Getting Started:

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

2. At the end of this session, when you leave the meeting, there will be a link that will pop-up asking you to complete the Session Quiz / Feedback Form.

3. You will receive a follow-up email within 24 hours of this session. That email will serve as your confirmation of attendance record for this session.
Culture of Care Series: Session 12

Culture of Care Implementation
Introductions

Michelle Kelsey Mitchell
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Director of Partnerships &
National Trainer
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

Respond to the poll share which of the following images most accurately reflects your experience right now:
Learning Objectives

- Describe the four Pure Edge programs/curricula and how to implement them.
- Identify and plan the next steps for comprehensive Culture of Care implementation.
- Create a plan for program implementation that aligns with site objectives.
- Illustrate the interconnectedness of SEL and self-care.
- Practice and use Breathe, Move and Rest strategies for Self-awareness and Self-management.
- Identify CASEL competencies
- Acquire skills to train colleagues in SEL, evidence-based curricula.

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Resource Review
Pure Edge Programs

Pure brain breaks

Pure power

Peek inside the amazing brain

Pure PE

©2020 Pure Edge, Inc.
Pure Power Curriculum

**Grades K-5**
- Unit 1 – Power to Be Calm
- Unit 2 – Power to Tame Your Temper
- Unit 3 – Power to Laser Focus
- Unit 4 – Power to Grow and Stretch
- Unit 5 – Power to Lead with Kindness

**Grades 6-12**
- Unit 1 – Power to Shine
- Unit 2 – Power of Mindfulness
- Unit 3 – Power of Brain-Body Connection
- Unit 4 – Power of a Balanced Life
- Unit 5 – Tool Kit for a Balanced Life

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**Sample: Self-care Template for Implementation**

### Self-Care Action Plan

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES:</th>
<th>REMINDERS &amp; KEY CONCEPTS:</th>
<th>RESOURCES:</th>
</tr>
</thead>
</table>
| □ Recognize the impact of school stress | □ “Flipping Your Lid” | □ pureedgeinc.org  
 ○ use employee ID / school email address in sign up fields |
| □ Experience and apply brain breaks to self-care practice | □ Building Emotional Intelligence | □ Headspace App  
 ○ Go: headspace.com/pureedge |
| □ Summarize the concept of self-care | □ “Name it to Tame it” | |
| □ Summarize the neuroscience of stress | □ G Critical Healing Factors | |
| □ Plan, Prioritize, Calendar your Self-Care | □ Well-Rounded Self-Care | |

<table>
<thead>
<tr>
<th>Self-Care Practice</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Breathe (choose 1):</td>
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<td>Even In-Even Out</td>
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<tr>
<td>Belly Breath</td>
<td>Anchor Breath</td>
<td>Take Five / Starfish</td>
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<td>Other:</td>
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<td>Move (choose 2):</td>
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<td>Afternoon Re-Charge</td>
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<td>Chair Twist</td>
<td>Chair Cat/Cow</td>
<td>Balance Brain Hop</td>
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<tr>
<td>Tree</td>
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<tr>
<td>Other:</td>
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</tbody>
</table>

| Rest (choose 1): | Guided Rest |        |         |           |        |          |        |
| Body Scan        |             |         |           |          |        |          |        |
| Mindful Minute   | Attitude of Gratitude |         |           |          |        |          |        |
| Other:           |             |         |           |          |        |          |        |
Signature Practices to Integrate SEL: Welcoming Activity, Engaging Activity, and Optimistic Closure

**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
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.
Breathe
Move
Rest
Engaging Activity: Starfish Breathing or Take Five

1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.
Engaging Activity: Recharge Sequence

1. Begin standing in Mountain with feet slightly apart, hands at your sides.

2. Inhale, take your arms overhead and look up.

3. Exhale and fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet or the floor.

4. Inhale, place hands on shins, straighten legs and look up.

5. Exhale and fold over the legs once more.

6. Inhale, come all the way up to standing, arms overhead and look up.

7. Exhale, return to Mountain.

*This sequence can be done behind or in front of desks/chairs. It’s useful to re-energize learners when they get tired.
Engaging Activity: Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.
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

www.casel.org

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MTSS: Multi Tiered System of Support

Tier 1: Prevention
All Learners (and Educators)

Tier 2: Intervention
Small Groups

Tier 3: Intervention
Individual
Tenets of Culture of Care

A Culture of Care...

- Integrates SEL throughout the school
- Recognizes the importance of caring for self and others
- Values communication and compassion
- Fosters belonging for all community members
Engaging Activity: Think-Ink

Culture of Care Implementation Exploration

Who...

Why...
Engaging Activity: Think-Ink

Educator Self-care Implementation Exploration

What...

When...

Where...
Optimistic Closure: One Word To Describe How You Feel

Photo: Juan Monino
Thank you for joining us!

Session 12: Culture of Care Implementation

Trainer: Michelle Kelsey Mitchell, Director of Partnerships

Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance.