

Delaware DOE
The Whole Learner Institute
Early Childhood Staff
**Start with the Heart:
Strategies to Build Resilience**
Recorded: April 30, 2020

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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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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.



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Introductions

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Welcoming Activity: Attitude of Gratitude



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Engaging Activity: Mindful Minute



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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.
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Review

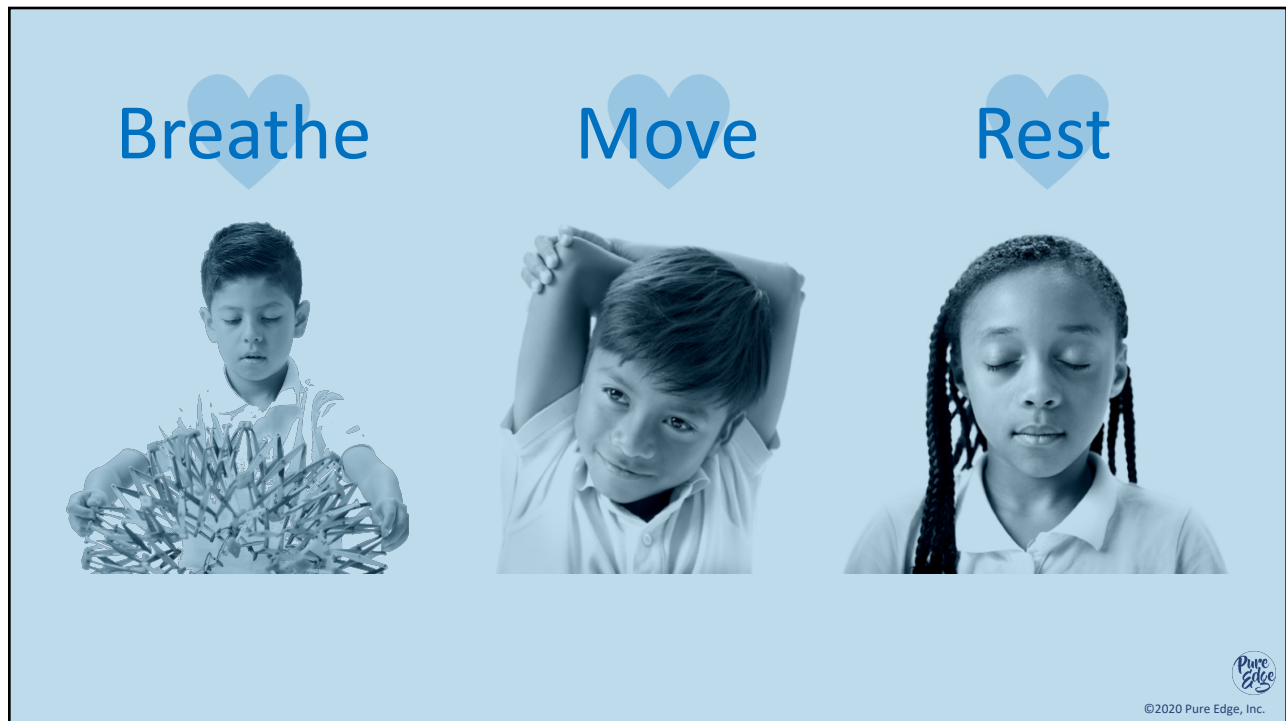


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What we hope to do

Respond

Vs.

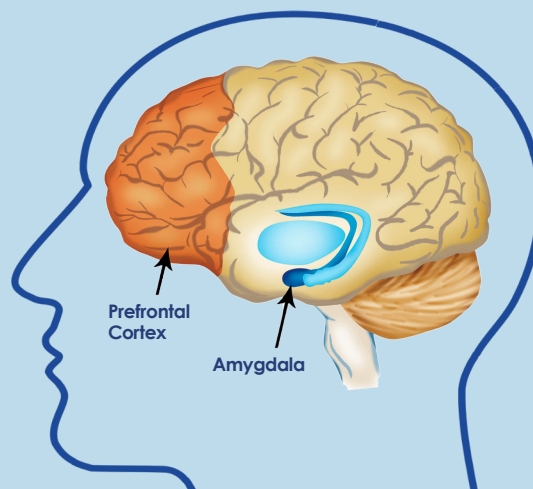
React



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Self-Regulation & the Brain

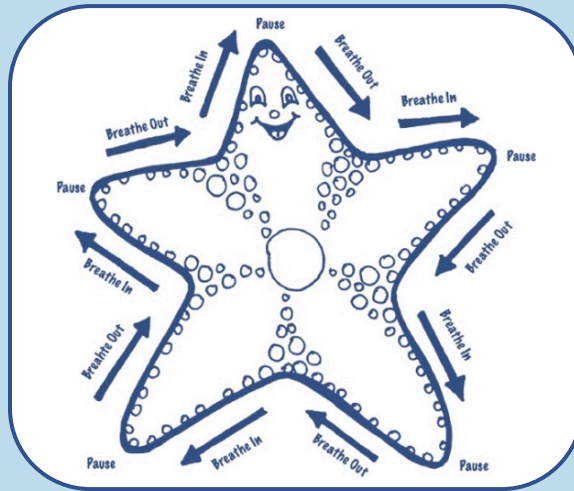


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Engaging Activity: Starfish Breathing



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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



Frank Porter Childhood Development Institute University of North Carolina at Chapel Hill: CHILDHOOD ADVERSITY <http://fpg.unc.edu/node/7579>

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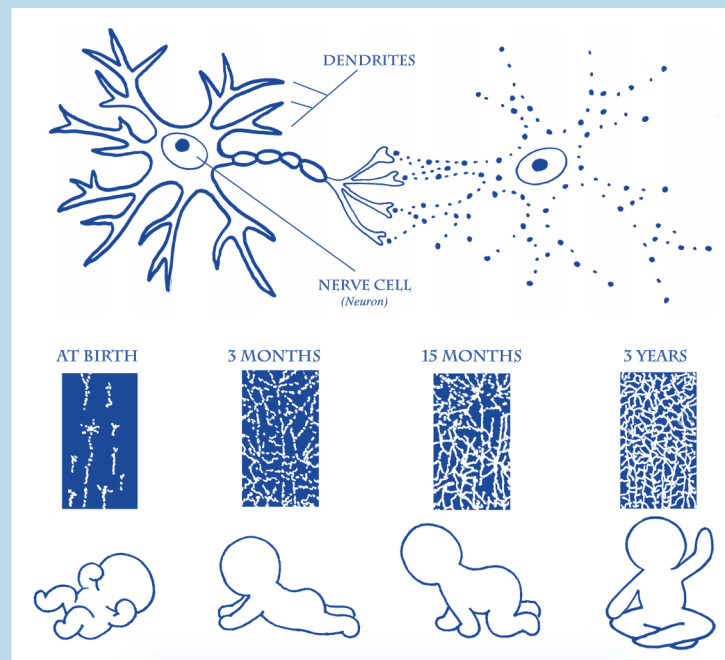
90%
of brain growth happens before kindergarten

Source: <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^{1,2} and Terry L. Jernigan^{3,4,5,6}



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



This Photo by Unknown Author is licensed under [CC-BY-SA](#)

Sources: Griffiths, P.E., & Hochman, A. (2015) Developmental systems theory. eLS 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.

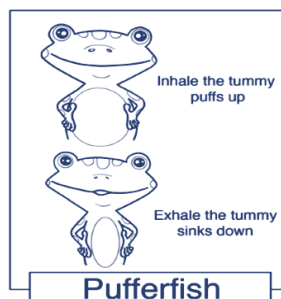
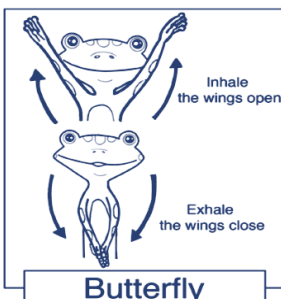
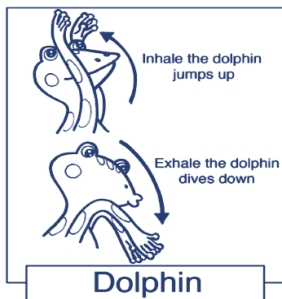
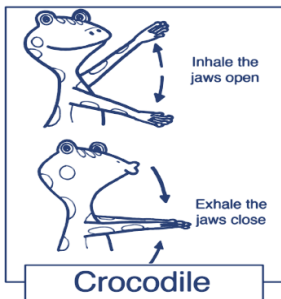


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Engaging Activity: Animal Arms

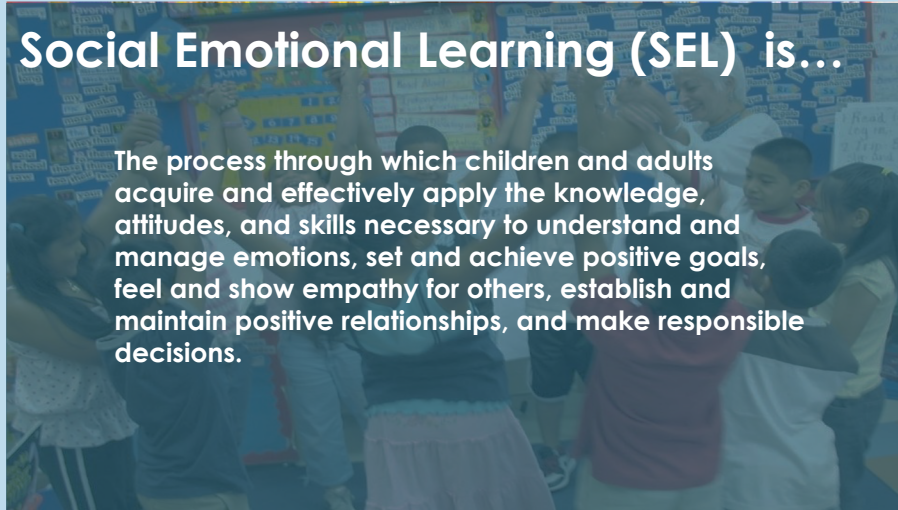


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Social Emotional Learning (SEL) is...

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.



www.casel.org



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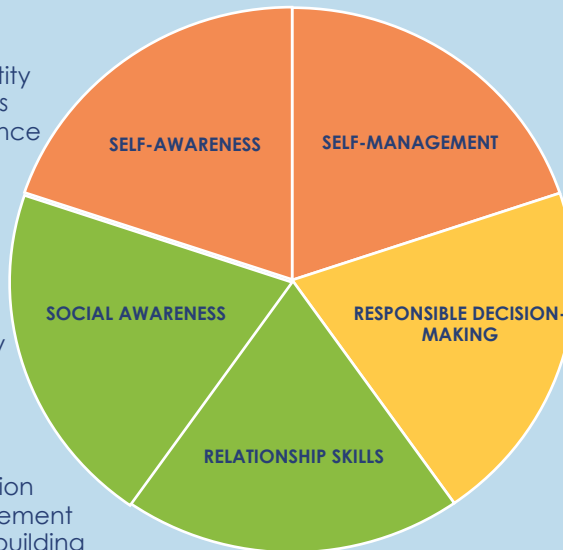
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Social and Emotional Competencies

- 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



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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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Leaders Support Systemic SEL



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

SOURCE: SEL 3 SIGNATURE PRACTICES PLAYBOOK 2019

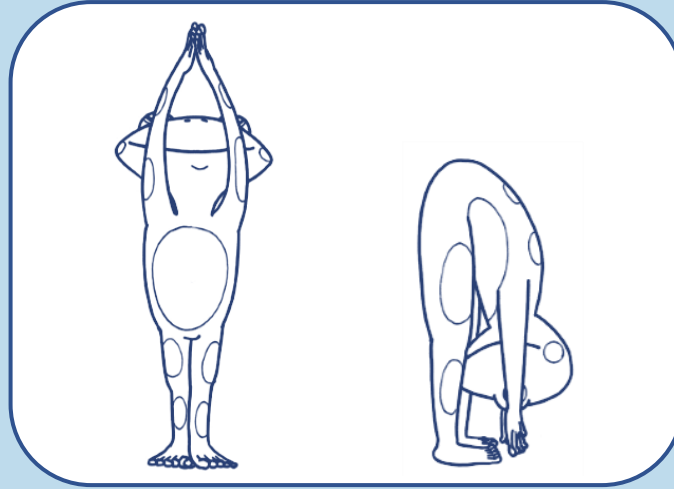


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Engaging Activity: Sunrise/Sunset



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Engaging Activity: Chair Twist



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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.

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"Behavior is communication"

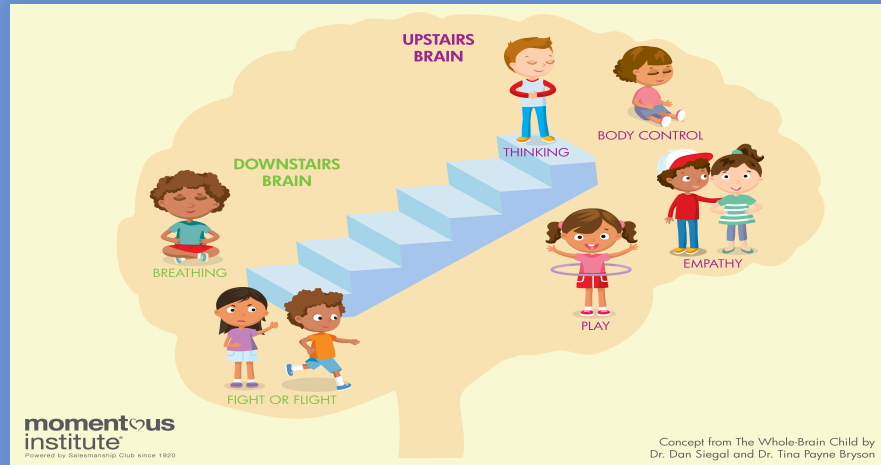
Siegel, D. and Bryson, T. (2018). *The Yes Brain*. New York, NY: Random House USA.



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Upstairs Brain - Downstairs Brain



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Blue Zone



Red Zone



Blue Zone Image: <http://theyouthculturereport.com/helping-children-deal-with-tragedy/>
Red Zone Image: <https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums>

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Green Zone



Image source: <https://happykids.hu>

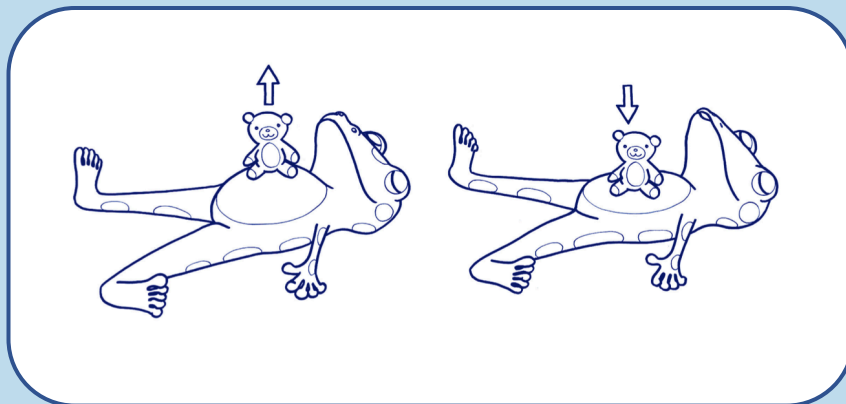


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Engaging Activity: Guided Rest w/ Breathing Buddy



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Grateful for the opportunity!

What questions do you have?

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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training
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 Success Through Focus
Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.

[Online Curriculum](#) [Log Out](#) + MENU

• breathe • move • rest



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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:

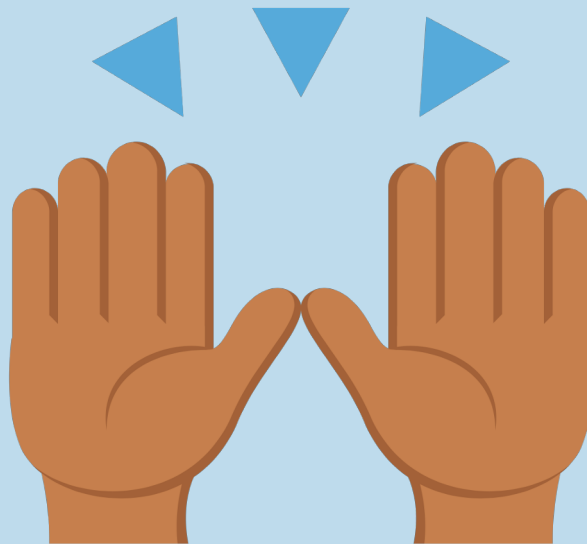
- ❖ Breathe
 - Starfish Breathing
 - Animal Arms
- ❖ Move
 - Sunrise-Sunset
 - Chair Twist
- ❖ Rest
 - Attitude of Gratitude
 - Guided Rest with Breathing Buddy



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Optimistic Closure : One Minute Accolade



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Exit Ticket

<https://tinyurl.com/PEISWTHSR>

www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1.24030014.



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Pure Community



Thank you for joining us!

Session: Start with the Heart: Strategies to Build Resilience

Trainer: Erin Cooney

Director of Curriculum & Instruction



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