



Thank you for joining us!

Session 8: Taking In The Good
Trainer: Michelle Kelsey Mitchell

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.

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Culture of Care Series: Session 8

Taking in the Good



Introductions

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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.



Welcoming Activity

Respond to the following poll
and select what you noticed first.

Welcoming Activity

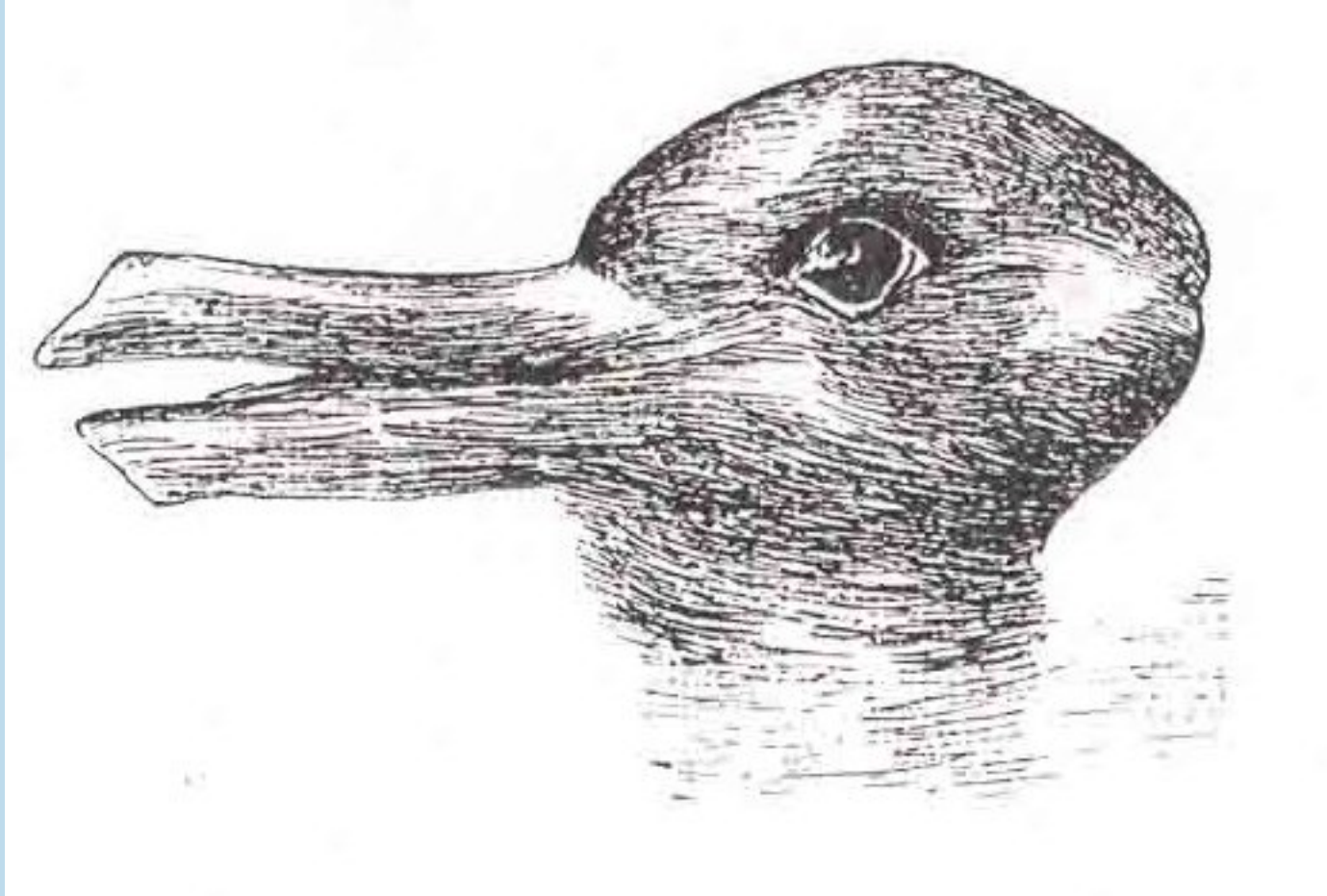


Image: <https://www.illusionsindex.org/i/duck-rabbit>

Pure Power Curriculum

Grades K-5

- ❖ Unit 1 – The 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

Learning Objectives

- ❖ Illustrate the interconnectedness of SEL and self-care.
- ❖ Practice and implement Breathe, Move, and Rest strategies for Self-Awareness and Self-Management.
- ❖ Identify CASEL competencies.
- ❖ Acquire Skills to train colleagues in SEL, evidence-based curricula.

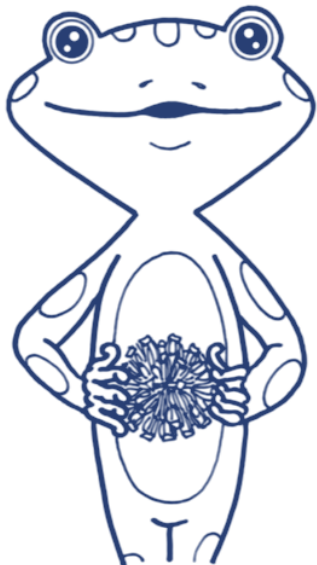
Session 8 – Learning Objectives

- ❖ Define bias.
- ❖ Explore negativity bias.
- ❖ Perform and apply the "Taking in the Good" strategy.

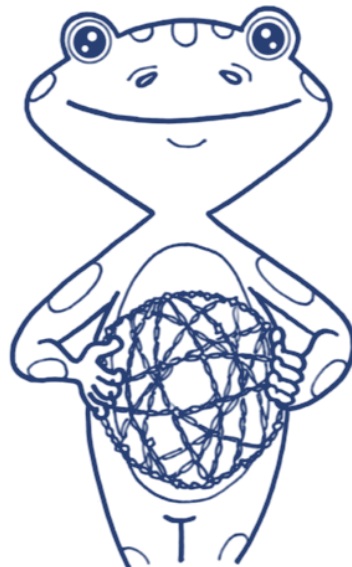


Engaging Activity: Breathing Ball

Inhale



Exhale



1. Start in seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the Breathing Ball?



Guiding Question

Why is it important to think about and replay positive experiences, several times in your mind?

We will always practice

1. Self-care 
2. Brain Breaks 
3. Modeling SEL Lesson Structure

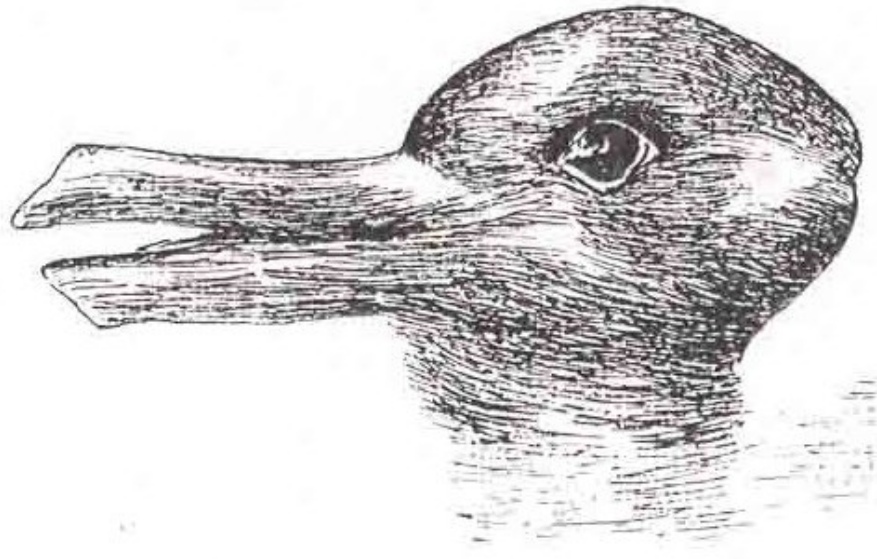


Taking in the Good and Self-Care



Duck-Rabbit Image

We interpret situations, people's actions, and even pictures differently.

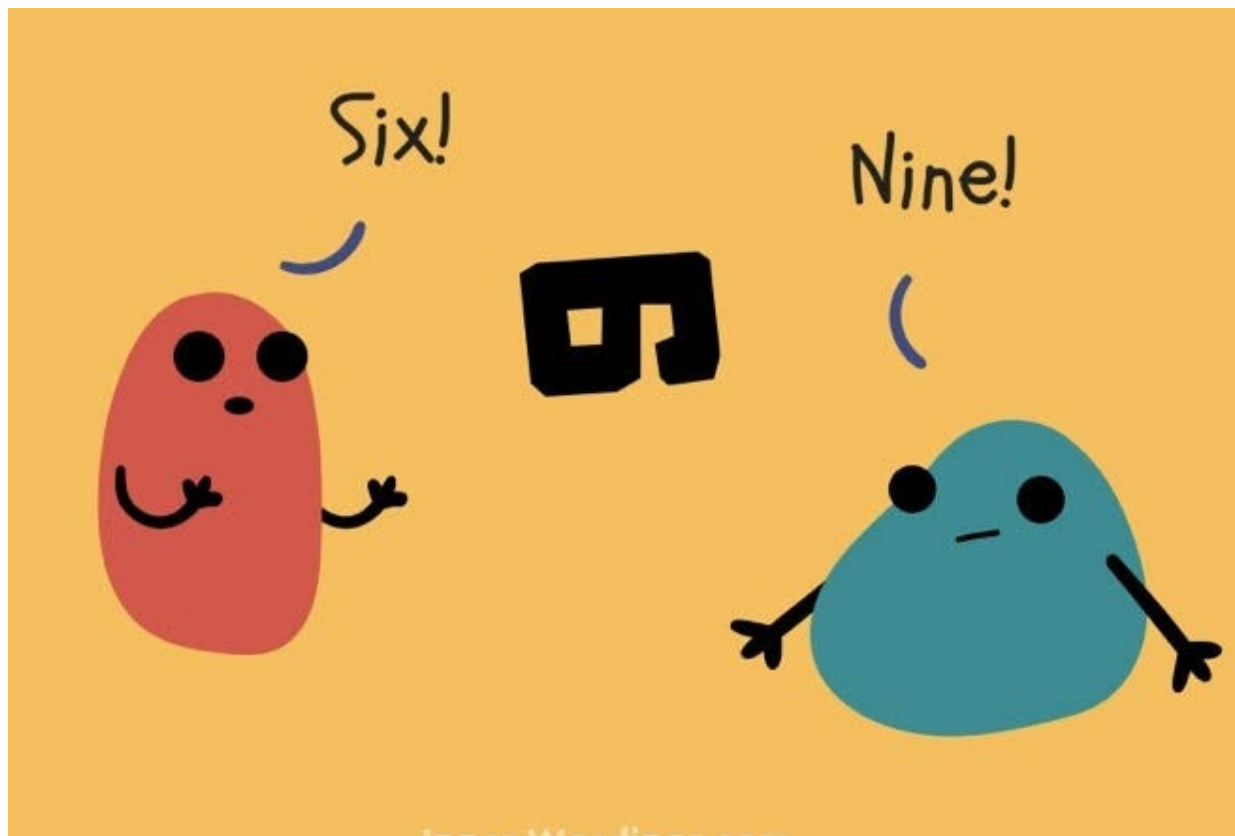


- Sometimes, we're too quick to judge a situation.
- We don't always take the time to fully consider other perspective.

Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.¹

Nearly all humans share a **negativity bias**, that is...our tendency to hold on to or collect negative information in the form of **memories** or **impressions**.





Engaging Activity: Ocean Breathing

1. Inhale through your nose.
2. As you exhale, whisper the sound ahhh through your mouth. Repeat two or three times.
3. On the next breath, close your mouth, exhale, and send the whisper sound through your nose.
4. See if you can find the same whisper sound in the nose on the inhalation and the exhalation.

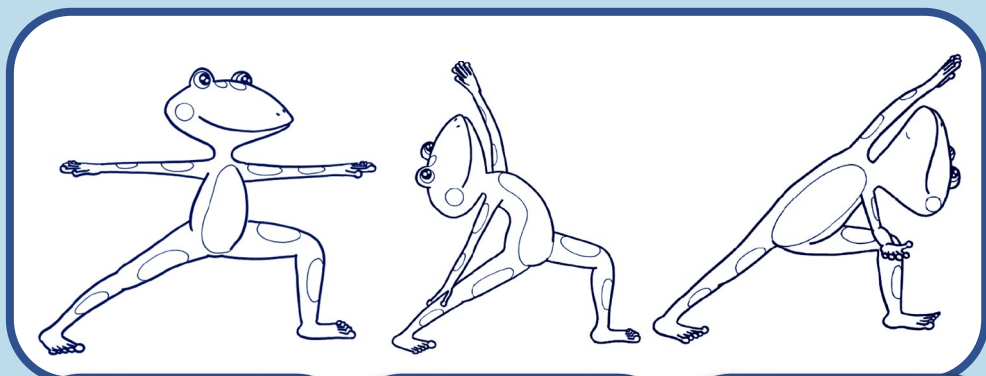
**Ocean Breath is created by lightly constricting the throat to create a hissing sound as you breathe in and out through the nose.*

**If you can't find the sound at first, just keep practicing.*





Engaging Activity: Wave Sequence



1. Begin in Mountain Pose.
2. Inhale, step your left foot wide to the side, exhale and turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale and hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back towards your left calf and raise your right arm straight up towards the ceiling, exhale here. Look up at your hand and take 2 breaths.
4. Inhale and return to Surfer.
5. Exhale, place your right arm on your right thigh, and raise your left arm overhead. Look towards your left hand and take 2 breaths. This is Wave.
6. Inhale and return to Surfer.
7. Exhale and step feet together in Mountain Pose.
8. Repeat on the other side.

**This sequence can be used to invigorate when tired or lethargic.*

Negativity Bias

Negativity bias can take the shape of:

- ❖ Excessive worry
- ❖ Anxiety
- ❖ Frustration
- ❖ Aggression
- ❖ Judgement

Sometimes it leads us to look for or expect danger.



Negativity Bias

For example, studies have found that:

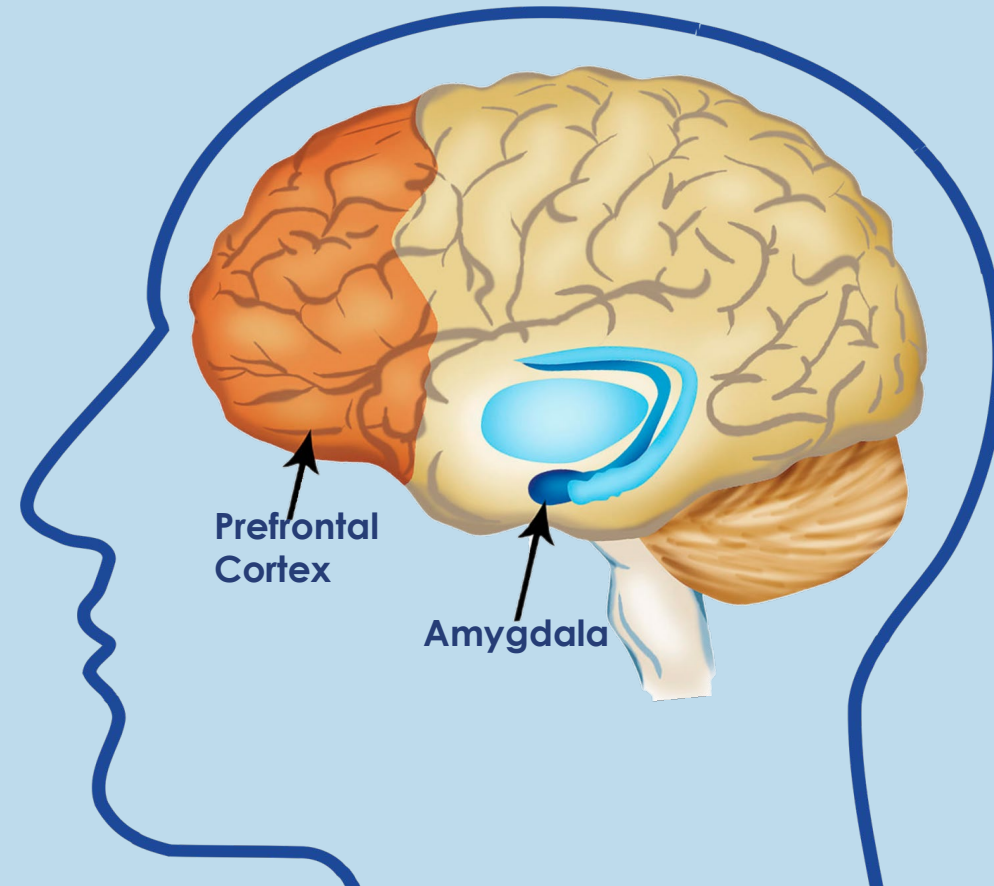
- **In a relationship**, it typically takes five good interactions to make-up for a single bad one.
- People will work much harder to **avoid losing \$100** than they will work to gain the same amount of money.
- **Painful experiences** are much more memorable than pleasurable ones.¹



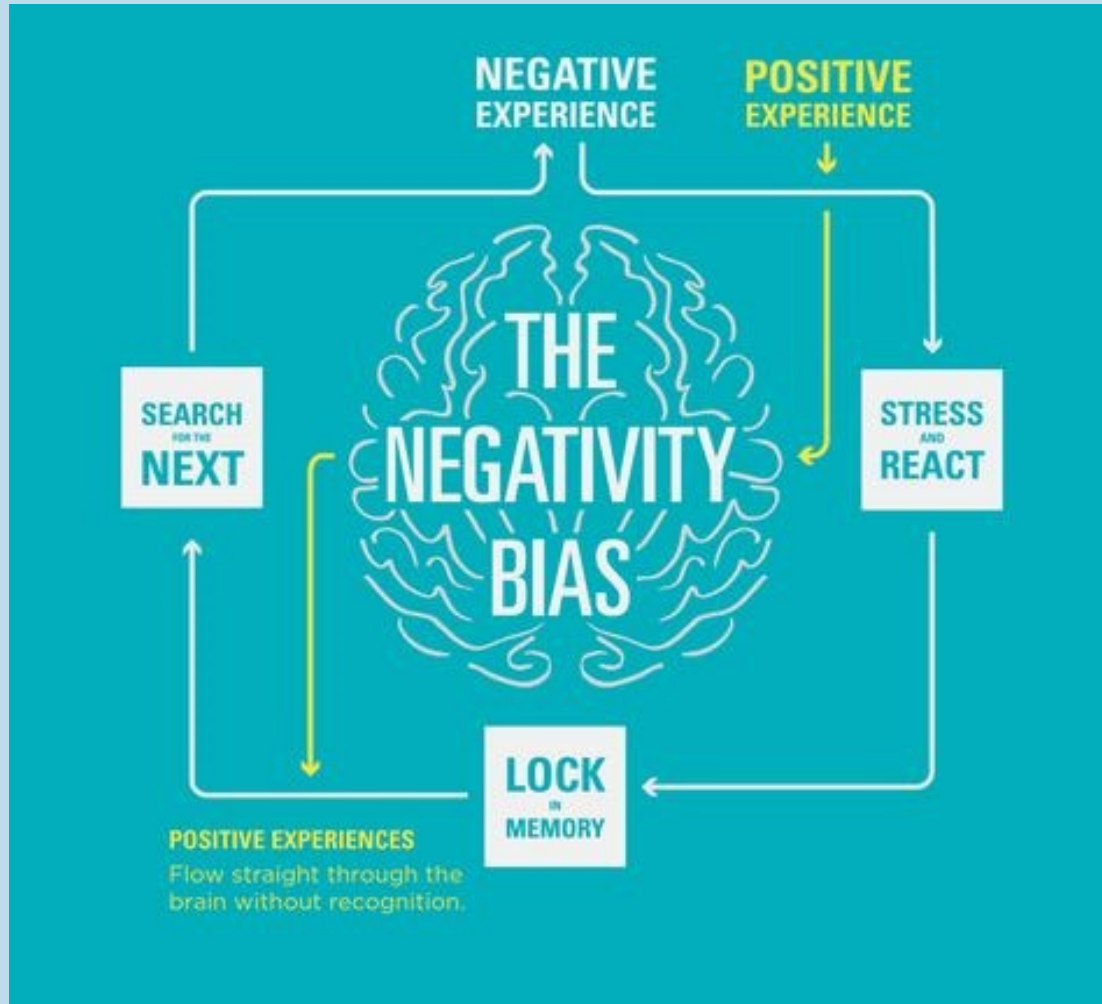
¹: Hanson, Dr. Rick, Take in the Good, May 5, 2020.

Neuroscience

Survival mechanism is often triggered by high stress environments.



Taking in the Good



- Meaning, unpleasant experiences stick to the brain's longer-term memory.
- While pleasant experiences are less likely to stay put.

It takes **2-3 seconds** for one's brain to remember something **unpleasant**.

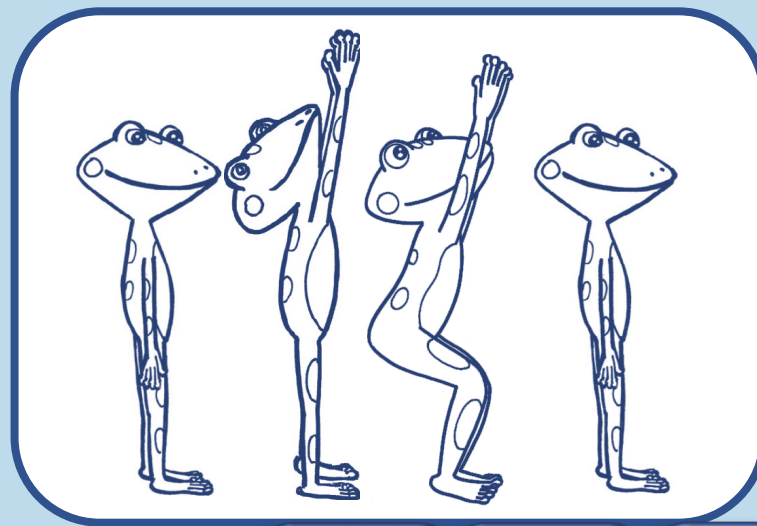
It takes **20-30 seconds** for your brain to remember something **pleasant**.



Engaging Activity: Mountain/Chair Strength Sequence

1. Begin in Mountain Pose.
2. Inhale, raise your arms overhead.
3. Exhale, bend your knees and sit back as though you were going to sit in an imaginary chair.
4. Hold for 3 breaths.
5. Inhale, come back to Mountain Pose.
6. Increase hold to 5 breaths as stamina increases.

**This sequence can be used to strengthen the lower back and legs. It's also re-energizing after sitting in a chair for awhile.*





Engaging Activity: Taking in the Good

1. Think of one thing from the day that you feel good about, and be specific—for example, you listened, you were more creative, you lent a helping hand, or someone smiled at you, etc.
2. Hold on to that memory for the next 30 seconds. Remember it in as much detail as you can.
3. Allow the feeling associated with the memory to sink in your mind. Act as a sponge, absorbing the memory and the feeling together.



Taking in the Good



- **Taking in the Good** entails focusing on the positive in **what is occurring** or has already occurred.
- Therefore, absorbing and appreciating the experience itself of a positive thought or memory in order to **cultivate resilience** and **gratitude**.

A brain-science savvy and psychological skillful way to improve how you feel, get things done, and treat others.¹

How to “Take in the Good”

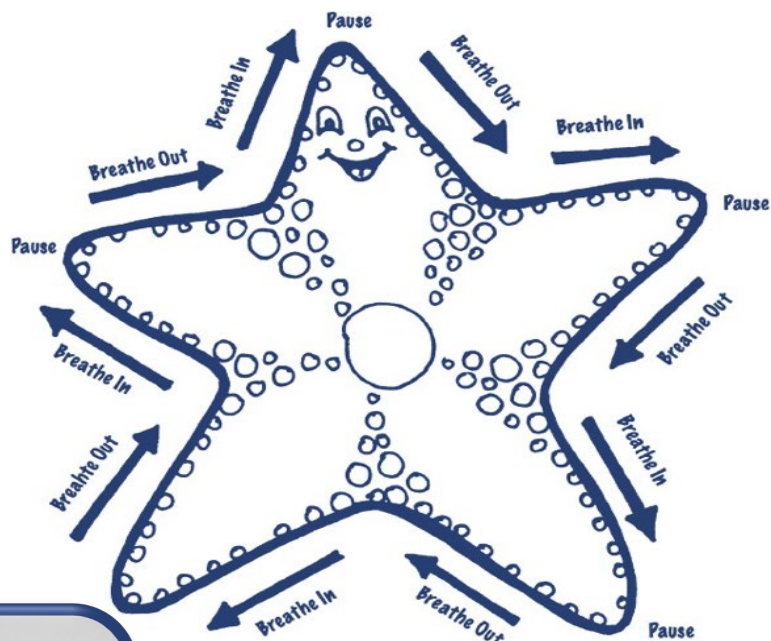


1. Look for good facts and turn them into good experiences.
2. Really enjoy the experience.
3. Intend and sense that good experiences are sinking into you.¹

1: Rick Hanson and Rick Mendius, “Positive Emotions and Taking In the Good,” 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>



Engaging Activity: Starfish Breathing or Take Five



1. Make a starfish with 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 starfish 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 starfish hand.



**Learners are synchronizing their movement, breath, and gaze. On the inhale, index finger and eyes trace upward along a finger; on the exhale, index finger and eyes trace downward along a finger. Each upward movement is coupled with an inhale, whereas each downward movement is coupled with an exhale.*

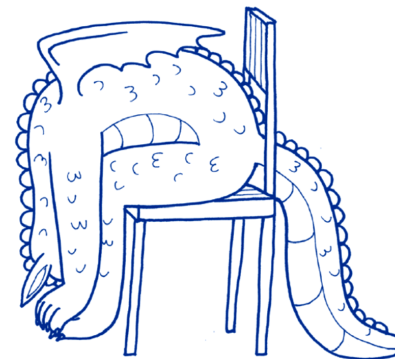
**After Starfish Breathing, you can have learners rest their hands on their chest, continuing to breathe mindfully, as they silently recall three things for which they are thankful.*



Engaging Activity: Seated Forward Bend

1. Sit in Seated Mountain Pose with feet flat on the floor. Inhale and sit tall, making your back as long as possible.
2. Exhale, reach both feet slightly out in front of you and fold over your legs, sliding your hands down your legs towards your shins. Take 2-3 breaths here.
3. Inhale and come back up to Seated Mountain Pose.
4. Repeat as required.

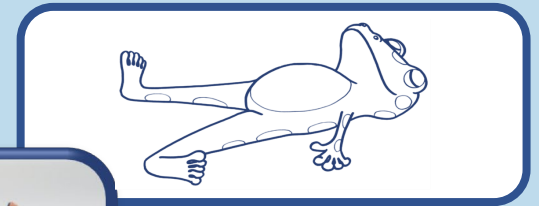
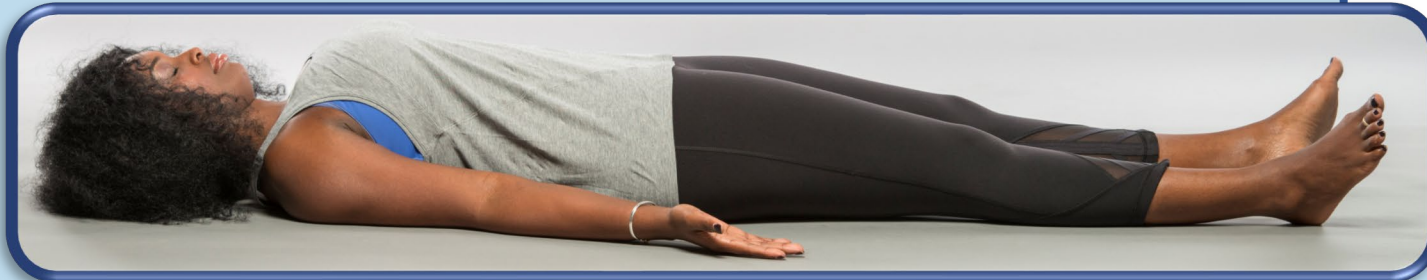
**Use this move as a quick pick-me-up or to restore when energy seems to be low.*





Engaging Activity: Guided Rest or 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.
14. Ring chime.
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.



Optimistic Closure



Use one word to finish the sentence,
something I learned this lesson...

Takeaways

- ❖ Bias
 - ❖ An inherent or learned prejudice against a thing, person, or group when compared with another.
- ❖ Negativity Bias
 - ❖ Can take the shape of: excessive worry, anxiety, frustration, aggression, judgement. Also, sometimes it leads us to look for or expect danger.
- ❖ Taking in the Good
- ❖ Breathe, Move, and Rest Brain Break Practices
- ❖ The 3 signature practices to integrate SEL into a lesson are:
Welcoming Activity, Engaging Activity, and Optimistic Closure.

Brain Breaks Review



Breathe

- ❖ Breathing Ball
- ❖ Ocean Breathing
- ❖ Starfish Breathing or Take Five



Move

- ❖ Wave Sequence
- ❖ Mountain/Chair Strength Sequence
- ❖ Seated Forward Bend



Rest

- ❖ Taking in the Good
- ❖ Guided Rest/Body Scan

Homework

Self:

- ❖ Reflecting on your day, journal/note how negativity bias influenced one moment of your day.
 - ❖ Practice “Even In – Even Out” breathing strategy.
 - ❖ Practice "Taking in the Good" strategy.
- ❖ Note/Journal your experience with the "Taking in the Good" strategy.

Online Class:

Identify 3 healthy habits that you can implement in your virtual classrooms when conducting online classrooms/working online from home.

Together in Class:

Identify a place in your classroom/building/office that can be used to support healthy habits.



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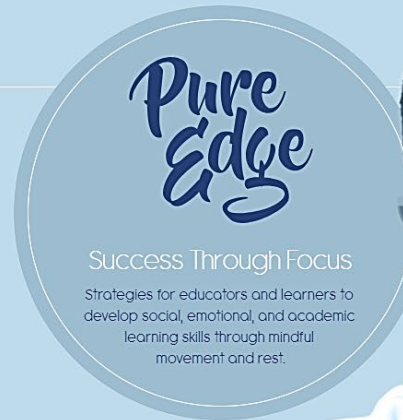
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest





Pure Community

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