



Pure Community



Thank you for joining us!



THE SCHOOL DISTRICT OF  
**PHILADELPHIA**

**Session:** Culture of Care Implementation  
**Trainer:** Erin Cooney, Director of Curriculum

**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.

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Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)

Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)

  
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# Who We Are

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**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.

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# Introductions

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Respond to the poll  
to tell us a little  
about yourself.

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# Introductions

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Erin Cooney  
**[erin@pureedgeinc.org](mailto:erin@pureedgeinc.org)**  
*Director of Curriculum & Instruction,  
National Trainer*


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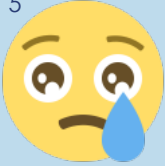
Welcoming Activity: How are you feeling?


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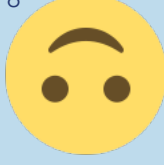
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Welcoming Activity: Mindful Minute



  
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## Culture of Care Mini Series

- ❖ Part 1 Building Belonging: Start with the Heart
- ❖ Part 2 SEL & Educator Self-Care
- ❖ Part 3 Brain Breaks Implementation
- ❖ **Part 4 Culture of Care Implementation**



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## Learning Objectives

- ❖ Explore the components of a Culture of Care.
- ❖ Develop a plan for Culture of Care implementation.
- ❖ Practice and implement Breathe, Move, and Rest Strategies  
for Self-awareness and Self-management



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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: Anchor Breathing



1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?



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# How do we build a Culture of Care?



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## A Culture of Care



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# Self-Care Implementation



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## How is social emotional learning (SEL) connected to self-care?

### Self-Awareness

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy



### Self-Management

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills



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## Sample: Self-Care Template for Implementation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breathe: Choose 1</b> Anchor Breathing Even-In, Even-Out Starfish/Take Five Other							
<b>Move: Choose 2</b> Recharge Sequence Mountain/Chair Strength Sequence Tree Pose; Stork Pose Chair Cat/Cow Chair Sunrise Twist Other							
<b>Rest: Choose 1</b> Guided Rest Attitude of Gratitude Taking in the Good Other							



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## Engaging Activity: Think-Ink-Share

### Educator Self-Care Implementation Exploration

<p>What...</p>	<p>When...</p>	<p>Where...</p>
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## Did you know?

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/eisp.674>



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## 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.*



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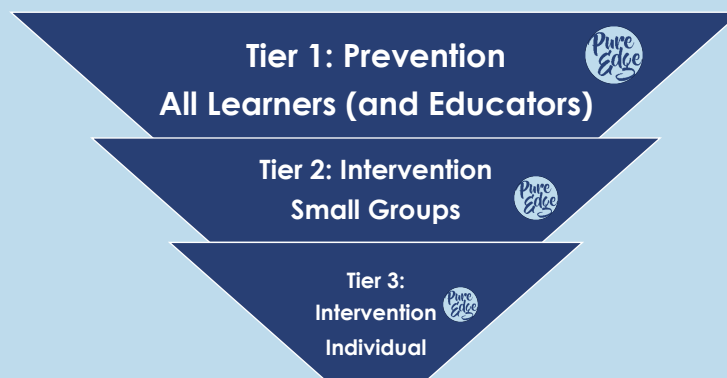
# Brain Breaks Implementation



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## MTSS: Multi Tiered System of Support



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# Guiding Questions

- From Pure Power Curriculum
- Encourage student voice and engagement
- Invite learners to reflect on their own experience
- Help learners make the link between self-care and SEL



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# Pre K-2 Calendar

	Week 1	Week 2	Week 3	Week 4
<b>Breathe</b>	Smell the Rose, Blow out the Candle	Balloon Breathing	Animal Arms	Starfish Breath
<b>Move</b>	Seated Mountain	Mountain/Sunrise	Tree Pose	Mountain/Chair Strength Sequence
<b>Rest</b>	Breathing Buddies	Breathing Buddies	Breathing Buddies	<ul style="list-style-type: none"> <li>• Breathing Buddies</li> <li>• Attitude of Gratitude</li> </ul>
<b>Guiding Question</b>	<i>What is Kindness?</i>	<i>How does it feel to focus on your breath?</i>	<i>What do you do to relax?</i>	<i>How do you feel inside when you think about (and express) gratitude?</i>



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## 3-5 Calendar

	Week One	Week Two	Week Three	Week Four
<b>Breathe</b>	Breathing Ball/ Nasal Breathing	Starfish Breathing	Even In - Even Out	Anchor Breathing
<b>Move</b>	Seated Mountain	<ul style="list-style-type: none"> <li>Mountain/Sunrise</li> <li>Sunrise/Sunset</li> </ul>	<ul style="list-style-type: none"> <li>Sunrise/Sunset</li> <li>Tree Pose</li> </ul>	<ul style="list-style-type: none"> <li>Tree Pose</li> <li>Forest Pose</li> </ul>
<b>Rest</b>	Guided Rest for 2 minutes	Guided Rest for 2 minutes	Guided Rest for 3 minutes	<ul style="list-style-type: none"> <li>Guided Rest for 3 minutes</li> <li>Attitude of Gratitude</li> </ul>
<b>Guiding Question</b>	<i>How did you feel before you took 3 mindful breaths? During? After?</i>	<i>What is stress?</i>	<i>How do strong emotions affect how you react in different situations?</i>	<i>What does it mean to self-regulate? Why is self-regulation important?</i>



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## 6-12 Calendar

	Week One	Week Two	Week Three	Week Four
<b>Breathe</b>	Breathing Ball/Nasal Breathing (Belly-Heart Breathing if no Breathing Ball available)	Anchor Breathing	Take 5	Even In- Even Out
<b>Move</b>	Seated Mountain	<ul style="list-style-type: none"> <li>Mountain-Chair Strength Sequence</li> <li>Standing Half Moon</li> </ul>	<ul style="list-style-type: none"> <li>Tree Pose</li> <li>Chair Cat/Cow</li> </ul>	<ul style="list-style-type: none"> <li>Recharge Sequence</li> <li>Chair Twist</li> </ul>
<b>Rest</b>	Guided Rest	Guided Rest	Guided Rest	Guided Rest
<b>Guiding Question</b>	<i>What does wellness mean to you?</i>	<i>How does it feel in your body when you pay attention to your breath?</i>	<i>How can we distinguish between healthy &amp; unhealthy stress?</i>	<i>What is the difference between a reaction &amp; a response?</i>



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## 6-12 SAMPLE: Four Week – Implementation Guide

	MONDAY	TUESDAY	WED *Shorter class	THURSDAY	FRIDAY *Assemblies
Week One	<b>Introduce: Breathing Ball and Seated Mountain</b> as part of <b>ROUTINES</b> *Start/End of class	Breathing Ball Seated Mountain *Start/End of class	<b>Introduce: Guided Rest</b>	<b>Start:</b> Breathing Ball; Seated Mountain  <b>End:</b> Guided Rest	<b>Start:</b> Breathing Ball  <b>End:</b> Guided Rest
Week Two:	<b>Start: Introduce: Anchor Breathing Mountain/Chair Strength Sequence</b>  <b>End:</b> Guided Rest	<b>Start:</b> Anchor Breathing Mountain/Chair Strength Sequence  <b>End:</b> Guided Rest	<b>Introduce: Standing Half Moon</b>	<b>Start:</b> Anchor Breathing Mountain/Chair Strength Sequence, Standing Half Moon  <b>End:</b> Guided Rest	<b>Start:</b> Anchor Breathing  <b>End:</b> Guided Rest
Week Three	<b>Start:</b> Take 5, Mountain/Chair Strength Sequence, <b>Introduce: Tree (each leg)</b>  <b>End:</b> Guided Rest	<b>Start:</b> Take 5, Standing Half Moon, Tree  <b>End:</b> Guided Rest	<b>Introduce: Chair Cat/Cow</b>	<b>Start:</b> Take 5, Tree, Chair Cat/Cow  <b>End:</b> Guided Rest	<b>Start:</b> Take 5  <b>End:</b> Guided Rest
Week Four	<b>Start: Introduce: Even In, Even Out Recharge Sequence, Chair Cat/Cow</b>  <b>End:</b> Guided Rest	<b>Start:</b> Even In - Even Out, Recharge Sequence Chair Cat/Cow  <b>End:</b> Guided Rest	<b>Introduce: Chair Twist</b>	<b>Start:</b> Even In - Even Out, Recharge Sequence, Chair Cat/Cow, Chair Twist  <b>End:</b> Guided Rest	<b>Start:</b> Even In - Even Out  <b>End:</b> Guided Rest



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## Engaging Activity: Think-Ink-Share

### Brain Breaks Implementation Exploration

What...


When...

Where...




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Tree

  
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Resources

  
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By Category
By Grade
View curriculum in: [English](#) [Español](#)

## Curriculum: *Pure Brain Breaks*

Pure Brain Breaks are simple and effective strategies to alleviate stress and to calm over-stimulated minds. The exercises, 1 to 5 minutes in length, are designed for easy classroom implementation. Participants can perform these seated or standing, at desks or on the floor.

Pre K

Implementation Guide

3x5 Cards

K-2

Training Manual

Implementation Guide

3x5 Cards

Videos

3-5

Training Manual

Implementation Guide

3x5 Cards


Videos

6-12

Training Manual


Implementation Guide

Videos



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# Training Manual


*Grades*  
6-12

*Grades*  
6-12



Here are a few suggestions for when to implement Brain Breaks for grades 6-12. The suggested exercises are meant to support the educator in getting started with Brain Breaks. Once the learners are familiar, other exercises from the manual can be incorporated. Check our website, [www.pureedgeinc.org](http://www.pureedgeinc.org), for video tutorials and access to the Brain Breaks manual.

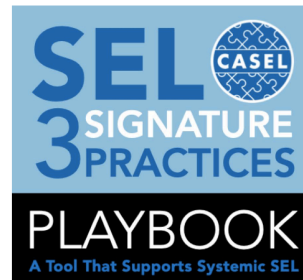
<b>Arrival/ Homeroom</b>	Mindful Minute offers learners a chance to check in with themselves at the start of the school day. The start of the day is also a great time to incorporate Breathe exercises such as Anchor-Breathing or Rest exercises like Mindful Listening.
<b>Refocus Between Classes</b>	Use the breath to help settle students as they transition from one class to another. Good options to start with are Breathing Ball, Even-In, Even-Out or Belly-Heart Breath.
<b>Break During Class</b>	Bring a little movement and breathing as a break to re-energize learners during longer lessons. Chair Cat/Cow, Chair Twist, Desk Dog, Tree or Eagle work well.
<b>Before Testing</b>	Breathing exercises help relieve testing-related stress and put learners in a state of focus. Use exercises that learners are already familiar with. Take Five, Belly Breathing, and Alternate Nostril Breathing are simple and effective choices.
<b>Afternoon Slump</b>	To re-engage sluggish learners, some breath and movement can be helpful. Chair Pose Twist and Forward Bend, Standing Half Moon, and Recharge Sequence will get learners moving. Offering Guided Rest before movement when learners are tired can also re-energize them.
<b>Departure</b>	Taking in the Good and One Minute Reflection are Rest exercises designed to help learners reflect at the end of the day.



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PRACTICAL WAYS TO  
INTRODUCE AND BROADEN  
THE USE OF SEL PRACTICES  
IN CLASSROOMS, SCHOOLS,  
AND WORKPLACES



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## Engaging Activity: Attitude of Gratitude



1. Sit comfortably, and if you like you can close your eyes.
2. Think of something/someone in your life for which you are thankful, or grateful. It can be anything or anyone!
3. Take a few moments to just appreciate this thing or person.
4. Now think of another thing or person for which you are grateful.
5. Take a few moments to appreciate this thing or person.
6. Notice how you feel.

*\*As you introduce this exercise, you might want to model an example for learners before bringing them through the exercise.*

*\*This is a nice exercise to take a few responses from learners after the exercise is finished.*



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# Takeaways

- A Culture of Care includes:
  - Belonging for All
  - Self-Care
  - Breathe- Move-Rest Brain Breaks
  - SEL Signature Practices
- Mindfulness is kind awareness
- Plan for it; structure it
- Repeat, repeat, repeat



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## Brain Breaks Review



### Breathe

- ❖ Mindful Minute
- ❖ Anchor Breathing



### Move

- ❖ Recharge Sequence
- ❖ Tree



### Rest

- ❖ Attitude of Gratitude



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## Optimistic Closure: One Word Whiparound



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**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!

**Session 4:** Culture of Care Implementation

**Trainer:** Erin Cooney

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