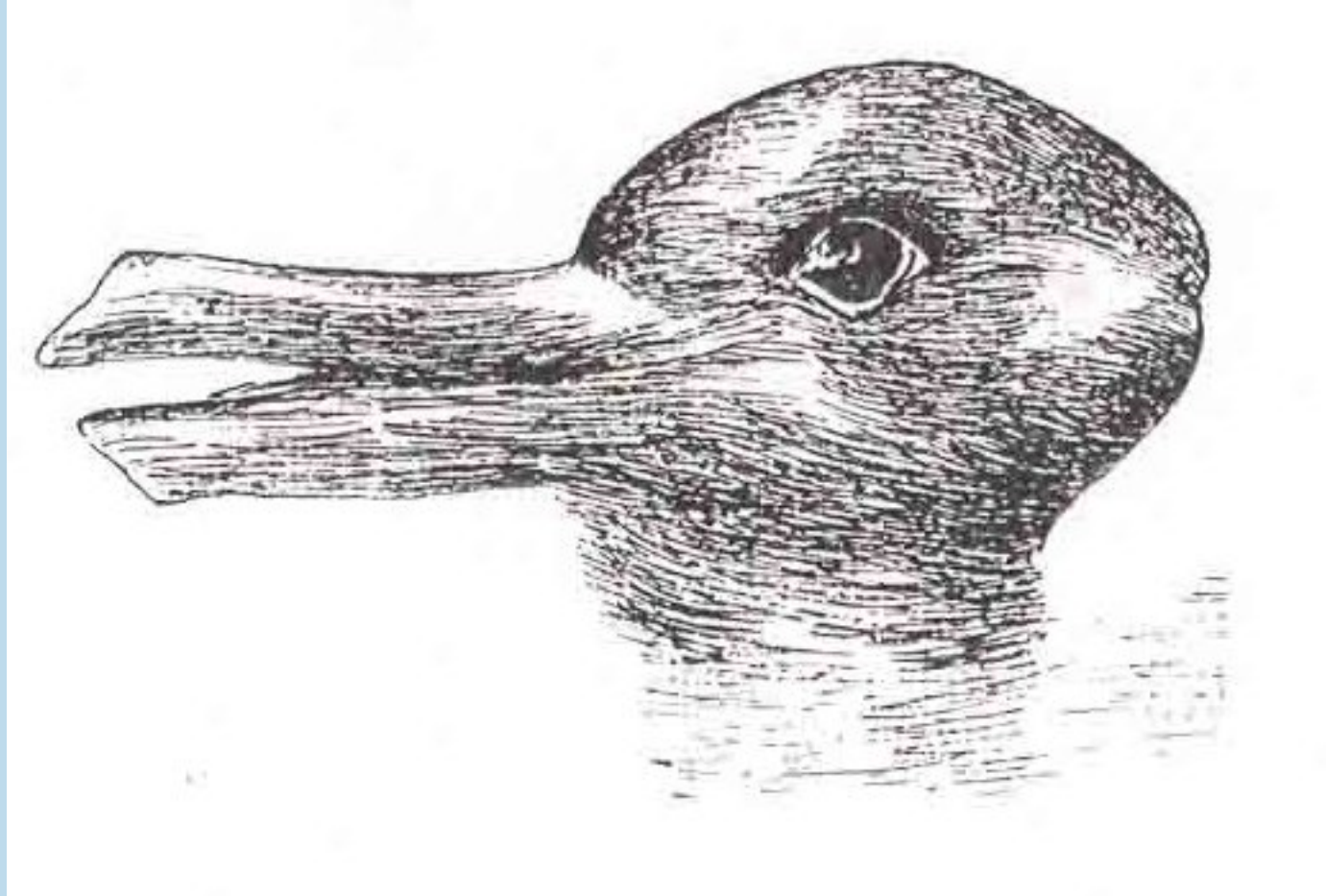
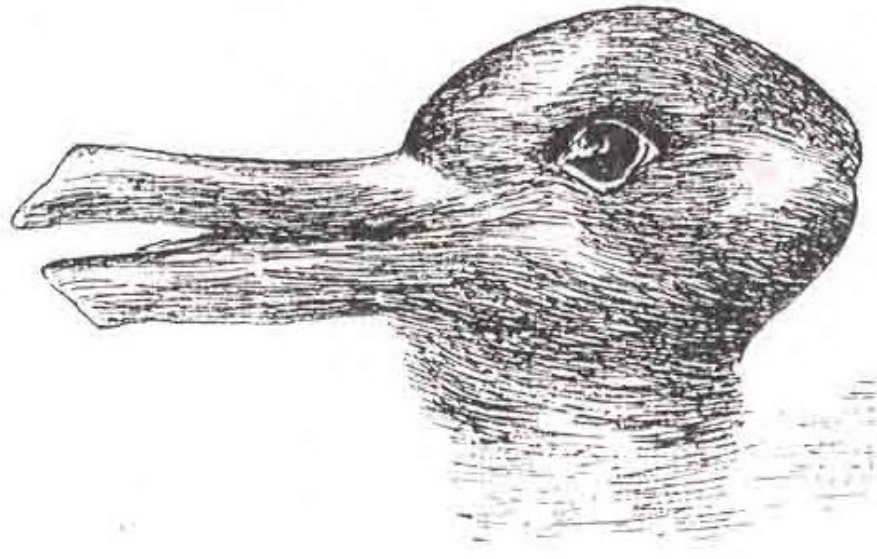


Image: <https://www.illusionsindex.org/i/duck-rabbit>



# Duck-Rabbit Image

We interpret situations, people's actions, and even pictures differently.

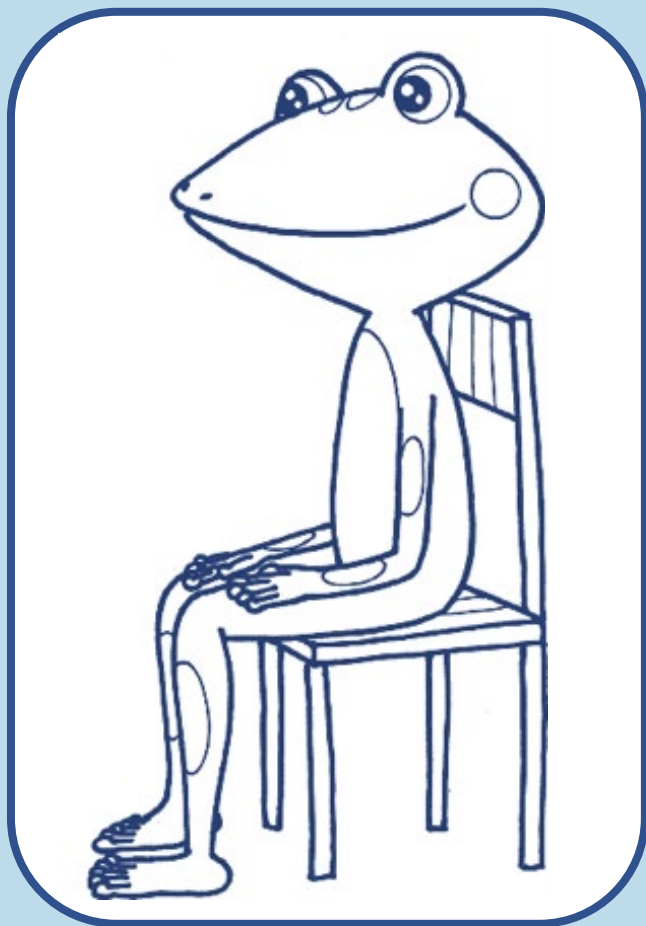


- Sometimes, we're too quick to judge a situation.
- We don't always take the time to fully consider other perspective.



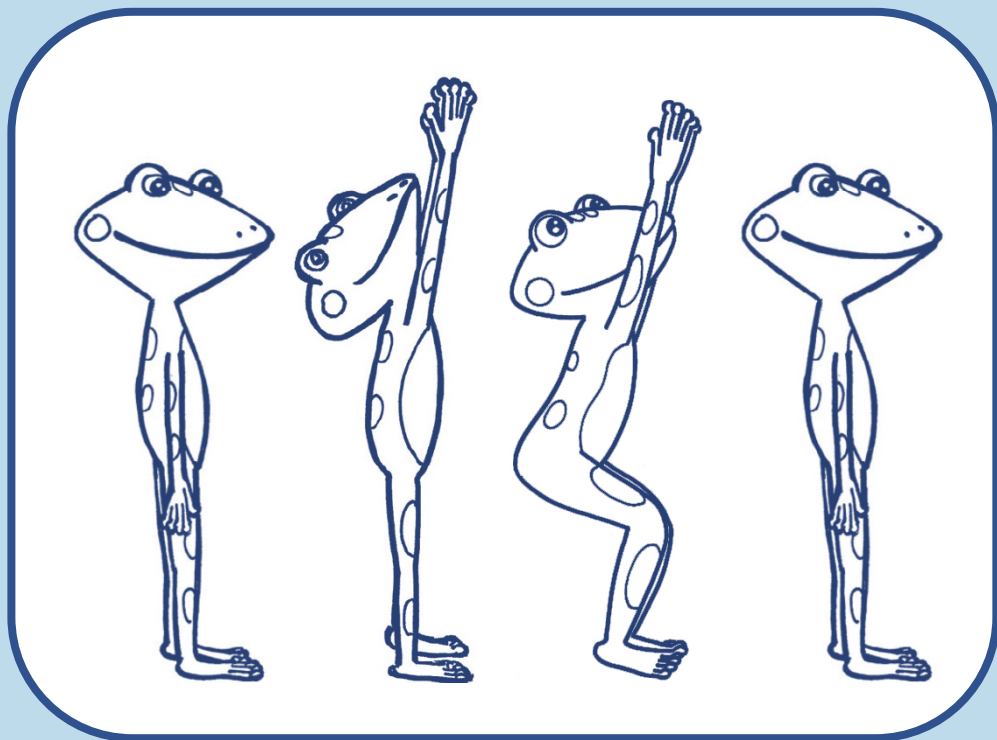


# Engaging Activity: Even In – Even Out





# Engaging Activity: Mountain/Chair Strength Sequence





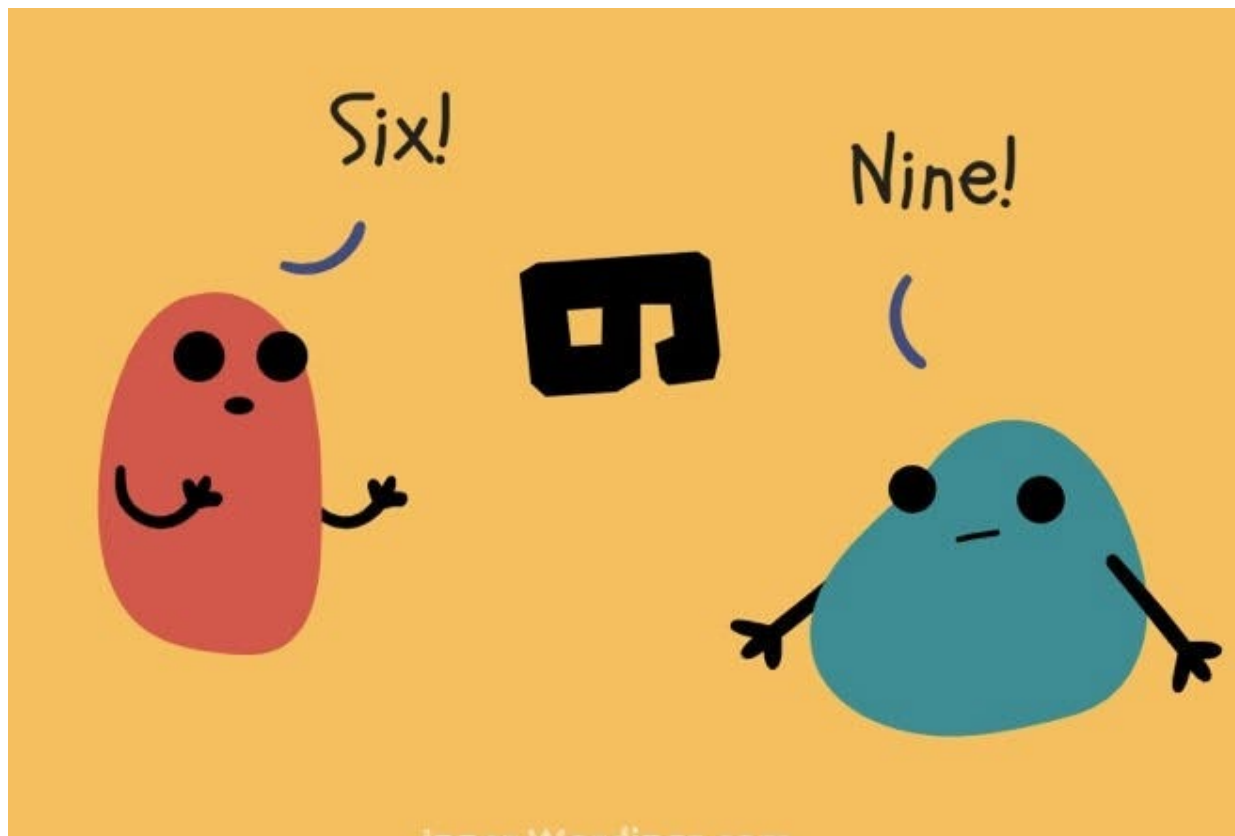
# Engaging Activity: Taking in the Good



# Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.<sup>1</sup>

Nearly all humans share a **negativity bias**, that is...our tendency to hold on to or collect negative information in the form of **memories** or **impressions**.



# Negativity Bias

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Negativity bias can take the shape of:

- ❖ Excessive worry
- ❖ Anxiety
- ❖ Frustration
- ❖ Aggression
- ❖ Judgement

**Sometimes it leads us to look for or expect danger.**





# Negativity Bias

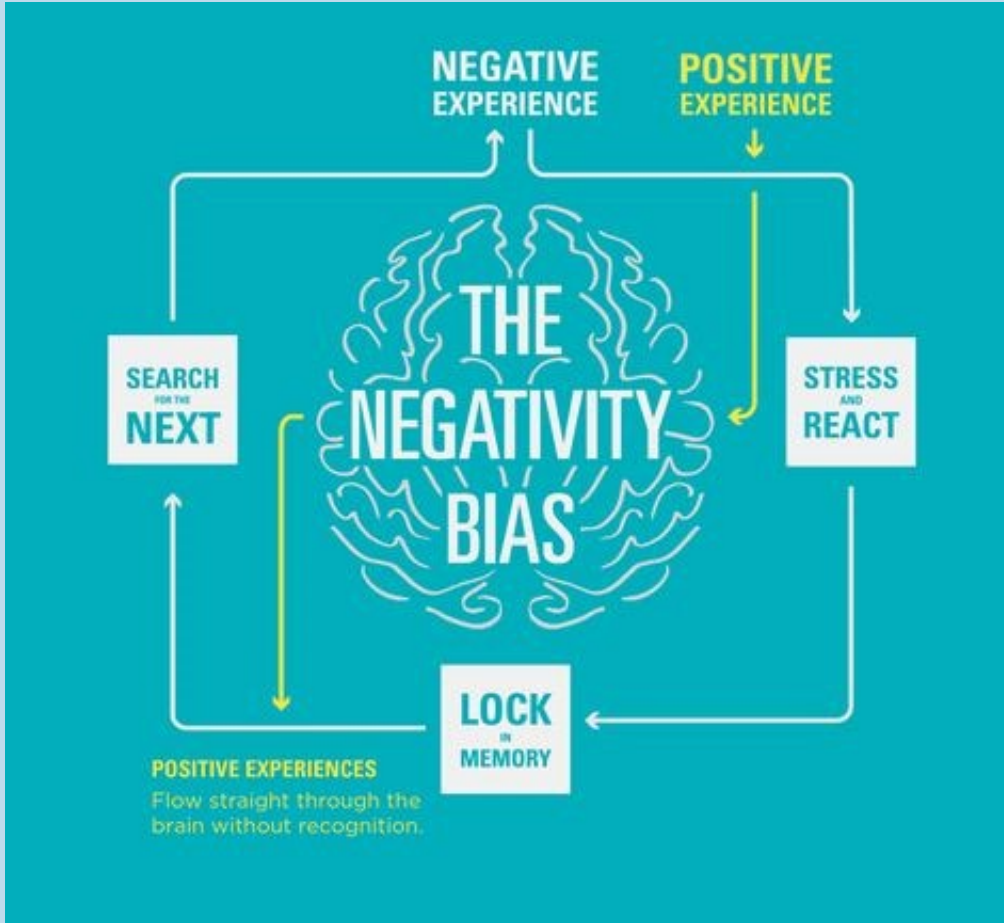
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For example, studies have found that:

- **In a relationship**, it typically takes five good interactions to make-up for a single bad one.
- People will work much harder to **avoid losing \$100** than they will work to gain the same amount of money.
- **Painful experiences** are much more memorable than pleasurable ones.<sup>1</sup>



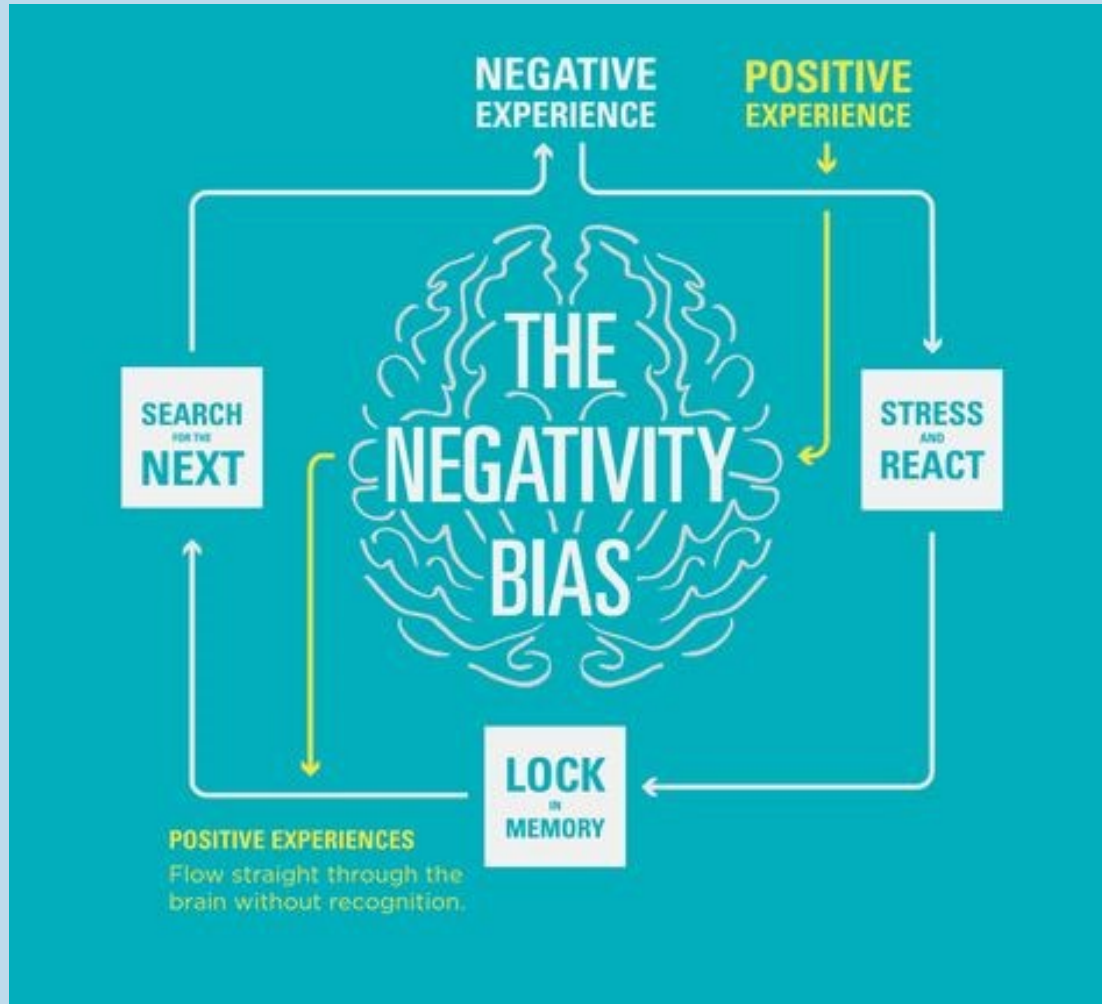
1: Hanson, Dr. Rick, Take in the Good, May 5, 2020.



“The brain is like Velcro for negative experiences and like Teflon for positive ones.”<sup>1</sup>

That shades “implicit memory” – your underlying expectations, beliefs, action strategies, and mood – in an increasingly **negative direction**.

# Taking in the Good



- Meaning, unpleasant experiences stick to the brain's longer-term memory.
- While pleasant experiences are less likely to stay put.

It takes **2-3 seconds** for one's brain to remember something **unpleasant**.

It takes **20-30 seconds** for your brain to remember something **pleasant**.



# How to “Take in the Good”

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1. Look for good facts and turn them into good experiences.
2. Really enjoy the experience.
3. Intend and sense that good experiences are sinking into you.<sup>1</sup>

1: Rick Hanson and Rick Mendius, “Positive Emotions and Taking In the Good,” 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>

# Online

**More and more time is spent online.** Computers, phones and the internet are useful or required tools for school, work, socializing and in business.

How many hours do you think you spend on the internet or social media, **per day**?

- 3
- 5
- 7
- 10+



# Social Awareness Online

Since the internet has become the norm, our brains have become more and **more dependent** on it.

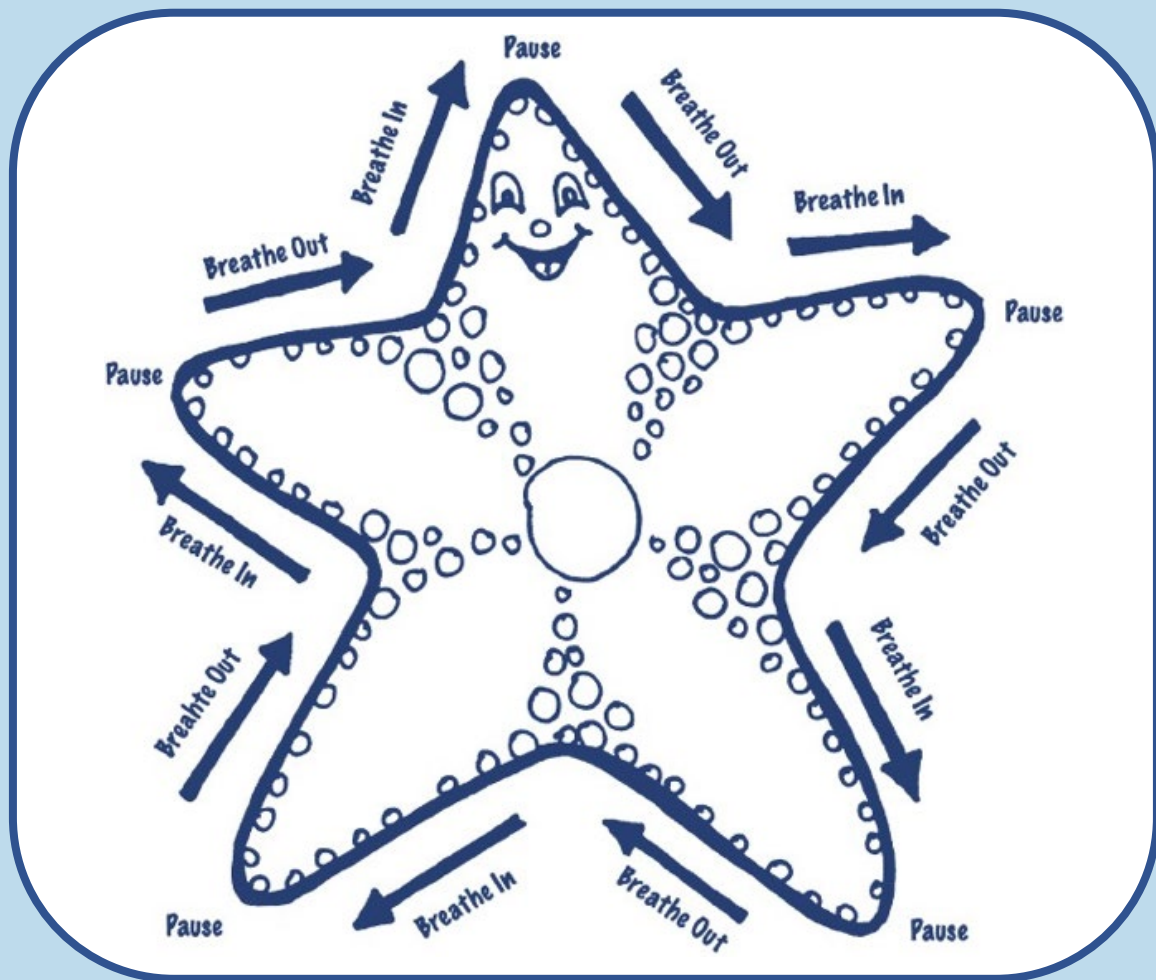


Studies show that chronic, long-term internet use can have an impact on **executive functions** of the brain and impair one's ability to feel:

- Compassion
- Empathy<sup>1</sup>

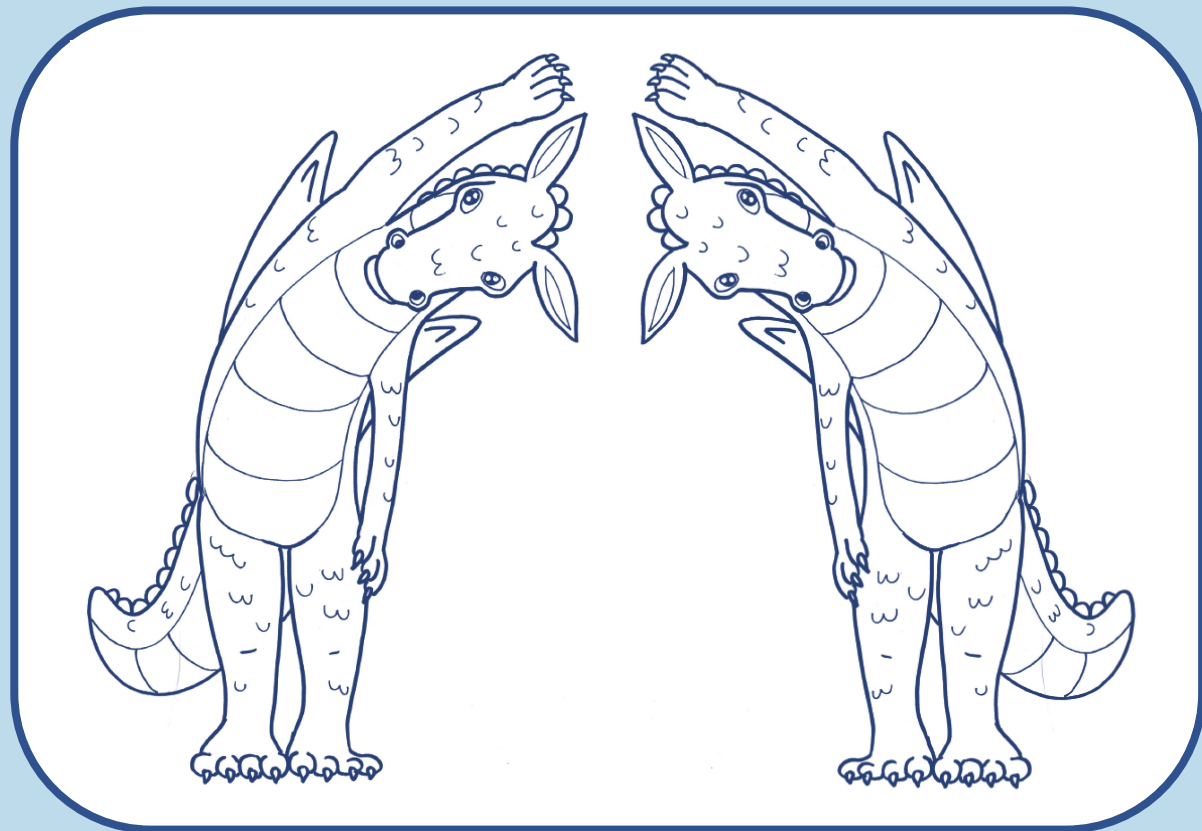


# Engaging Activity: Starfish Breathing or Take Five





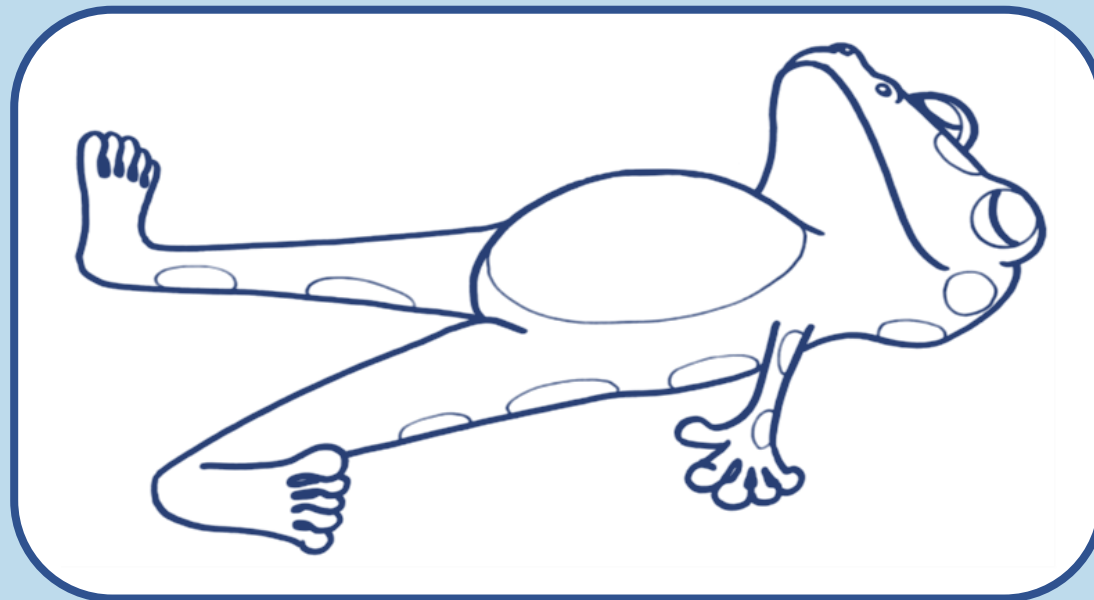
# Engaging Activity: Standing Half Moon







# Engaging Activity: Guided Rest / Body Scan



# Taking in the Good

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- **Taking in the Good** entails focusing on the positive in **what is occurring** or has already occurred.
- Therefore, absorbing and appreciating the experience itself of a positive thought or memory in order to **cultivate resilience** and **gratitude**.

A brain-science savvy and psychological skillful way to improve how you feel, get things done, and treat others.<sup>1</sup>



# Optimistic Closure: One Word Takeaway





# pureedgeinc.org

Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•  
breathe

•  
move

•  
rest





**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!**

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