




Pure Community

Thank you for joining us!

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

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.




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



©2020 Pure Edge, Inc.

1

Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

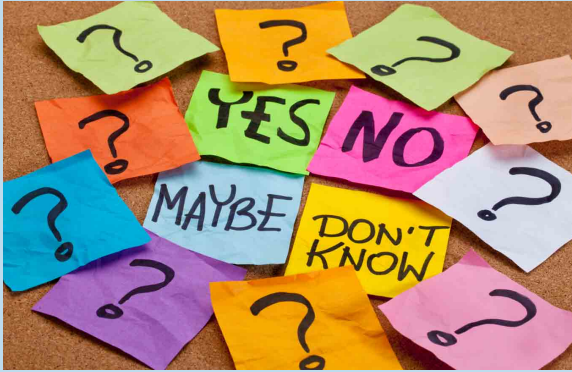
PEI also provides grants to national organizations that advance the work of whole child development & SEL.



©2020 Pure Edge, Inc.

2

Welcoming Activity: This or That



Respond to the questions via the poll

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



©2020 Pure Edge, Inc.

3

Series Recap



©2020 Pure Edge, Inc.

4

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



©2020 Pure Edge, Inc.

5

Transformative SEL is...

Transformative SEL connotes a process whereby students and teachers build strong, respectful relationships founded on an appreciation of similarities and differences, learn to critically examine root causes of inequity, and develop collaborative solutions to community and societal problems.



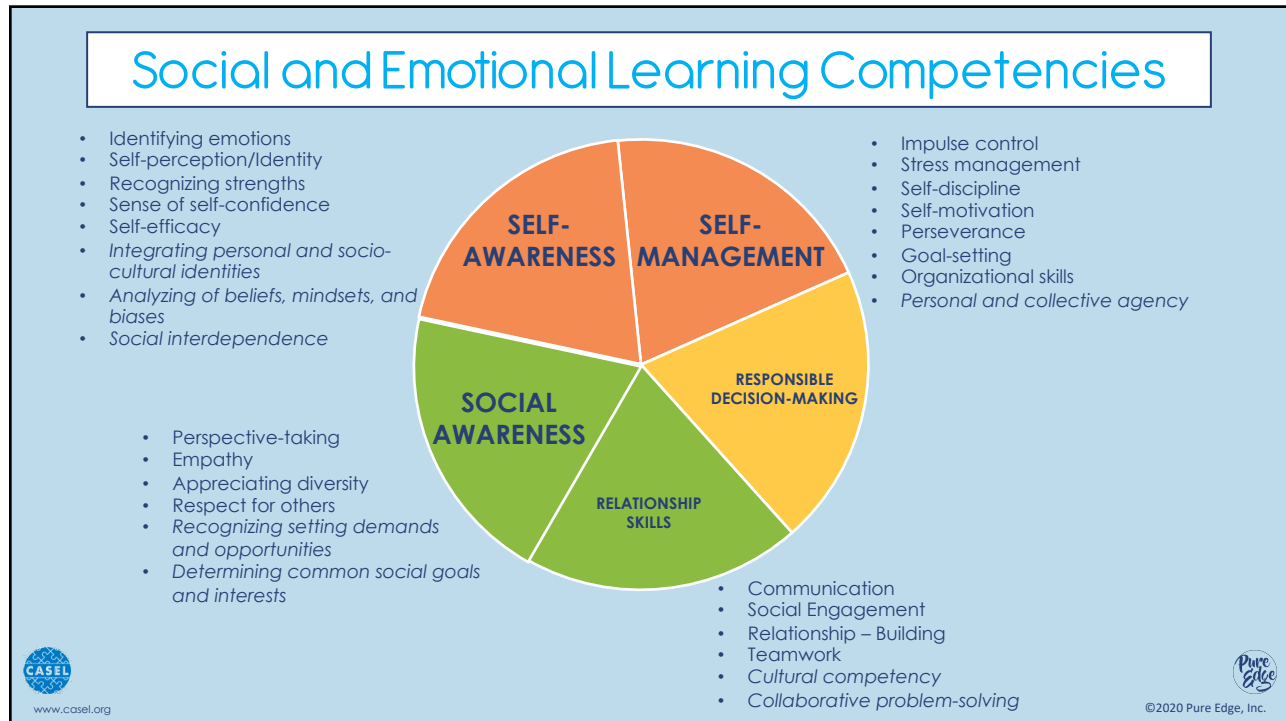
www.casel.org

https://measuringsei.casel.org/wp-content/uploads/2018/11/Framework_EquitySummary-.pdf




©2020 Pure Edge, Inc.

6




7

Brain Breaks and Key Concepts




Breathe

- ❖ Anchor Breathing
- ❖ Starfish Breathing / Take Five
- ❖ Even In - Even Out
- ❖ Alternate Nostril Breathing



Move


- ❖ Stork
- ❖ Eagle – Chair & Standing
- ❖ Chair Cat/Cow
- ❖ Sunrise/Sunset
- ❖ Mountain Chair Strength Sequence
- ❖ Standing Half Moon



Rest

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

- ✓ Allostatic Load
- ✓ Body Awareness
- ✓ Transformative SEL
- ✓ 6 Critical Healing Factors



- ✓ Negativity Bias
- ✓ Taking in the Good
- ✓ Building Belonging
- ✓ Stress is Contagious

This Photo by Unknown Author is licensed under CC BY-NC

©2020 Pure Edge, Inc.

8

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**.



©2020 Pure Edge, Inc.

9

Breathe



Move



Rest



©2020 Pure Edge, Inc.

10

Self-care Practice



©2020 Pure Edge, Inc.

11

Social and Emotional Learning Competencies



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.

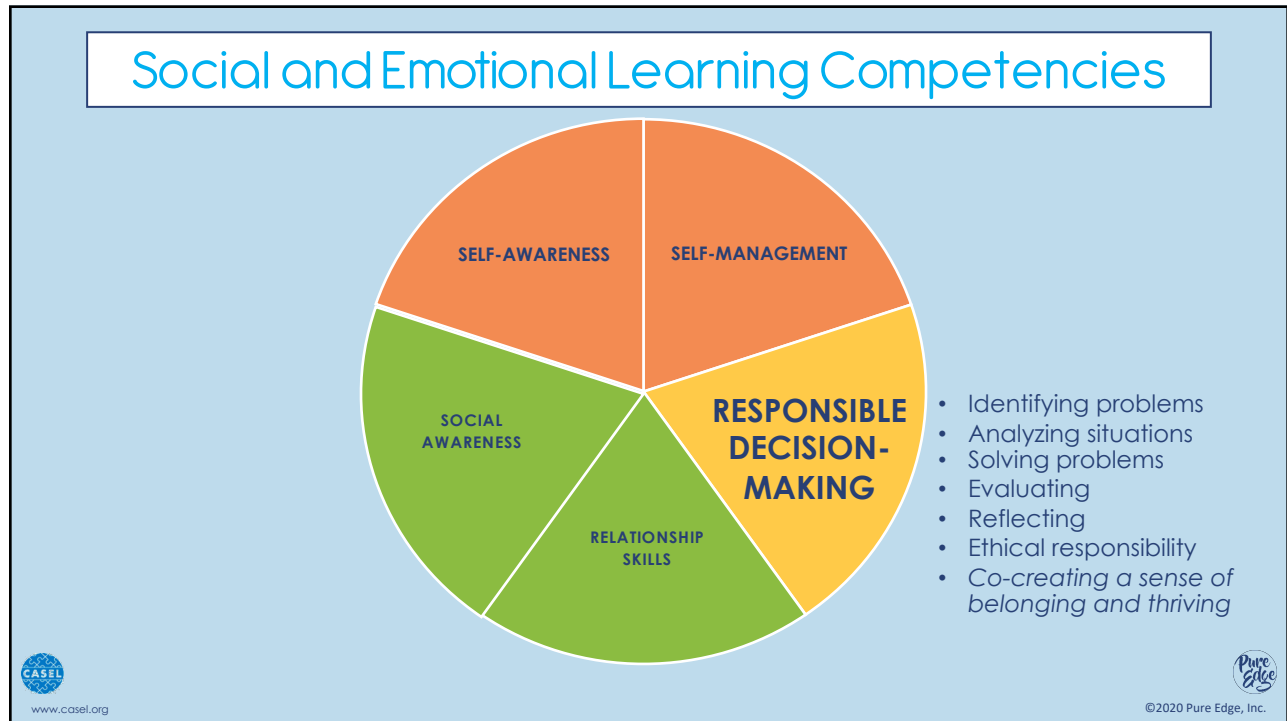


www.casel.org



©2020 Pure Edge, Inc.

12



13



14

Engaging Activity: Chair Sunrise Twist

©2020 Pure Edge, Inc.

15

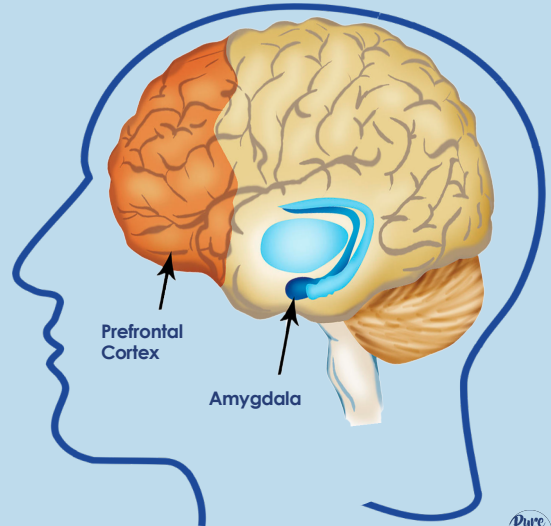
Engaging Activity: STOP

©2020 Pure Edge, Inc.

16

Responsible Decision-Making

- ❖ 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.



©2020 Pure Edge, Inc.

17

Blue Zone




Red Zone



Blue Zone: This Photo by Unknown Author is licensed under CC BY Red Zone: This Photo by Unknown Author is licensed under CC BY
Source: Siegel, Daniel J., and Tina Payne Bryson. *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child*. First edition. New York: Bantam, 2018. Print. ©2020 Pure Edge, Inc.


18

Green Zone



©Navene Kaulam Photography

Image source: <https://www.goodnewsnetwork.org/get-drunk-happiness/>
Source: Siegel, Daniel J., and Tina Payne Bryson. *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child*. First edition. New York: Bantam, 2018. Print. ©2020 Pure Edge, Inc.



19



"Behavior is communication"

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



20



Engaging Activity: Easy In, Extend Out

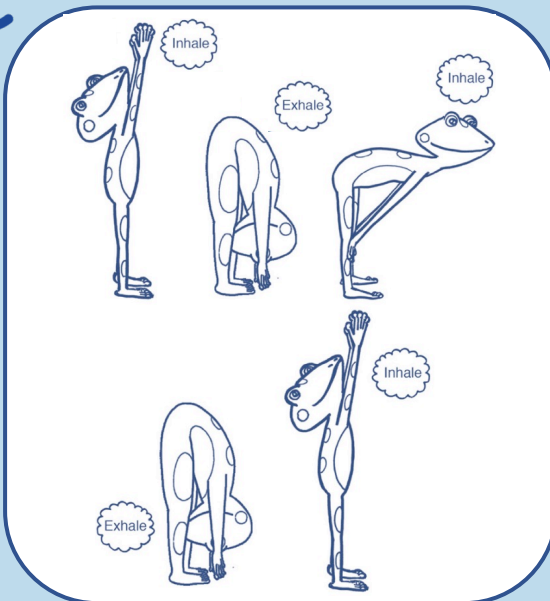


©2020 Pure Edge, Inc.

21



Engaging Activity: Recharge Sequence

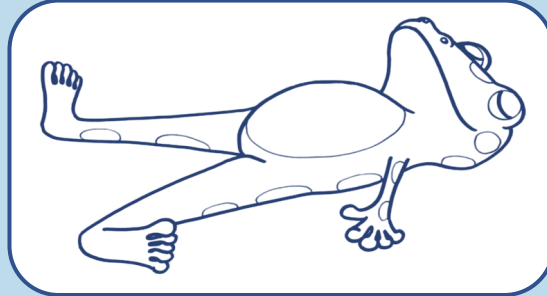


©2020 Pure Edge, Inc.

22



Engaging Activity: Guided Rest / Body Scan



©2020 Pure Edge, Inc.

23

Modeling and Implementation



©2020 Pure Edge, Inc.

24

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

©2020 Pure Edge, Inc.



25

Social and Emotional Learning (SEL) Competencies



❖ When we reflect on our existing views, assumptions, and perspectives, we employ components of two SE competencies: *self-awareness* and *social awareness*.

❖ Educators have control over view of self, students, school community, world, and how one acts on their perspectives.

❖ Educators and leaders who employ adult SE competencies are equipped to influence lasting changes to address inequities at the community, district, and State levels.

https://measuringSEL.caseli.org/wp-content/uploads/2018/11/Framework_EquitySummary-.pdf

©2020 Pure Edge, Inc.



26

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.**



©2020 Pure Edge, Inc.

27

pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU

• breathe

• move

• rest



©2020 Pure Edge, Inc.

28

©2020 Pure Edge, Inc.



©2020 Pure Edge, Inc.



Pure Community

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

Thank you for joining us!

SEL Series, Session 5: Educator Self-care and Responsible Decision-Making
Trainer: Michelle Kelsey Mitchell, Director of Partnerships

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



©2020 Pure Edge, Inc.