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.
Mission

Pure Edge, Inc. believes that all educators and learners deserve to be taught strategies that help combat stress and support the development of social, emotional, and academic learning competencies with an open heart and mind.

Introductions

Erin Cooney, M.Ed.
Director of Curriculum & Instruction
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Welcoming Activity: Attitude of Gratitude

Engaging Activity: Mindful Minute
Learning Objectives

- Define Social and Emotional Learning
- Describe the connection between self care and SEL
- List the three CASEL signature practices (Welcoming Activity, Engaging Activity, Optimistic Closure)
- Experience Brain Breaks exercises as participant
- This is session two of a three-part series.

Review
Self-care is primary to caring for others.

Breathe  Move  Rest
What we hope to do

Respond

Vs.

React

Self-Regulation & the Brain

Prefrontal Cortex

Amygdala
Engaging Activity: Starfish Breathing

It is essential for adults working with young children to be well-physically and emotionally. Better health enables better relationships with children, and research has long demonstrated that good relationships are crucial for children’s learning and social-emotional development.

Dr. Kate Gallagher
Director of Research and Evaluation,
Buffett Early Childhood Institute, University of Nebraska
90% of brain growth happens before kindergarten

Sources: https://www.firstthingsfirst.org/early-childhood-matters/brain-development/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3511633/

Brain development during the preschool years, Timothy T. Brown, Terry L. Jernigan

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Human relationships are the essential ingredient that catalyze healthy development and learning.

Engaging Activity: Animal Arms

- **Crocodile**: Inhale the jaws open, Exhale the jaws close
- **Dolphin**: Inhale the dolphin jumps up, Exhale the dolphin dives down
- **Butterfly**: Inhale the wings open, Exhale the wings close
- **Pufferfish**: Inhale the tummy puffs up, Exhale the tummy sinks down
Social Emotional Learning (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 Competencies

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy
- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others
- Communication
- Social Engagement
- Relationship-building
- Teamwork
- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility
How is social emotional learning (SEL) connected to self-care?

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

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

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**Welcoming Inclusion Activities** (1-9 minutes)
- Support contribution by all voices
- Set norms for respectful listening
- Create connection and belonging
- i.e. Community building, check-in

**Engaging Strategies** (1-15 minutes)
- Sense Making
- Transitions
- Brain Breaks
- Intentionally build adult SEL skills
- i.e. Brain Break, think-ink-pair-share

**Optimistic Closure** (3-5 minutes)
- Creates momentum towards taking action
- Reflection and looking forward
- Intentional Closure
- Topic reinforcement
- i.e. Reflective questions

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**Leaders Support Systemic SEL**
Engaging Activity: Sunrise/Sunset

Engaging Activity: Chair Twist
“The three most important aspects of learning—attention, focus, and memory—are all controlled by our emotions, not by cognition.”

"Behavior is communication"
Upstairs Brain - Downstairs Brain

Concept from The Whole-Brain Child by Dr. Dan Siegel and Dr. Tina Payne Bryson

Red Zone Image: https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums
Green Zone

Image source: https://happykids.hu

Engaging Activity: Guided Rest w/ Breathing Buddy

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Grateful for the opportunity!

What questions do you have?

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Takeaways

Circle back:

• Three CASEL signature practices are: Welcoming Activity, Engaging Activity, Optimistic Closure.
• Self care connects to SEL by directly developing the competencies of Self Management and Self-Awareness.
• Good relationships are crucial for children’s social and emotional development.

Brain Breaks Review:

- Breathe
  - Starfish Breathing
  - Animal Arms
- Move
  - Sunrise-Sunset
  - Chair Twist
- Rest
  - Attitude of Gratitude
  - Guided Rest with Breathing Buddy

Optimistic Closure: One Minute Accolade
Exit Ticket

https://tinyurl.com/PEISWTHSR

Thank you for joining us!

Session: Start with the Heart: Strategies to Build Resilience
Trainer: Erin Cooney
Director of Curriculum & Instruction