



Pure Community

Thank you for joining us!

**Session 4:** Educator Self-Care and Relationship Skills  
**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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 Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
 Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)

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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: Think – Share



**“All About Me”**  
The greatness I see  
in me is...

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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.



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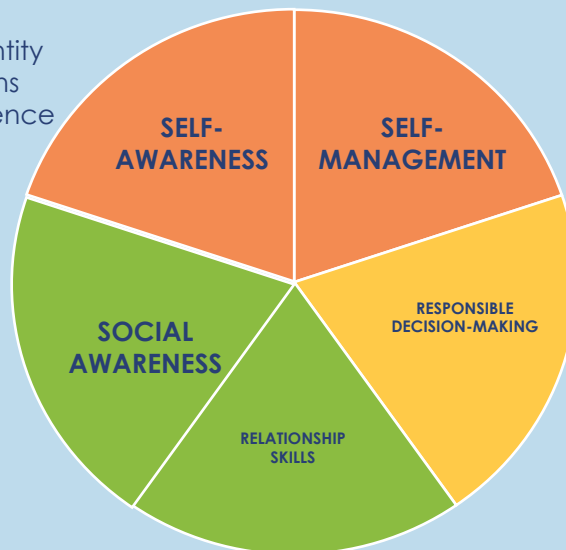
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## Social and Emotional Learning Competencies

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

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



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




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# 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
- ❖ Mountain Chair Strength Sequence
- ❖ Standing Half Moon




## Rest

- ❖ Taking in the Good
- ❖ Mindful Listening
- ❖ STOP
- ❖ Guided Rest/Body Scan

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- ✓ Allostatic Load
- ✓ Body Awareness
- ✓ Mindfulness



- ✓ 6 Critical Healing Factors
- ✓ Negativity Bias
- ✓ Taking in the Good

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# Learning Objectives

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

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# Self-care Practice



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Breathe

Move

Rest



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## Social and Emotional Learning Competencies

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

**COMPETENCIES:**

- SELF-AWARENESS
- SELF-MANAGEMENT
- RESPONSIBLE DECISION-MAKING
- RELATIONSHIP SKILLS
- SOCIAL AWARENESS

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## Social and Emotional Learning Competencies

**COMPETENCIES:**

- SELF-AWARENESS
- SELF-MANAGEMENT
- RESPONSIBLE DECISION-MAKING
- RELATIONSHIP SKILLS
- SOCIAL AWARENESS

- Communication
- Social Engagement
- Relationship – Building
- Teamwork

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## Relationship Skills and Self-care



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## Relationship Skills and Self-Care

### Why Focus on School Stress?

In highly stressed school environments, teachers and learners pay the costs.



When teachers are highly stressed, students show lower levels of both social adjustment and academic performance.

Sources (clockwise from 40-50%): Ingersoll, Merrill & Stuckey (2014); Greenberg, Brown, Abenavoli (2016); School Leaders Network (2014); Rentner, Kaber, Frizzell, (2016); Alliance for Excellent Education (2014).



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# Relationship Skills and Self-care

## Teacher Burnout



**Disrupts relationships between schools and communities**

Turnover happens most in poorly performing schools, leading to destabilization of low-income neighborhood schools.

Issues Brief – Robert Wood Johnson Foundation, Teacher Stress and Health Effects on Teachers, Students, and Schools. The Pennsylvania State University © 2017  
Photo: **Why It's Okay to Feel "Teacher Burnout"**. 2015. <https://theartofeducation.edu/2016/01/29/why-its-okay-to-feel-teacher-burnout/>

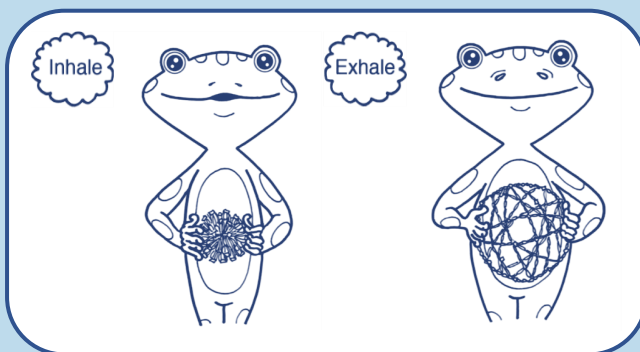


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## Engaging Activity: Breathing Ball

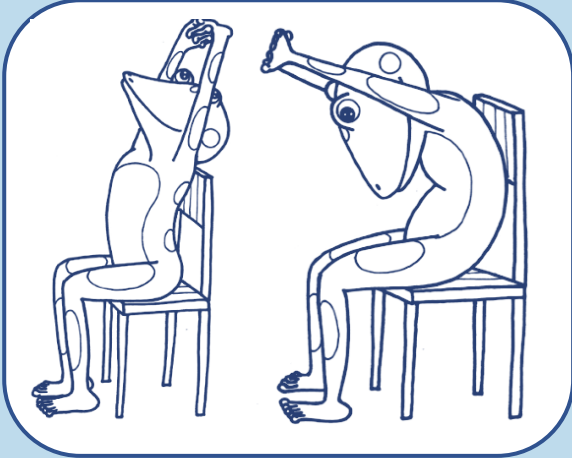


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## Engaging Activity: Chair Cat/Cow



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## Engaging Activity: Attitude of Gratitude



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## Relationship Skills

*When we enjoy healthy social lives, we constantly exercise our social-emotional skills. We maintain connections that feed our senses of caring and being cared for. Some studies have even shown that there is a link between friendship and longevity.*

<https://www.nytimes.com/2009/04/21/health/21well.html>



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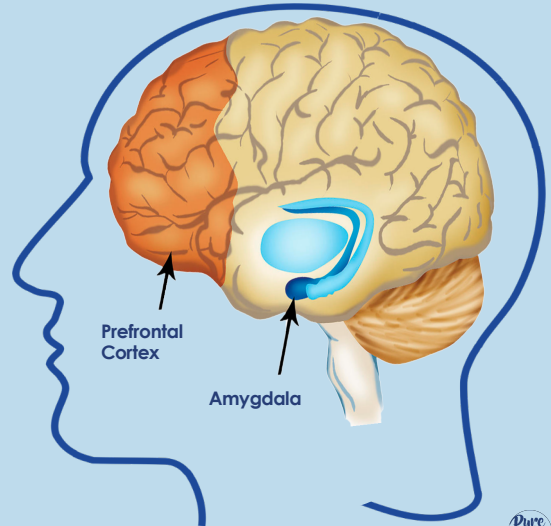
“The three most important  
aspects of learning  
–attention, focus, and memory–  
are all controlled by our emotions,  
not by cognition.”

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. ©2020 Pure Edge, Inc.

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## Relationship Skills and Self-care

- ❖ The rational part of the brain, the Prefrontal Cortex, isn't fully developed until age 25 or so.
- ❖ Adults think with the prefrontal cortex, the brain's rational part. This is the part of the brain that responds to situations with good judgment and an awareness of long-term consequences.
- ❖ Children, teens, and young adults rely on the amygdala to process information; the emotional part of the brain.



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## Relationship Skills and Self-care

### Stress Is Contagious



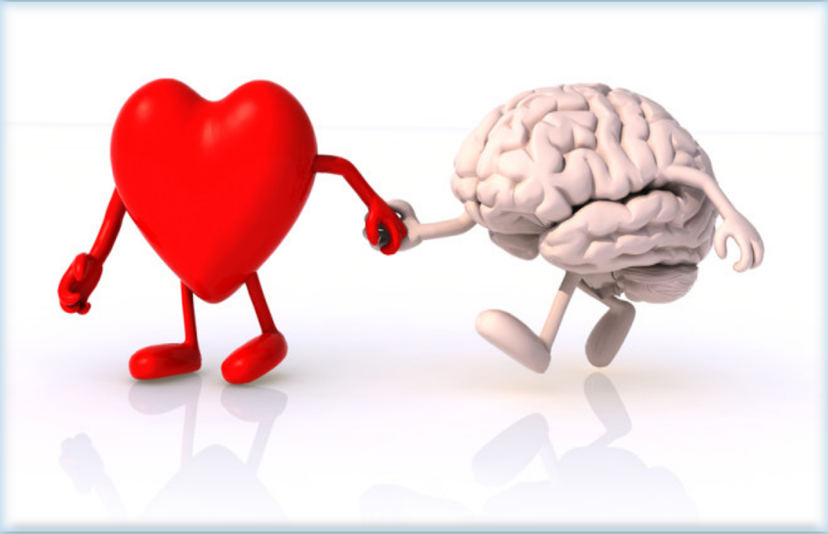
**Higher cortisol levels** were found in students whose teachers reported high levels of stress and burnout.

Researcher **Kimberly Schonert-Reichl** urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

[www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1.24030014](http://www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1.24030014)  
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**Development** is malleable. We can always learn new skills, from birth through adolescence & into adulthood, because the **brain** never stops growing & changing in response to experiences & **relationships**.

- Sources: Griffiths, P.E., & Hochman, A. (2015) Developmental systems theory. *eLife* 2, 1-7.
- Moore, D.S. (2015) The developing genome: An introduction to behavioral epigenetics.
- 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.
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## Engaging Activity: Starfish Breathing or Take Five

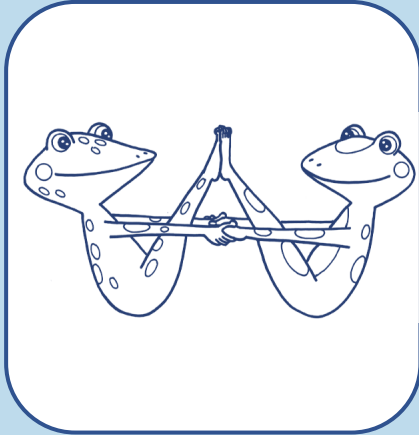



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## Optimistic Closure: Connection

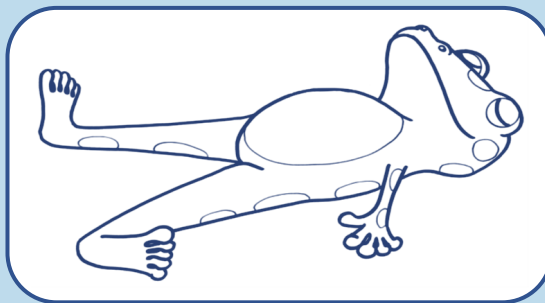


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## Engaging Activity: Guided Rest / Body Scan

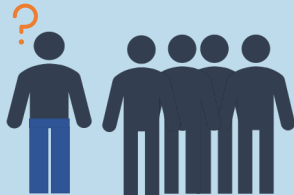


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# Relationship Skills and Self-care

## Belonging and Performance

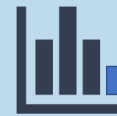


**Stereotype Threat (Steele)**  
When students have questions about their belonging, they search for cues to signal whether or not they fit in and are valued by others.



**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>



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# Relationship Skills and Self-care

## 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>



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# Relationship Skills and Self-care

## Culture of Care Tenets



### Culture of Care

- SEL is integrated and sustained at the school and organization levels
- Begins with recognizing the need to care for self and one another
- Fosters communication and compassion for the challenges inherent in teaching and learning
- Recognizes differences and sees them as opportunities to demonstrate respect
- Offers and draws upon the concepts and skills we teach in Pure Power sessions



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# Relationship Skills and Self-care



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## Optimistic Closure: 7 Ways to Maintain Relationships During School Closure

1. Try to say hello frequently.
2. Maintain your morning meeting.
3. Reimagine "temperature checks."
4. Try snail mail pen pals, phone pals, or virtual turn and talk.
5. Use online tools like Google Classroom to create "virtual tables" for small-group discussions
6. Consider including parents.
7. Get kids to name and process their own emotions



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<https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure>



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Evidence-Based Approach  
Thoughtful Relationships  
Curriculum & Training

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Online Curriculum Log Out + MENU

breathes moves rest



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