



Pure Community

Thank you for joining us!



THE SCHOOL DISTRICT OF
PHILADELPHIA

Session: SEL and Educator Self-Care

Trainer: Gill McClean, Director of Professional Development

Getting Started:

1. If you have any questions, please type them into the Q&A box.
2. Keep paper/pen near you to jot down your thoughts.
3. 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 Feedback Form**.
4. 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.

Follow us @pureedgeinc



Website: www.pureedgeinc.org

Email: getmoving@pureedgeinc.org



Introductions

Gill McClean

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Director of Professional Development & 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.

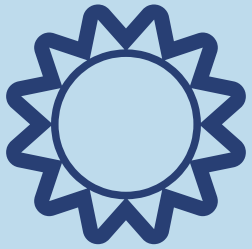
PEI also provides grants to national organizations that advance the work of whole child development & SEL.



Welcoming Activity

Respond to the poll to share your response with our group.

Describe Your Mood Today



Sunshine



Rainy



Thundery



Cloudy



Rainbow



Engaging Activity: Mindful Minute



Learning Objectives

- ❖ Identify the aspects of self-awareness and self-management.
 - ❖ Experience Brain Breaks practices throughout for self-care.
 - ❖ Explore the interconnectedness of SEL and its competencies with a focus on self-awareness and self-management.
-

In order to have an impact on others, you must first have an impact on yourself.



What we hope to do

Respond

Vs.



Breathe



Move



Rest



Benefits of Nasal Breathing

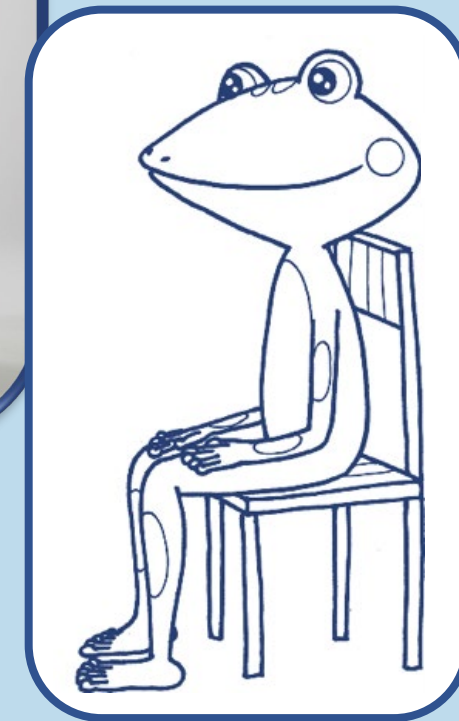


- ❖ Filters dust and impurities from the air
- ❖ Warms the air to body temperature
- ❖ The diaphragm is more easily controlled, which supports the development of internal core strength
- ❖ More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- ❖ Increased oxygen from nasal breath increases energy and vitality



Engaging Activity: Even In – Even Out

1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, lets count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.



Stress Accumulates ↔ Allostatic Load

Allostatic load is "the wear and tear on the body," which accumulates as an individual is exposed to repeated or chronic stress.



Impact of Stress & Trauma on the Heart

After his death, Dr. Martin Luther King Jr.'s autopsy found that while he was just 39 years old, he had the heart of a 60-year-old.

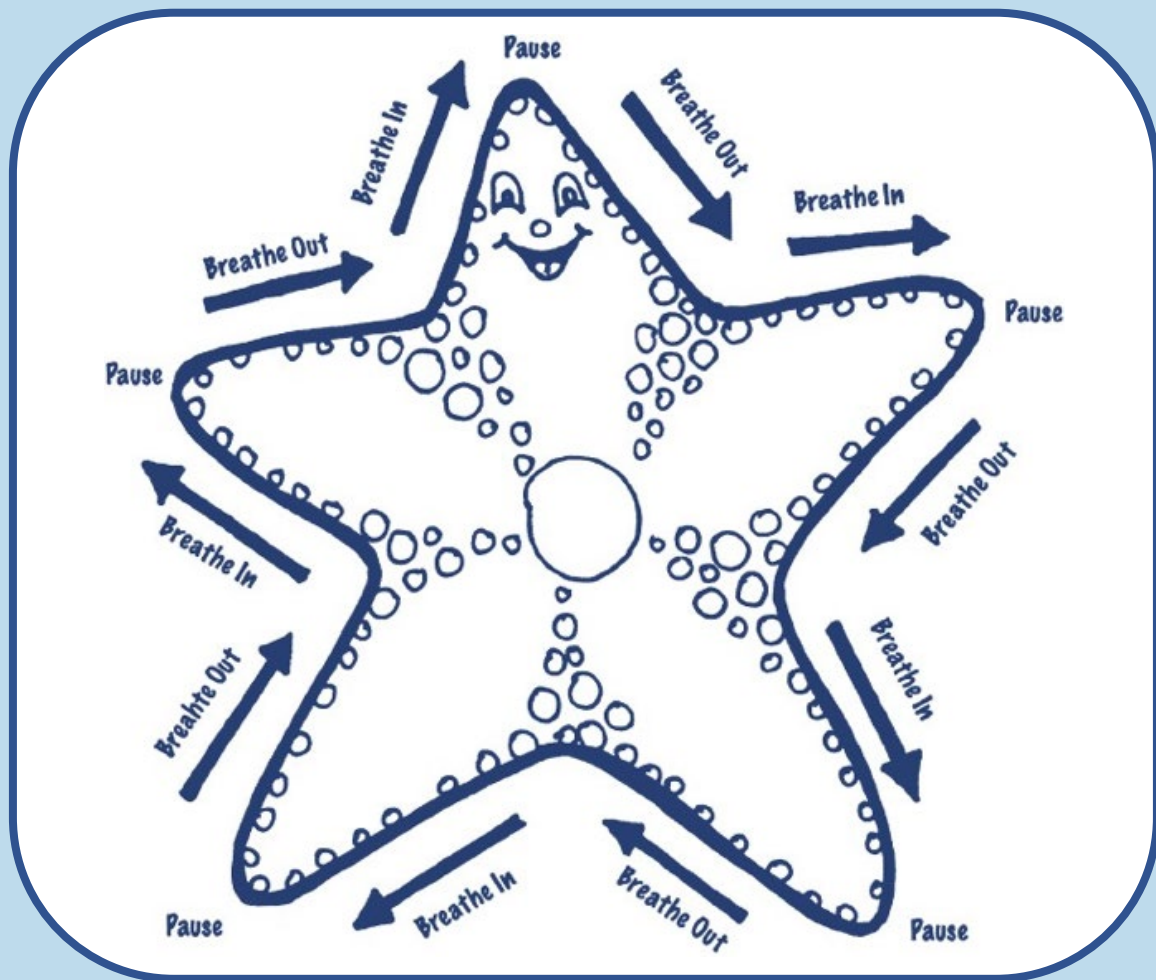


Educator Self-Care





Engaging Activity: Starfish Breathing or Take Five



Social and Emotional Learning (SEL) Competencies

The Competencies serve as a framework for furthering social, emotional and academic learning within school contexts.

SEL involves the processes through which children **and** adults acquire and effectively apply the knowledge, skills, and attitudes to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible decisions.



*Pure Edge program touches on all five and especially promotes:
Self-Awareness, Self-Management, Relationship Skills*



Social and Emotional Learning (SEL) Competencies



- ❖ SEL emphasizes educational equity and excellence.
- ❖ 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.

Self-Awareness & Self-Management

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy
- **Integrating personal and socio-cultural identities**
- **Analyzing of beliefs, mindsets, and biases**
- **Social interdependence**



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills
- **Personal and collective agency**



Social and Emotional Learning (SEL) Competencies

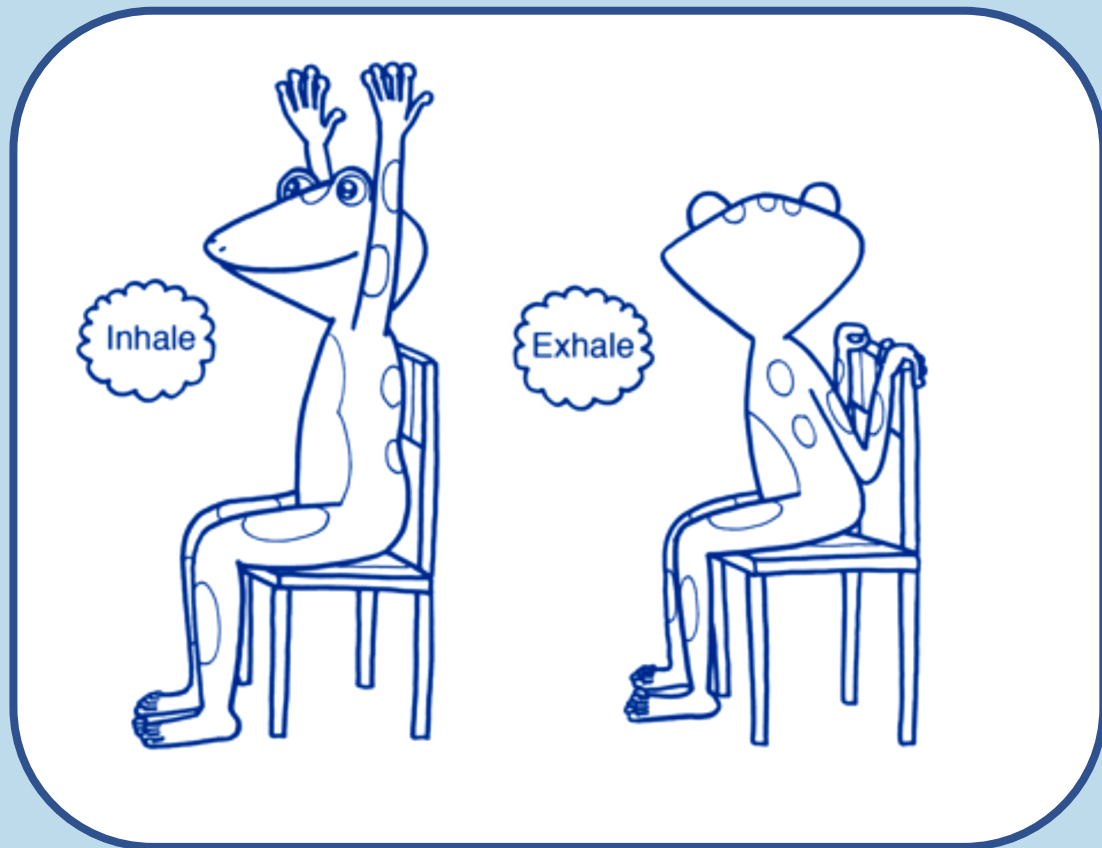


When people develop SEL competencies:

- ❖ they experience greater agency and well-being
- ❖ establish positive relationships with others from diverse backgrounds
- ❖ are more likely to achieve academic, career, and lifelong successes
- ❖ implement collaborative solutions that lead to a just, thriving society

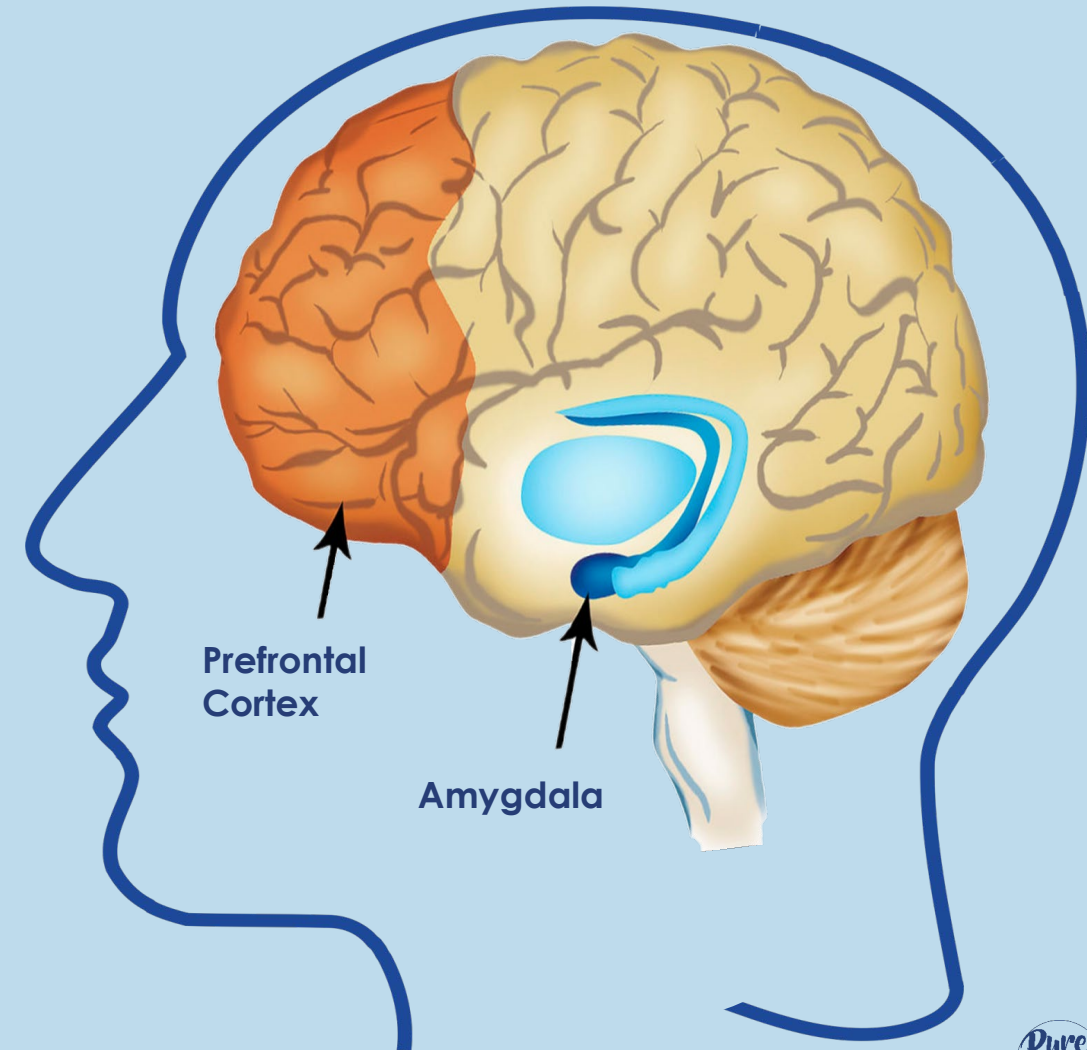


Engaging Activity: Chair Sunrise Twist



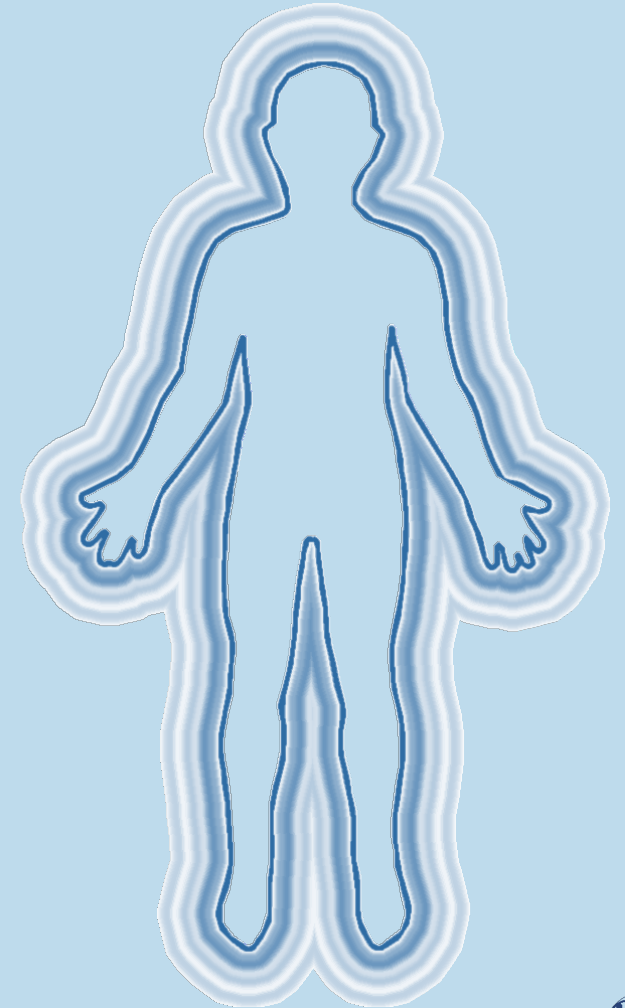
Self-Awareness & Self-Management

- ❖ 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.



Self-Awareness and the Body

- **The body** is our most concrete tool in mindfulness practice. It provides **immediate feedback**.
- When one becomes aware of the body, **one notices its state as it is right now**.
- **Feedback loop:** The muscles, bones, organs, nervous system that are all part of an inescapable connection, from how one may think and feel, in the moment.



Self-Awareness and the Body

Research shows that the average person has **50,000 to 70,000** thoughts per day.¹



- Mindfulness can be defined as “**the ability to notice what is happening as it is happening.**”
- **Mindfulness practice** is one way to improve our ability to become more aware of what we are thinking.

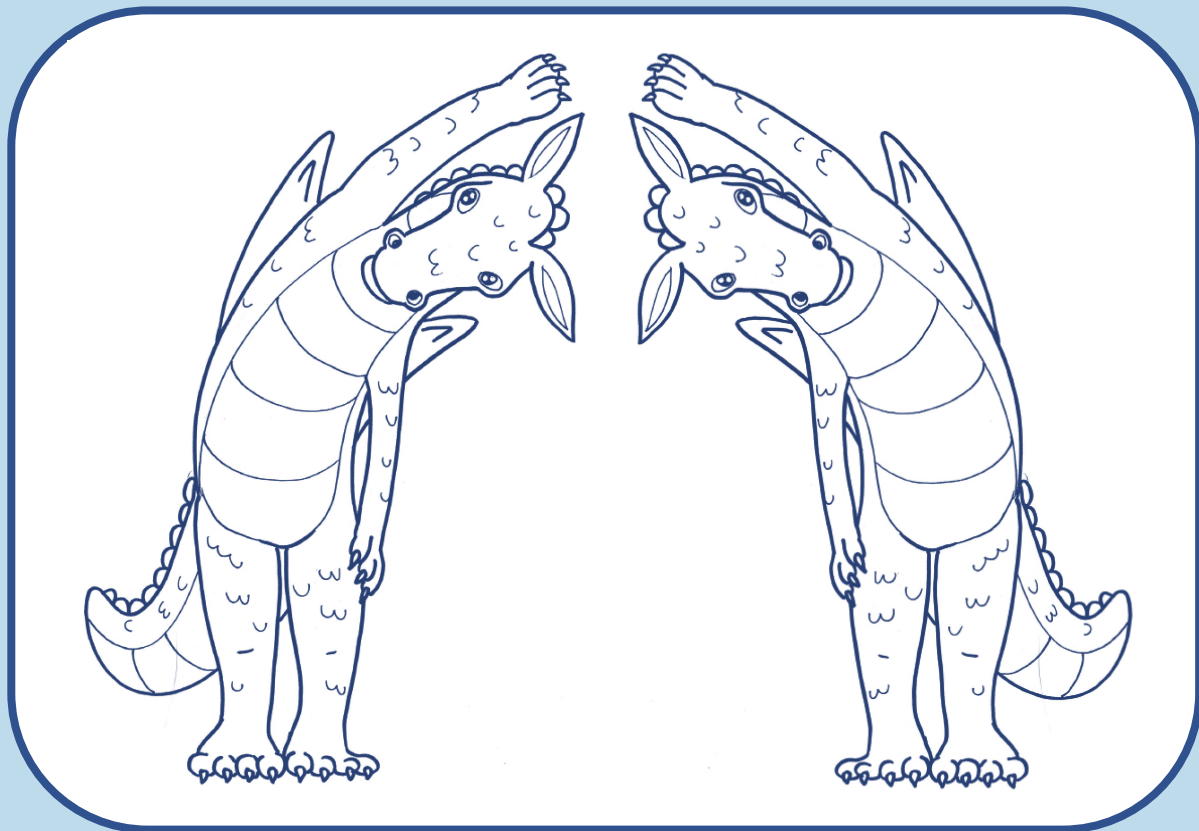
“Through physical practice, we have learned how to exercise different muscles in the body, and now we will begin training our mindfulness muscle.”²

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916

2: Sharon Salzberg, Real Happiness, 2010



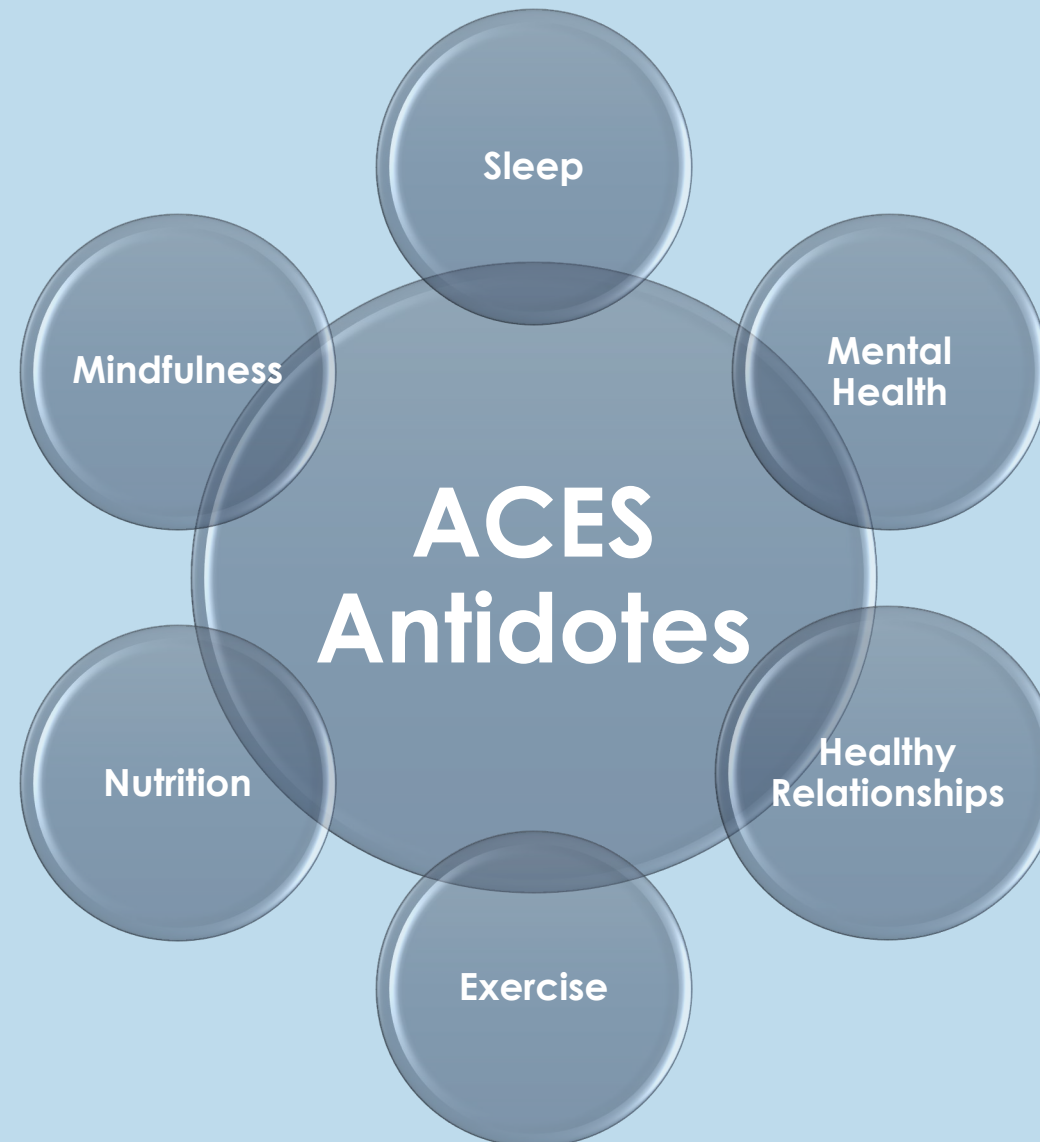
Engaging Activity: Standing Half Moon



Mindfulness

Mindfulness means noticing what is happening as it is happening.
Mindfulness is about paying attention on purpose, with a sense of kindness and curiosity.

Self-Awareness and the Healing Factors



Dysregulated Stress Response

“

...the literature provided evidence of why these things were effective. Fundamentally, they all targeted the underlying biological mechanism – a dysregulated stress response system and the neurologic, endocrine, and immune disruptions that ensued.

Dr. Nadine Burke Harris, M.D.
The Deepest Well

”



Compassion Fatigue

Secondary Trauma



- ❖ *1 in 5 adults in America experience a mental illness.*
- ❖ *Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.*
- ❖ *Approximately 10.2 million adults have co-occurring mental health and addiction disorders.*

Stress Response



“Gas Pedal”
Sympathetic Nervous System:
Fight or Flight



“Brake”
Parasympathetic Nervous System:
Rest and Digest



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.

Green Zone



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.

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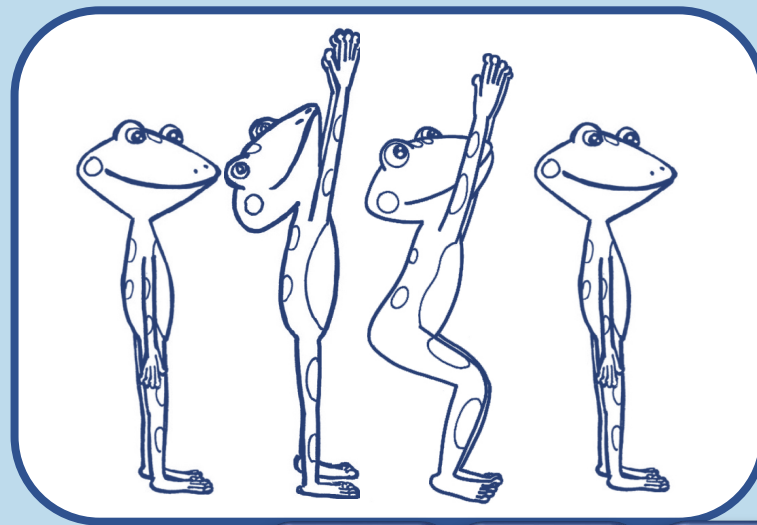




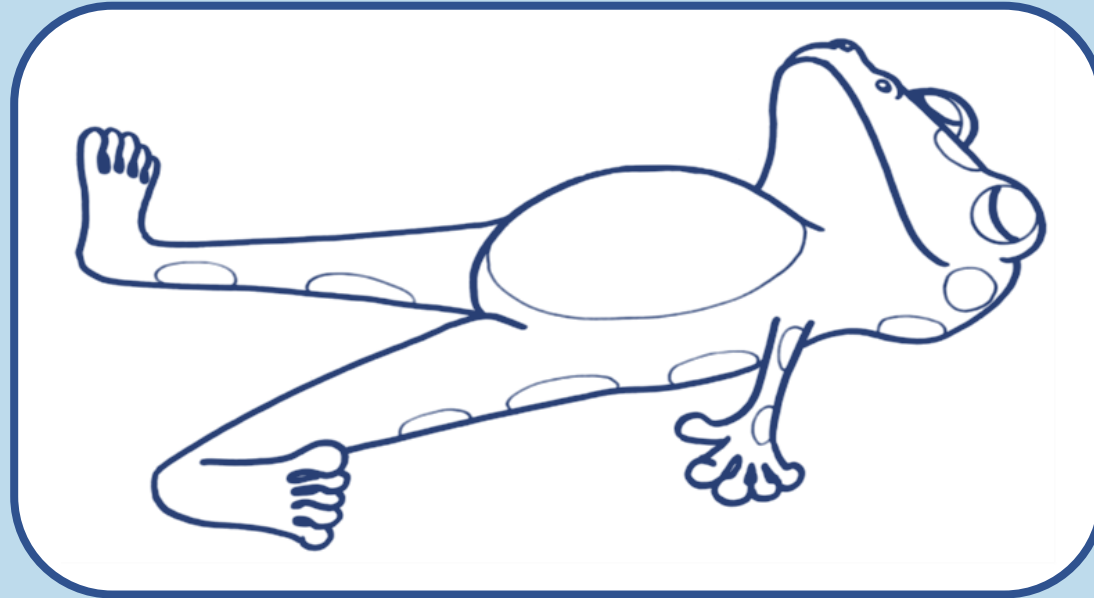
Engaging Activity: Mountain/Chair Strength Sequence

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: Guided Rest or Body Scan



Optimistic Closure: Home Practice

Throughout your day, try to bring attention to:

How and what your **body** is feeling?

How what your **breath** is doing?

What do you notice in your body, breath, and mind?

Check specific times of the day, once a day:

Morning

Afternoon

Evening



HEADSPACE: Mindfulness On Demand



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Headspace is donating their app
to all Educators.

go.headspace.com/pureedge

Think of it as,
**A personal meditation guide,
right in your pocket.**

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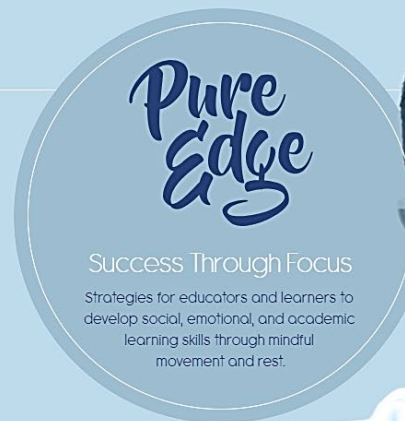
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest





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