Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your confirmation of attendance.

2. If you have any questions, please type them into the Q&A box.

3. Remember to also sign up and register in PDMS, #29051, in order to earn credit hours.

4. If you’d like, grab a pen/pencil/paper to jot down your thoughts.
Welcoming: Mindful Minute

To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.
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: This or That

Respond to the questions via the poll
Session Review
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
- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others
- Communication
- Social Engagement
- Relationship – Building
- Teamwork

SELF-AWARENESS

SELF-MANAGEMENT

RESPONSIBLE DECISION-MAKING

RELATIONSHIP SKILLS

SOCIAL AWARENESS
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**
- Attitude of Gratitude
- Taking in the Good
- Mindful Listening
- STOP
- Guided Rest/Body Scan

- ✓ Allostatic Load
- ✓ Body Awareness
- ✓ Mindfulness
- ✓ 6 Critical Healing Factors
- ✓ Negativity Bias
- ✓ Taking in the Good
- ✓ Building Belonging
- ✓ Stress is Contagious

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Learning Objectives

- Identify the aspects of responsible decision-making.
- Experience a simple self-care practice throughout.
- Describe SEL and its competencies with a focus on responsible decision-making.
Breathe

Move

Rest

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Self-care Practice
The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.
Social and Emotional Learning Competencies

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility
Engaging Activity: Alternate Nostril Breathing
Engaging Activity: Chair Sunrise Twist

Inhale

Exhale
Engaging Activity: STOP

STOP

TAKE
3 MINDFUL BREATHS

OBSERVE
THE FEELINGS
IN YOUR BODY

PROCEED
WHEN YOU FEEL READY

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.
Green Zone

Image source: https://www.goodnewsnetwork.org/get-drunk-happiness/

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"Behavior is communication"

Engaging Activity: Easy In, Extended Out
Engaging Activity: Recharge Sequence
Engaging Activity: Guided Rest / Body Scan
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

Source: SEL 3 Signature Practices Playbook 2019

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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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Optimistic Closure: One Word Takeaway
Questions
Thank you for joining us!

**SEL Session 5: Educator Self-care and Responsible Decision Making**

**Trainer:** Michelle Kelsey Mitchell, Director of Partnerships

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