



# Thank you for joining us!

**Session 2:** Early Childhood Education: Start with the Heart: Strategies to Build Resilience

**Trainer:** Erin Cooney  
Director of Curriculum & Instruction

## 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.



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Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Introductions

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

# 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.



# Introductions

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Erin Cooney

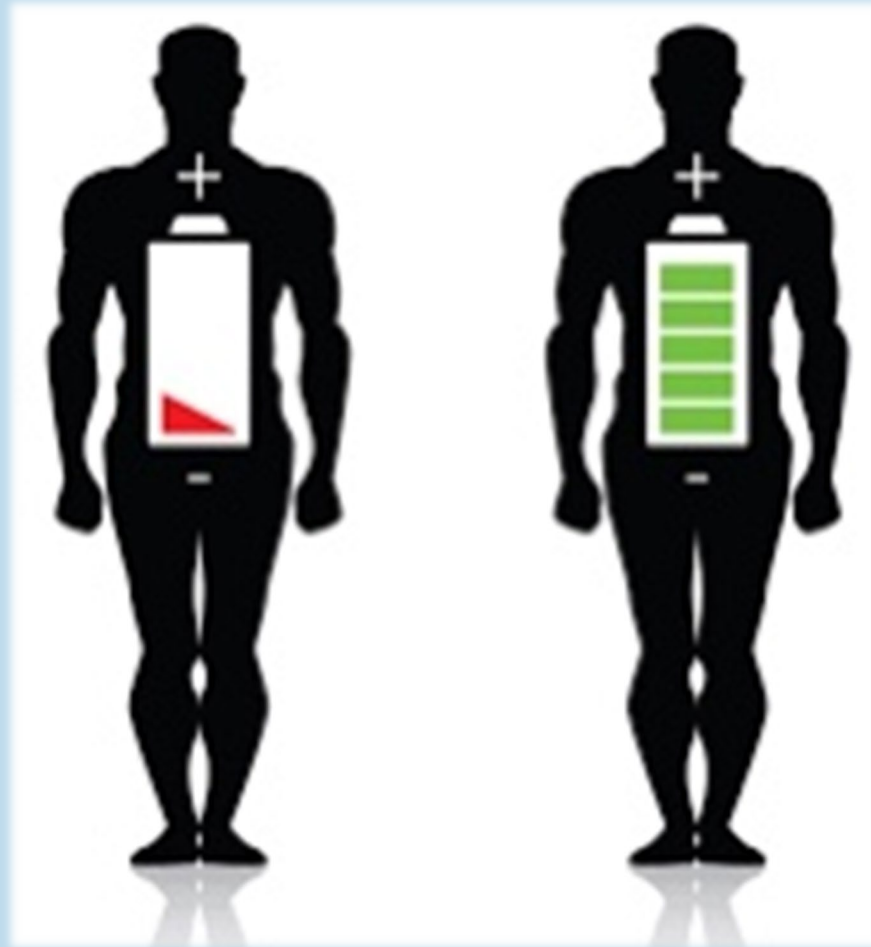
**erin@pureedgeinc.org**

*Director of Curriculum & Instruction,  
National Trainer*

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# What is your Energy Level right now?





# Engaging Activity: Mindful Minute





# Engaging Activity: Attitude of Gratitude



# Learning Objectives

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- ❖ Define Social and Emotional Learning
  - ❖ Describe the connection between self-care and SEL
  - ❖ List the three CASEL signature practices (Welcoming Activity, Engaging Activity, and Optimistic Closure)
  - ❖ Experience Brain Breaks exercises as a participant
  - ❖ This is session two of a three-part series.
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# Review



Self-Care is  
primary to  
caring for  
others.

# Breathe



# Move



# Rest



# What we hope to do

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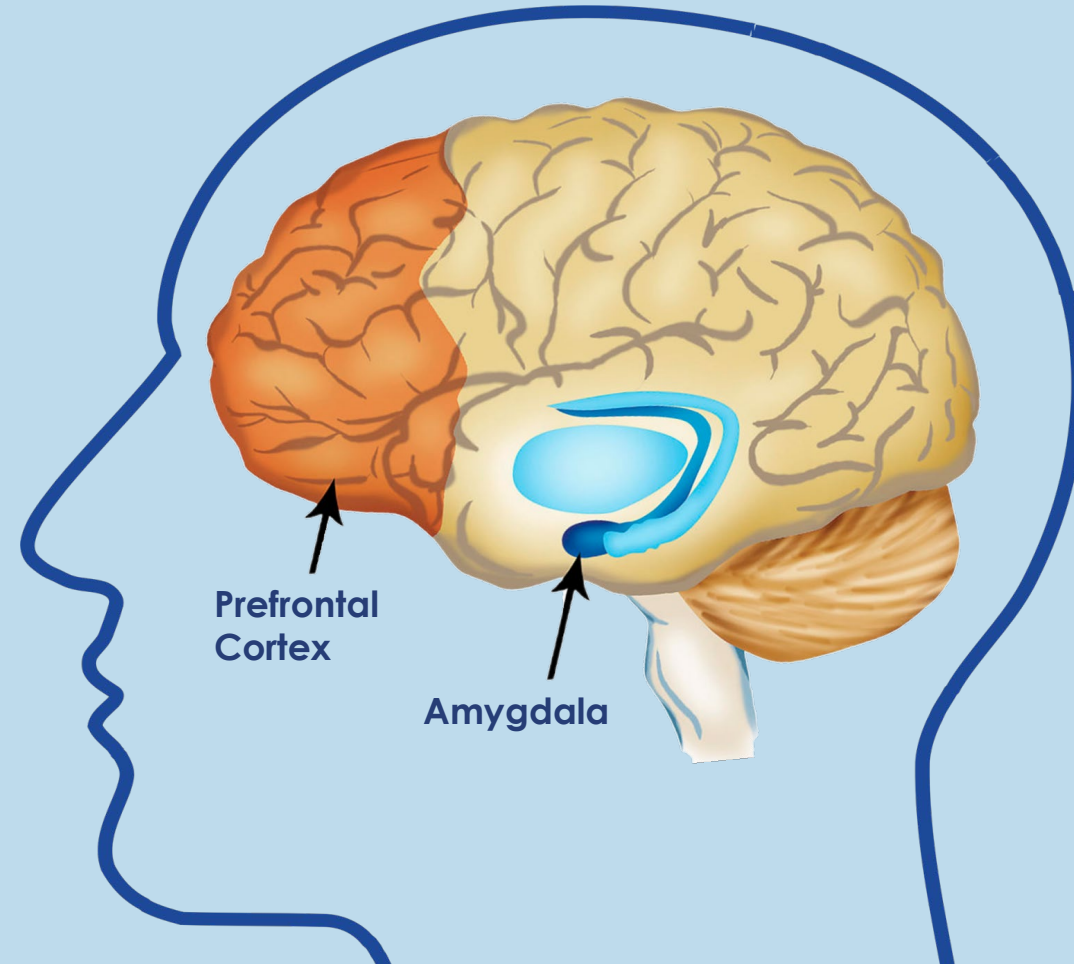
*Respond*

Vs.

**React**

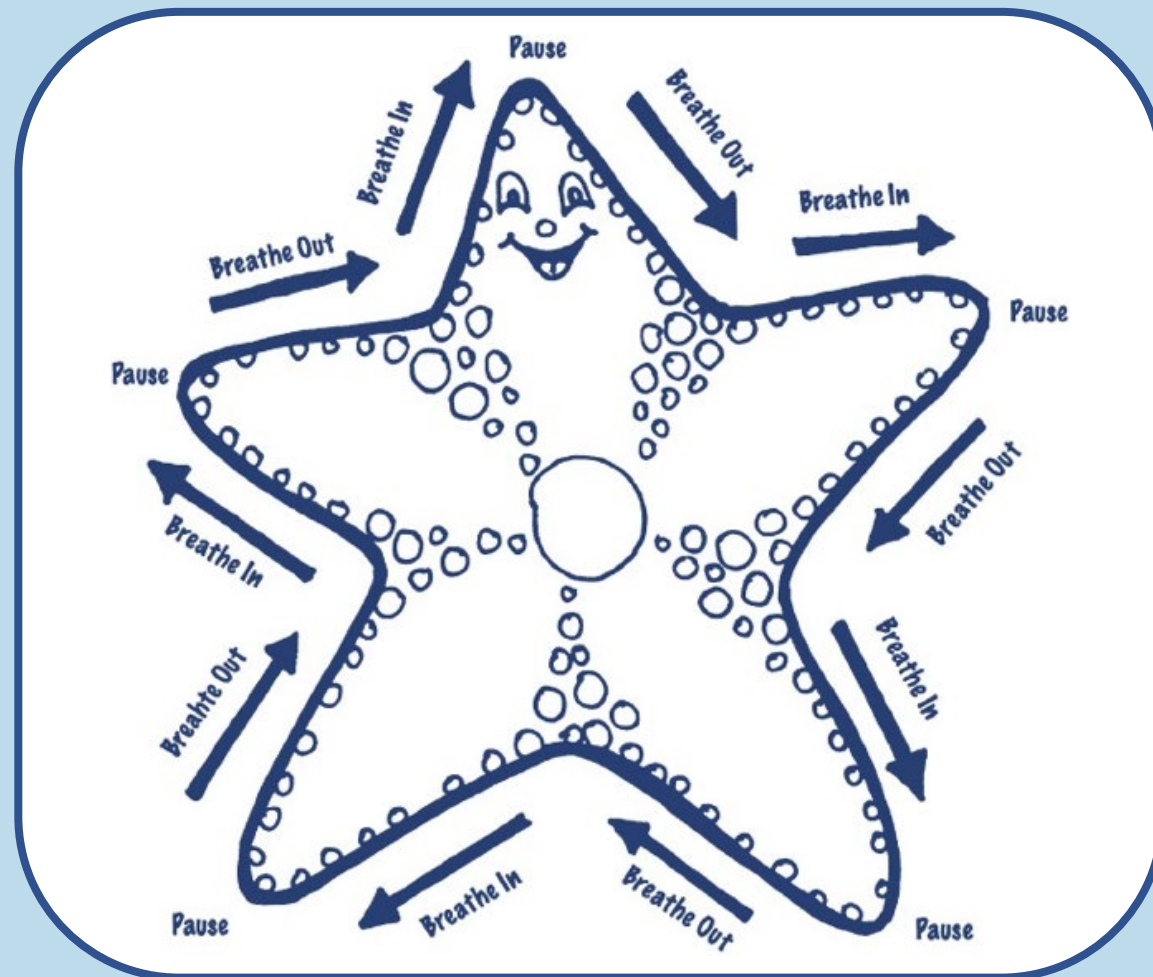
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# Self-Regulation & the Brain





# Engaging Activity: Starfish Breathing



*It is essential for adults working with young children to be well-physically and emotionally. Better health enables better relationships with children, and research has long demonstrated that good relationships are crucial for children's learning and social-emotional development.*

Dr. Kate Gallagher  
Director of Research and Evaluation,  
Buffett Early Childhood Institute, University of Nebraska

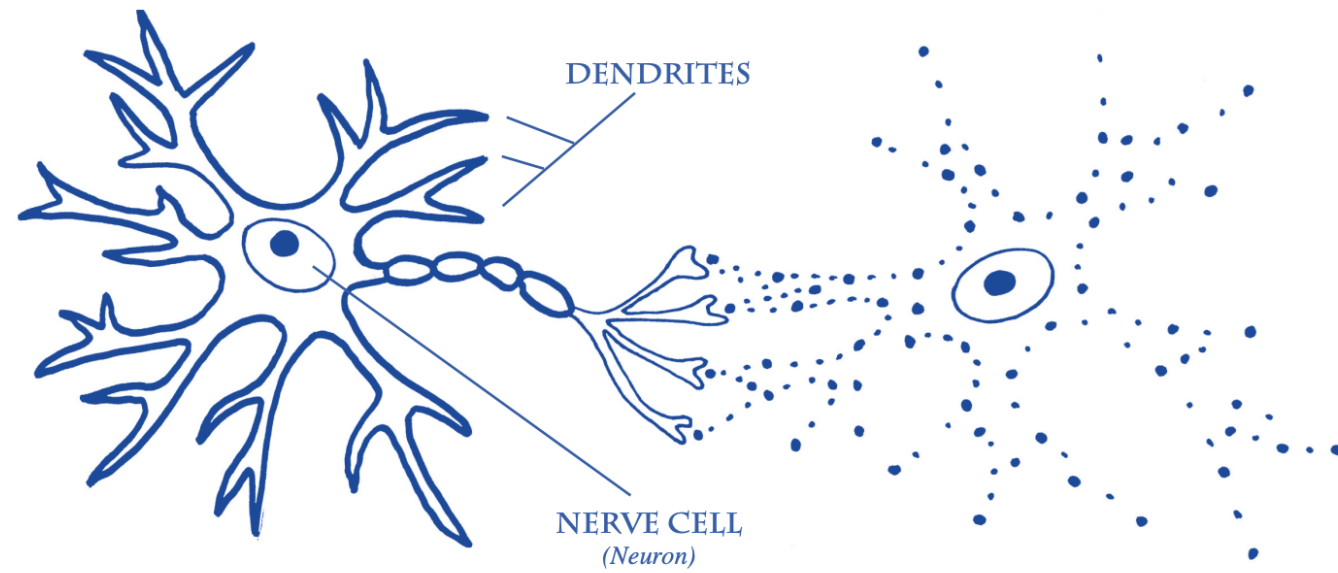
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# 90%

of brain growth happens before kindergarten

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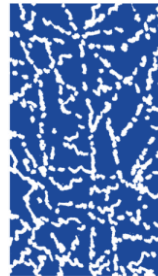




AT BIRTH



3 MONTHS



15 MONTHS



3 YEARS



# Human relationships are the essential ingredient that catalyze healthy development and learning.

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- Sources: Griffiths, P.E., & Hochman, A (2015) Developmental systems theory. eLs 2, 1-7.
- Moore, D.S. (2015) The developing genome: An introduction to behavioral epigenetic.
- Witherington, D.C., & Lickliter, R. (2016) Integrating development and evolution in psychological science; evolutionary developmental psychology, developmental systems an explanatory pluralism. Human development, 59, 200-234.
- This Photo by Unknown Author is licensed under [CC BY-SA](#)

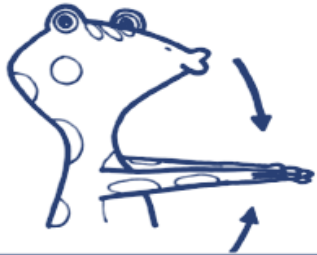




# Engaging Activity: Animal Arms



Inhale the  
jaws open



Exhale the  
jaws close

Crocodile

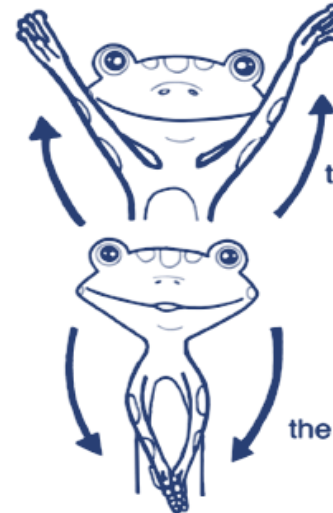


Inhale the dolphin  
jumps up



Exhale the dolphin  
dives down

Dolphin



Inhale  
the wings open



Exhale  
the wings close

Butterfly



Inhale the tummy  
puffs up

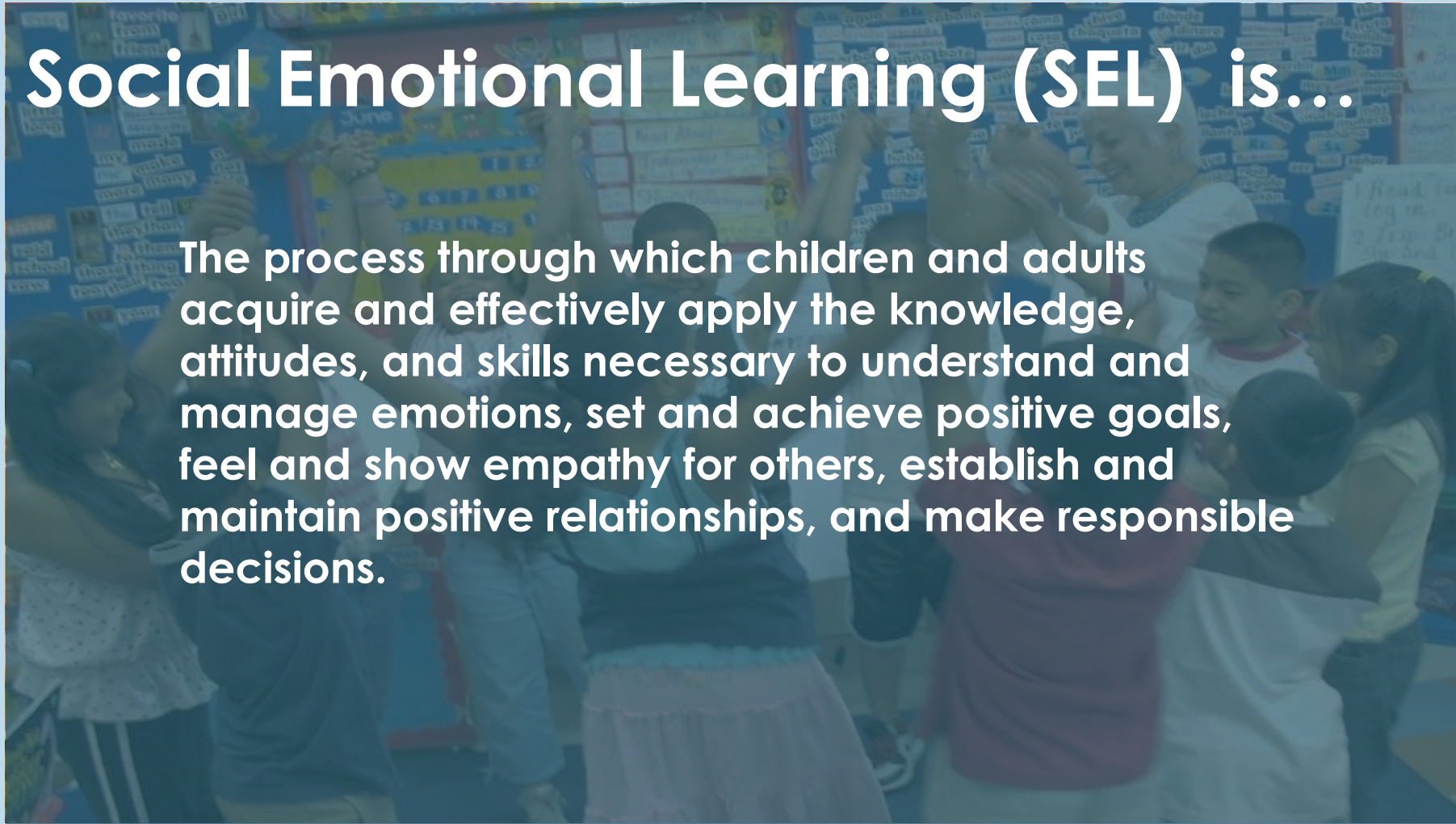


Exhale the tummy  
sinks down

Pufferfish

# 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.



# Social and Emotional Competencies

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

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

- Communication
- Social Engagement
- Relationship-building
- Teamwork



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

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility





# 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

# Leaders Support Systemic SEL



## 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

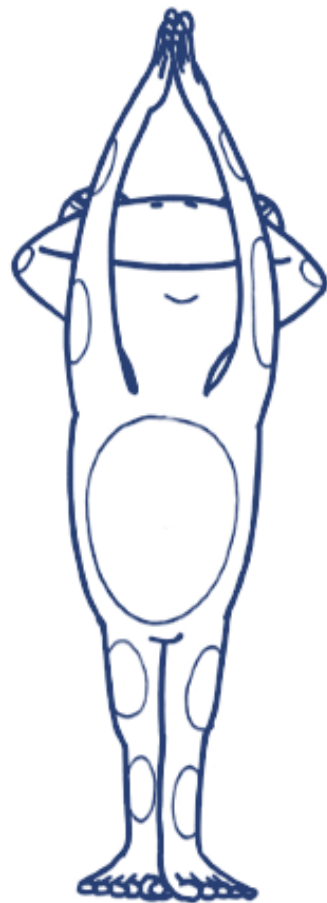
## Optimistic Closure

(3-5 minutes)

- Creates momentum towards taking action
- Reflection and looking forward
- Intentional Closure
- Topic reinforcement
- i.e. Reflective questions



# Engaging Activity: Sunrise/Sunset







# Engaging Activity: Chair Twist

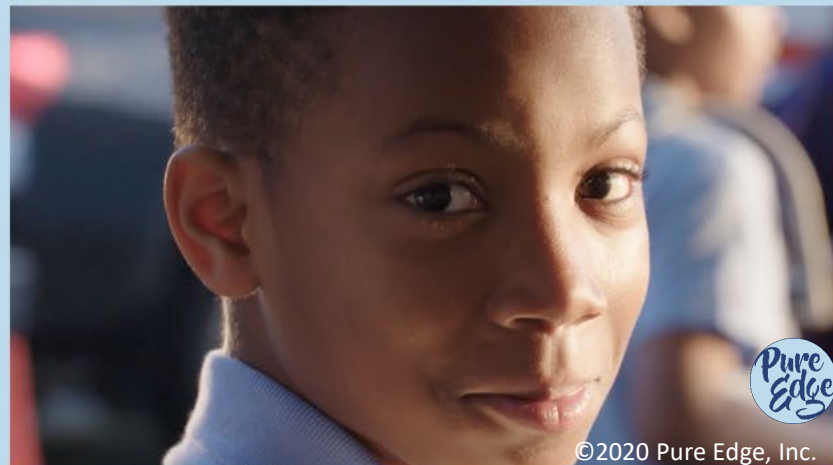


“The three most important  
aspects of learning  
–attention, focus, and memory–  
are all controlled by our emotions,  
not by cognition.”

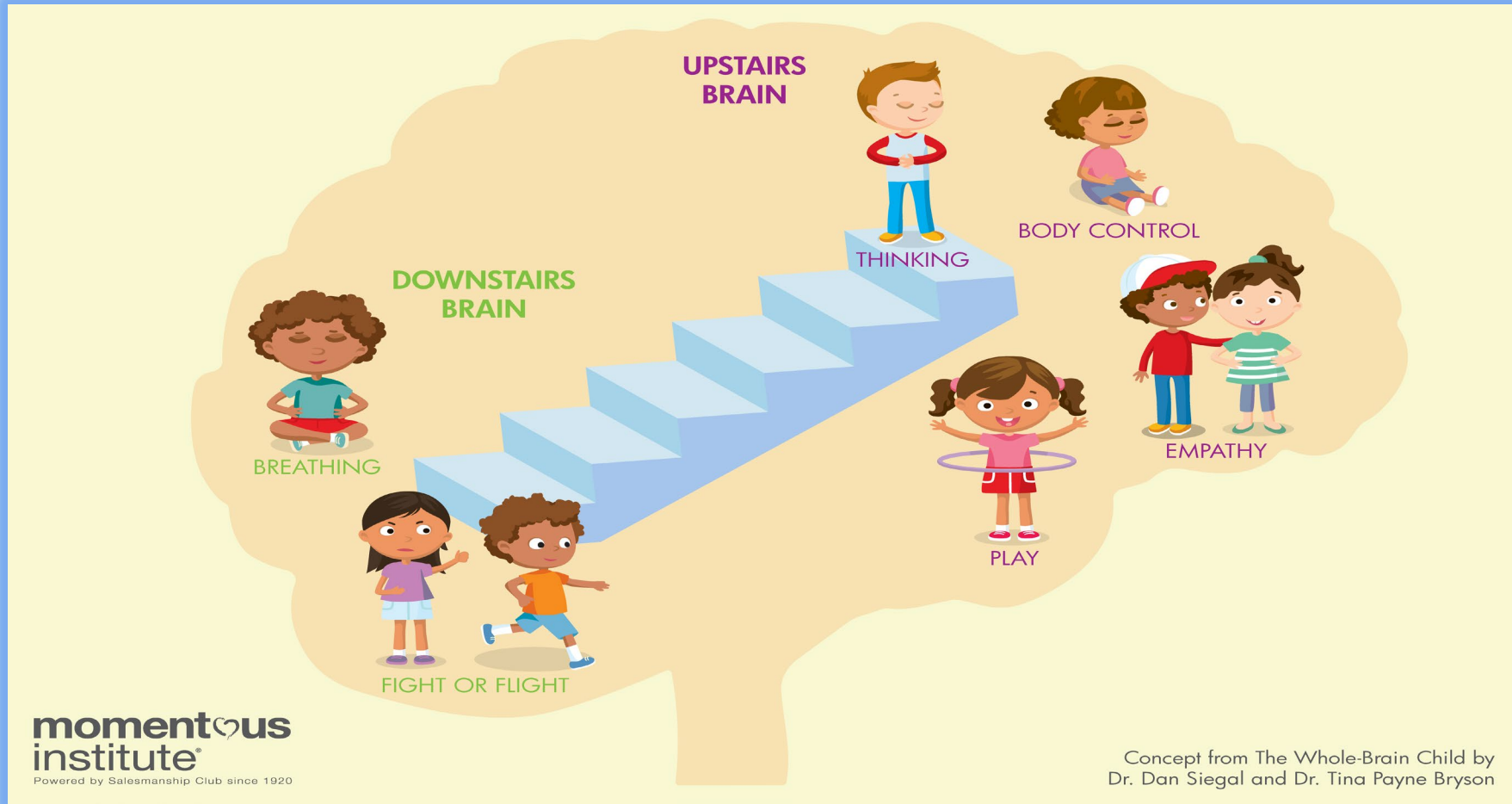


# "Behavior is communication"

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



# Upstairs Brain – Downstairs Brain





## Blue Zone



## Red Zone



Blue Zone Image: <http://theyouthculturereport.com/helping-children-deal-with-tragedy/>

Red Zone Image: <https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums>

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.

## Green Zone



Image source: <https://happykids.hu>

# Upstairs Brain– Downstairs Brain

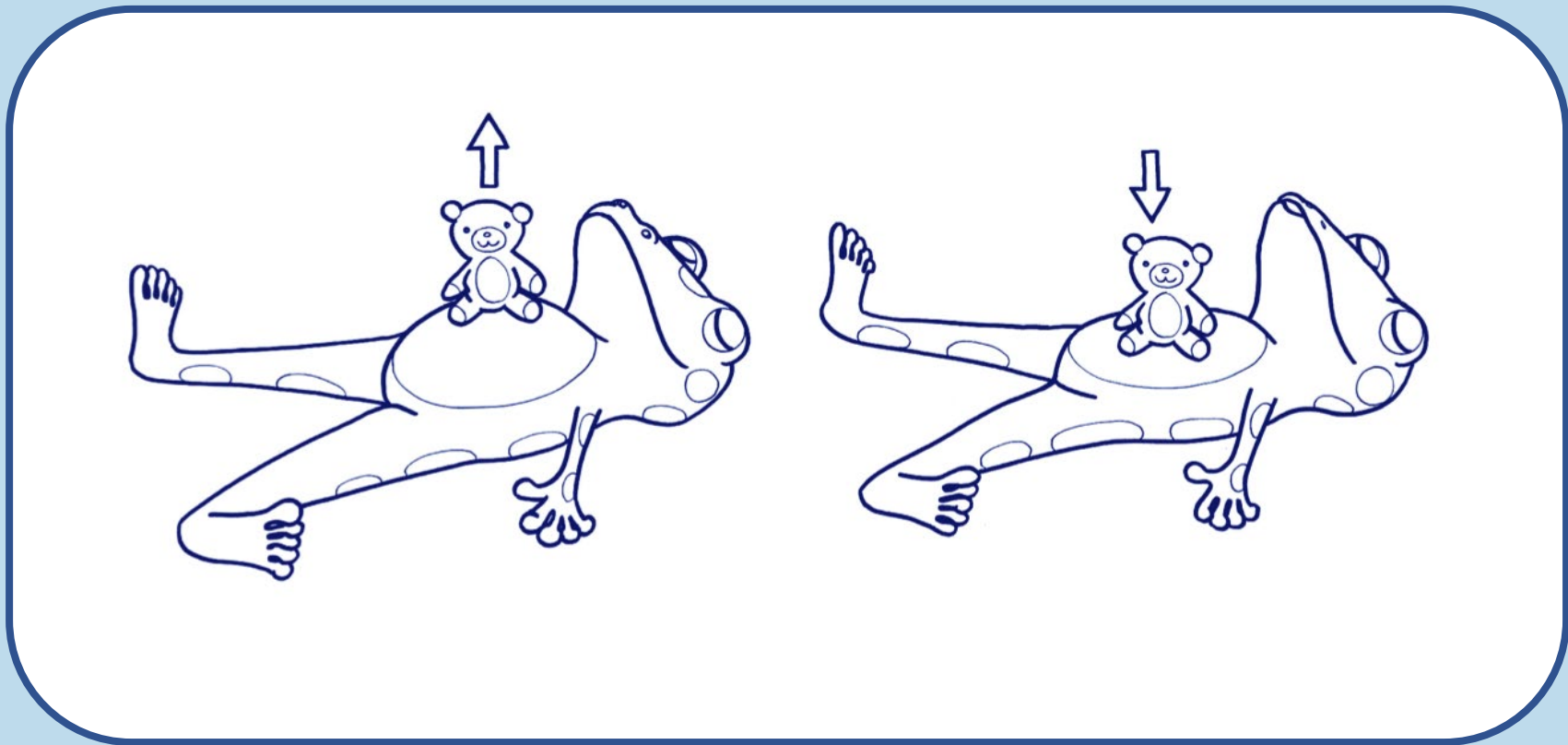
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Integrating upstairs downstairs strategies:

1. **CONNECT, THEN REDIRECT:** Be present with your child's feelings, help them get into the “green zone.”
2. **Breathing** will help bring the prefrontal cortex (“upstairs brain”) back online.
3. **Move** it or lose it: Get child moving and their mood will change.

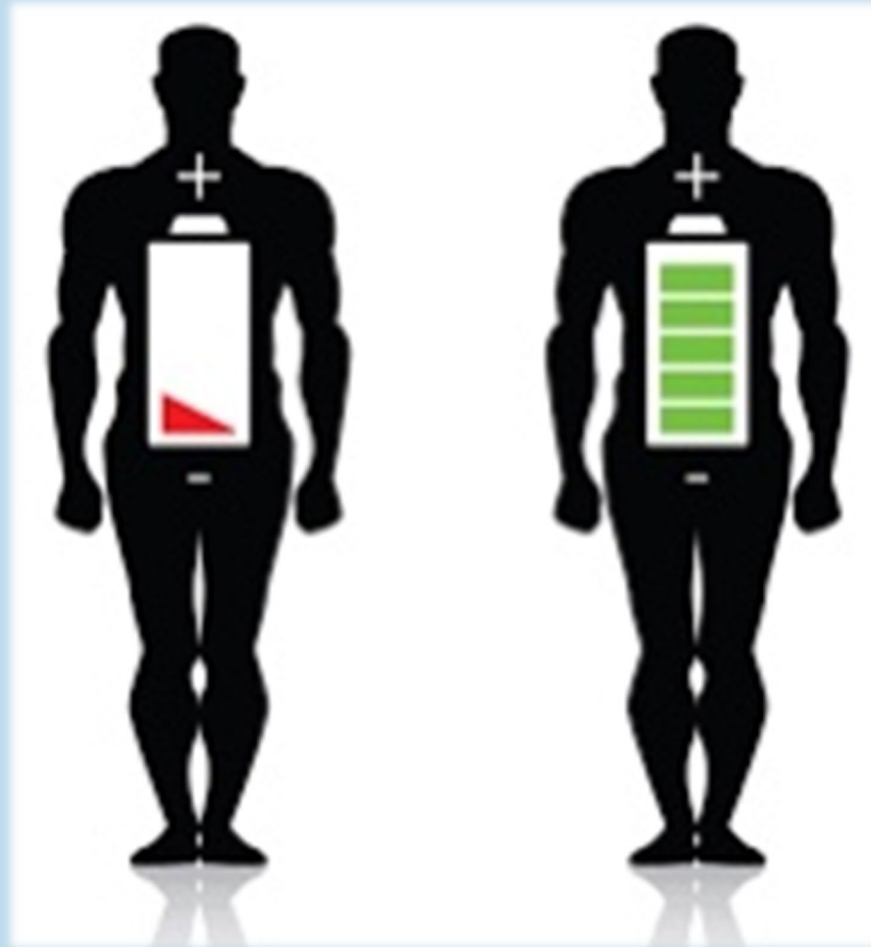


# Engaging Activity: Guided Rest with Breathing Buddy





# What is your Energy Level right now?



Grateful for the opportunity!

What questions do  
you have?



# pureedgeinc.org

Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●  
breathe

●  
move

●  
rest



# Takeaways

## Circle back:

- Three CASEL signature practices are: Welcoming Activity, Engaging Activity, Optimistic Closure.
- Self care connects to SEL by directly developing the competencies of Self Management and Self-Awareness.
- Good relationships are crucial for children's social and emotional development.

## Brain Breaks Review:

### ❖ Breathe

- Starfish Breathing
- Animal Arms

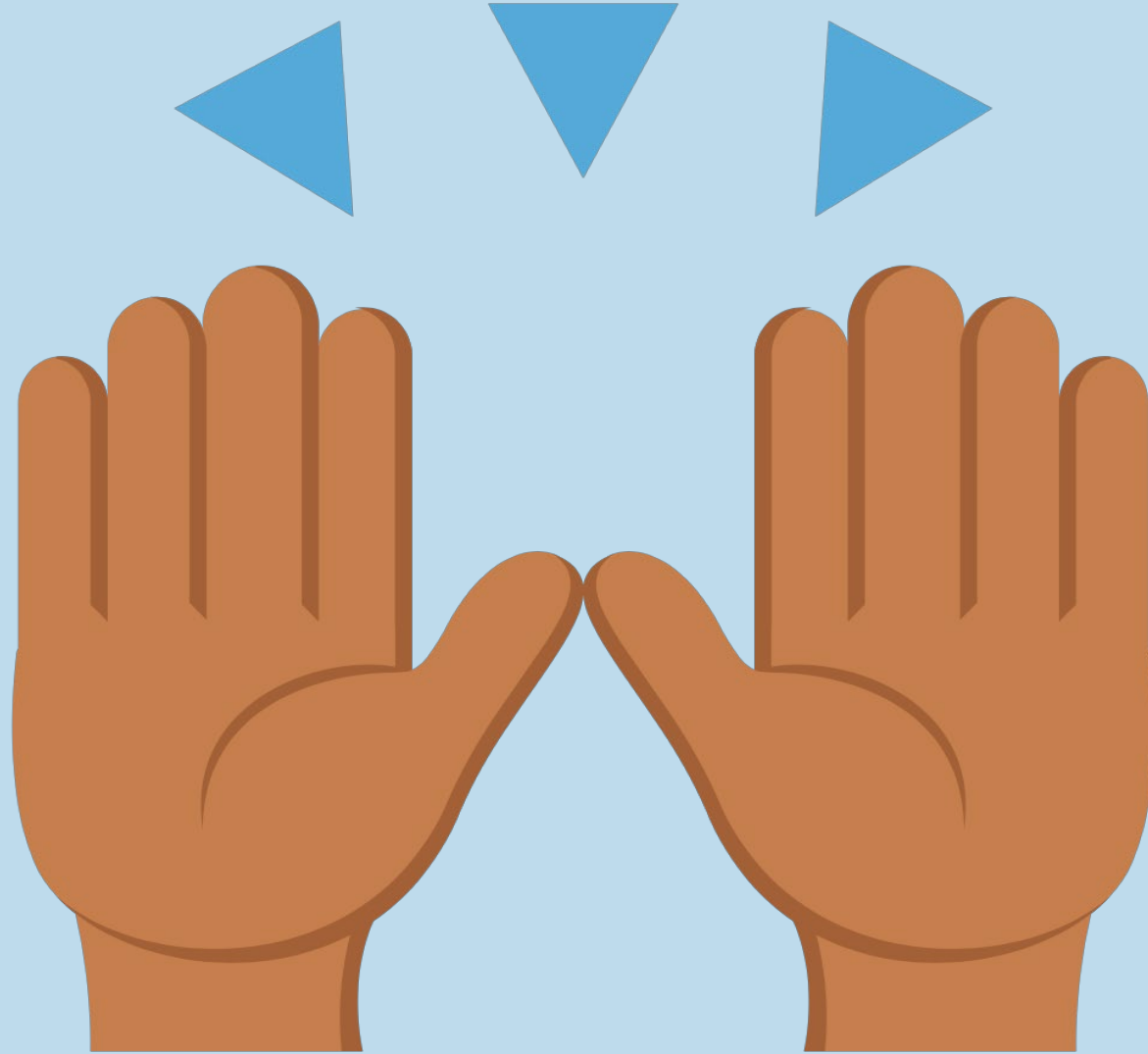
### ❖ Move

- Sunrise/Sunset
- Chair Twist

### ❖ Rest

- Attitude of Gratitude
- Guided Rest with Breathing Buddy

# Optimistic Closure : One Minute Accolade





Pure Community

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