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

- 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 12 – 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.
Resources
Pure Edge Programs

Pure brain breaks

Pure power

Peek inside the amazing brain

Pure PE

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Curriculum: Pure Power

Pure Power is our full curriculum, offered at grade levels K–2, 3–5 and 6–12. The curriculum covers a variety of SEL content areas and includes mindful movement and breathing exercises that promote self-regulation.
Pure Power: Standards

Each unit is aligned with National Standards for:

- Social & Emotional Learning
- Physical Education
- Health Education
Notes on Virtual Delivery

- Start small: open/close online learning sessions with a Brain Break.
- Consistency & routines.
- Split lessons into smaller sections.
- Explore read aloud books.
- Check out the “Home Practice” section in each lesson for ideas for short, simple exercises to share.
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
Breathe
Move
Rest
The goal of breathing exercises is to calm the body and strengthen our mindfulness muscle.

When attention wanders, bring focus back to the breath.

Over time, with consistent practice, attention will stray less frequently.

Use nasal breathing unless otherwise instructed.
Awareness Through Rest

- Being still is a skill that requires practice – some movement is okay.
- Cooked vs. uncooked spaghetti.
- Shakeout body parts; tighten and release muscles.
- You can do Guided Rest lying down or seated if space is an issue.
Awareness of Movement

- Training ourselves to notice the physical sensations in our bodies.
- Help learners begin to understand that the mind affects how the body feels, and the body affects how the mind feels.
- When practicing/teaching postures, always move with the breath.
Social and Emotional Learning Competencies

SELF-AWARENESS
- 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

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

RESPONSIBLE DECISION-MAKING
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility
- Co-creating a sense of belonging and thriving

SOCIAL AWARENESS
- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others
- Recognizing setting demands and opportunities
- Determining common social goals and interests

RELATIONSHIP SKILLS
- Communication
- Social Engagement
- Relationship – Building
- Teamwork
- Cultural competency
- Collaborative problem-solving
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility
- Co-creating a sense of belonging and thriving
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
Culture of Care

- Session 1: Social and Emotional Learning (SEL) and Self-Care
- Session 2: Respond vs. React: Super Powers
- Session 3: Stress & Allostatic Load
- Session 4: The Neuroscience of Stress, Part 1
- Session 5: The Neuroscience of Stress, Part 2
- Session 6: Neuroplasticity
- Session 7: Creating Healthy Habits
- Session 8: Taking in the Good
- Session 9: Six Critical Healing Factors
- Session 10: Building Belonging: Emotion & Cognition
- Session 11: Brain Break Implementation
- Session 12: Culture of Care Implementation
## 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>
<tbody>
<tr>
<td>□ Recognize the impact of school stress</td>
<td>□ “Flipping Your Lid”</td>
<td>□ pureedgeinc.org</td>
</tr>
<tr>
<td>□ Experience and apply brain breaks to self-care practice</td>
<td>□ Building Emotional Intelligence</td>
<td>○ use employee ID/school email address in sign up fields</td>
</tr>
<tr>
<td>□ Summarize the concept of self-care</td>
<td>□ “Name it to Tame it”</td>
<td>□ Headspace App</td>
</tr>
<tr>
<td>□ Summarize the neuroscience of stress</td>
<td>□ 6 Critical Healing Factors</td>
<td>○ Go.headspace.com/pureedge</td>
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</table>

<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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<tbody>
<tr>
<td>Breathe (choose 1):</td>
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<td>Even In-Even Out</td>
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<td>Belly Breath</td>
<td>Anchor Breath</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>
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<td>Tree</td>
<td>Balance Brain Hop</td>
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<tr>
<td>Other</td>
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<tr>
<td>Rest (choose 1):</td>
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<td>Body Scan</td>
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<tr>
<td>Mindful Minute</td>
<td>Guided Rest</td>
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<td>Other</td>
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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.
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: 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 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.
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.
MTSS: Multi Tiered System of Support

Tier 1: Prevention
All Learners (and Educators)

Tier 2: Intervention
Small Groups

Tier 3: Intervention
Individual

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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

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Engaging Activity: Think-Ink

Culture of Care Implementation Exploration

Who...

Why...
Engaging Activity: Think-Ink

Culture of 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

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Email: getmoving@pureedgeinc.org