



Thank you for joining us!

Session 1: Educator Self-Care and Self-Awareness
Trainer: Michelle Kelsey Mitchell,
Director of Partnerships

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 district/agency's system in order to receive credit if needed.
4. If you'd like, grab a pen/pencil/paper to jot down your thoughts.



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Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Introductions



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



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.



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Welcoming Activity



Respond to the poll on the next slide to share which of the following images most accurately reflects your experience right now.



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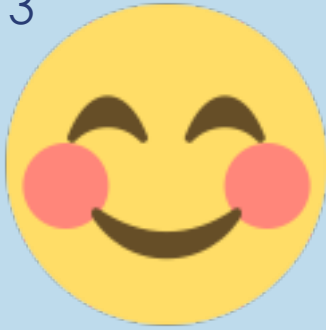
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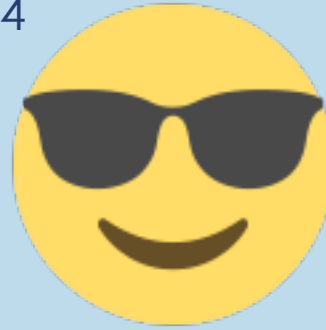
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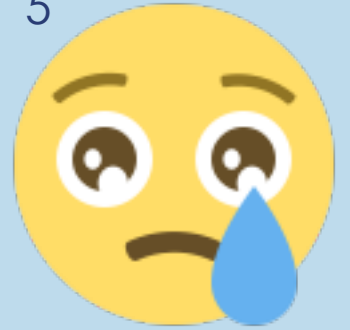
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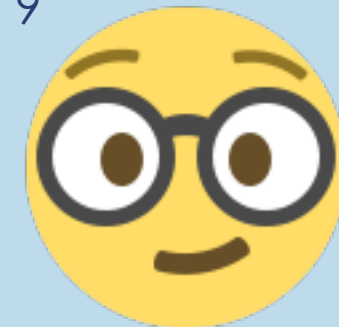
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8



9



10



Learning Objectives

- ❖ Identify the **aspects of self-awareness**.
 - ❖ Experience a **simple self-care practice** throughout.
 - ❖ Describe SEL and its competencies with a focus on **self-awareness**.
-



Why SEL?



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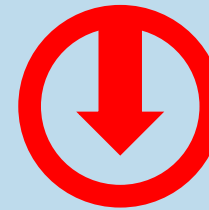
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SEL Works: Compelling National Evidence

Science Links SEL to Student Gains:



- Better social-emotional skills
- Improved attitudes about self, others, and school
- Positive classroom behavior
- 11 percentile-point gain on standardized achievement tests



- Fewer conduct problems
- Less emotional stress
- Lower drug use

...and adults benefit too



Teachers who possess social and emotional competencies are **more likely to stay in the classroom longer** because they're able to work more effectively with challenging students—one of the main causes of burnout.



Statistically significant associations between measured social-emotional skills in kindergarten and key young adult outcomes across multiple domains of **education, employment, criminal activity, substance use, and mental health.**

Social and Emotional Learning (SEL) Competencies

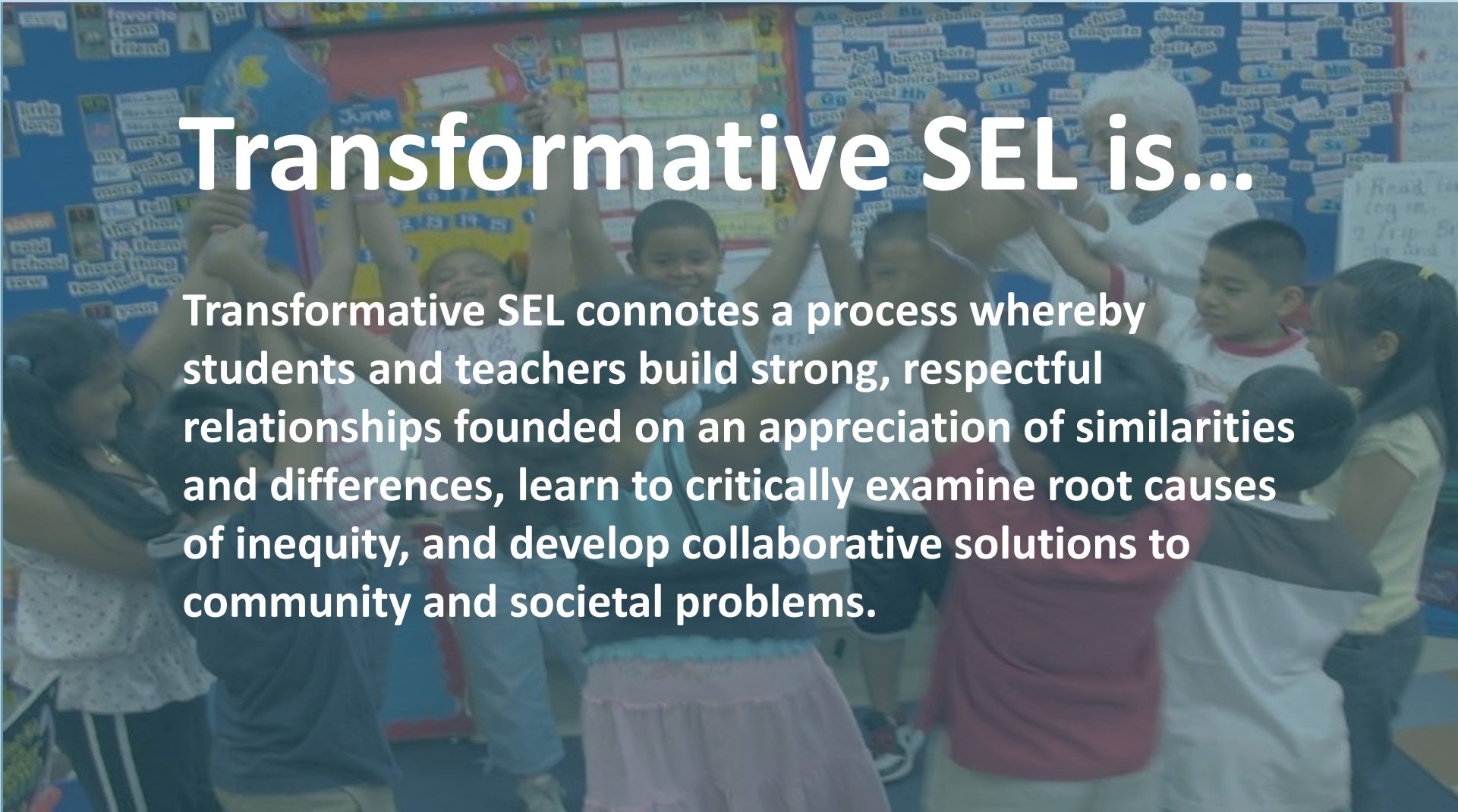
The Competencies serve as a framework for furthering social, emotional, and academic learning within school contexts.

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.



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





Transformative SEL is...

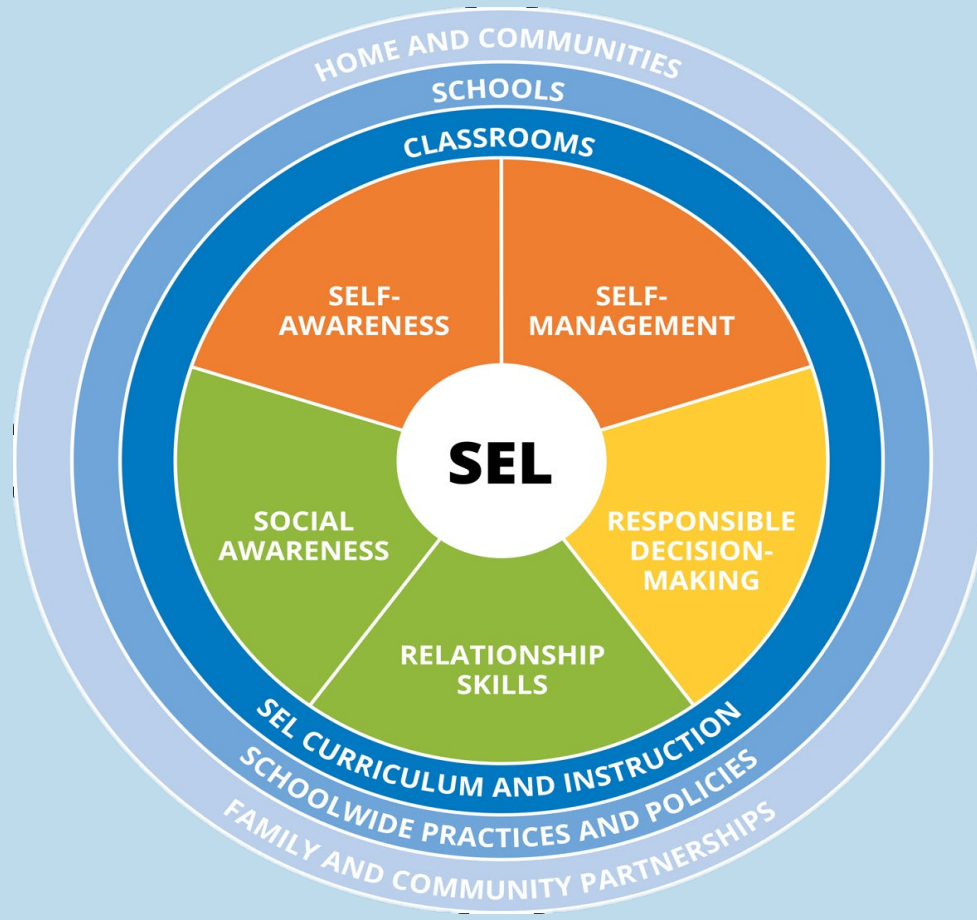
Transformative SEL connotes a process whereby students and teachers build strong, respectful relationships founded on an appreciation of similarities and differences, learn to critically examine root causes of inequity, and develop collaborative solutions to community and societal problems.



Social and Emotional Learning (SEL)

CASEL Competencies

Educators and education leaders do have control over how they view themselves, their students, the school community, the world, and how they act on these 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.



Modeling & Implementation



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3 Signature Practices



Welcoming/Inclusion Activities

(1-9 minutes)

- Support contribution by all voices
- Set norms for respectful listening
- Create connection and belonging
- i.e. Class Circles, Morning Meeting, Partner Discussions, etc.

Engaging Strategies

(1-15 minutes)

- Brain Breaks
- Sense-making
- Opportunities for Interactions
- Intentionally build SEL skills
- i.e. Brain Breaks, Directly teach SEL skills through evidence-based programs

Optimistic Closure

(3-5 minutes)

- Provides positive closure
- Reinforces learning
- Reflection and looking forward
- Intentional closure
- Topic reinforcement
- i.e. Reflective questions



Self-Care Practice



Breathe

Move

Rest



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Social and Emotional Learning Competencies

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."



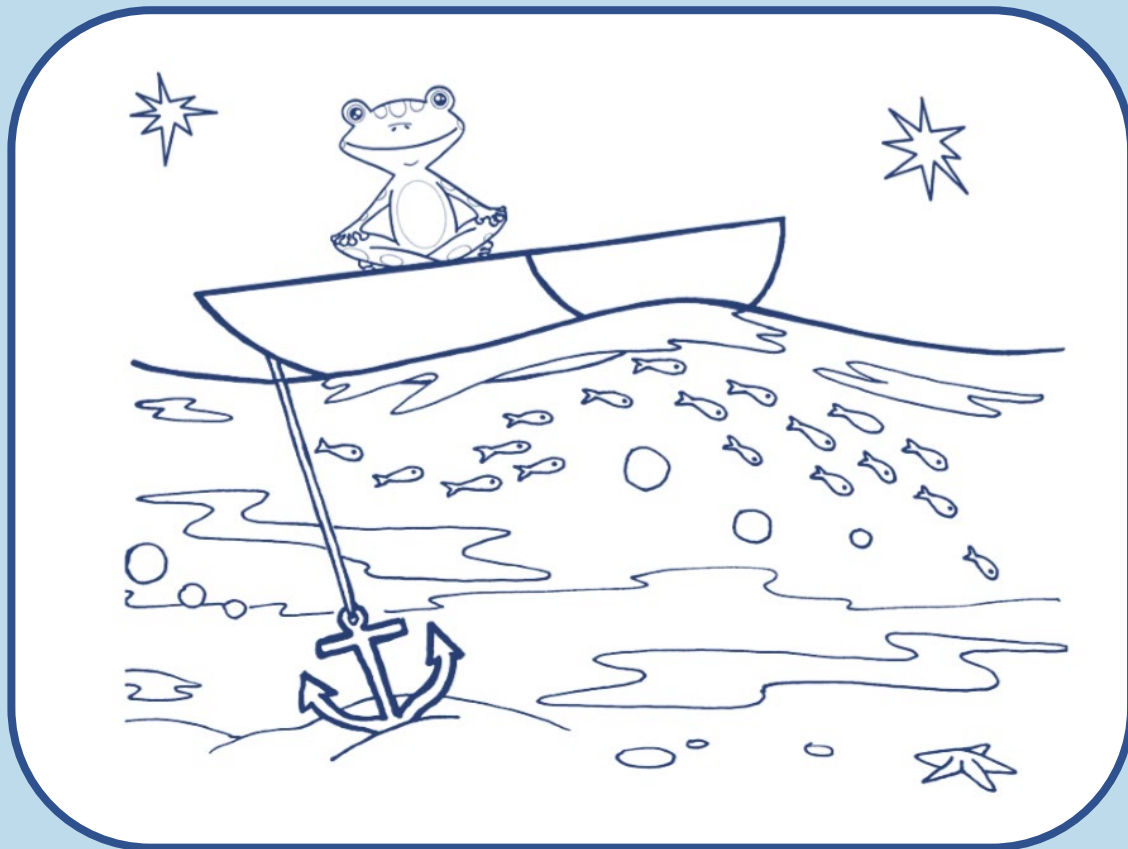
Social and Emotional Learning Competencies

- 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*



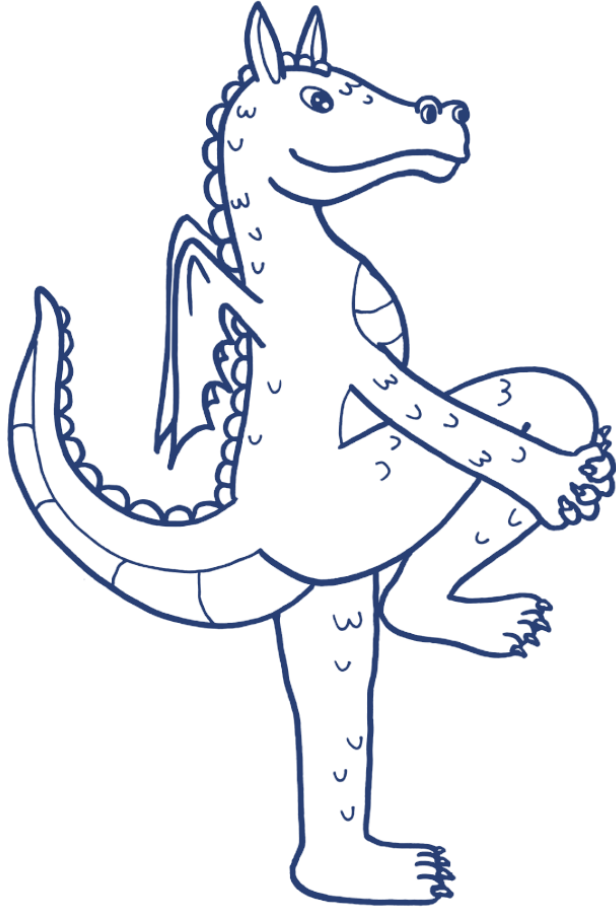


Engaging Activity: Anchor Breathing



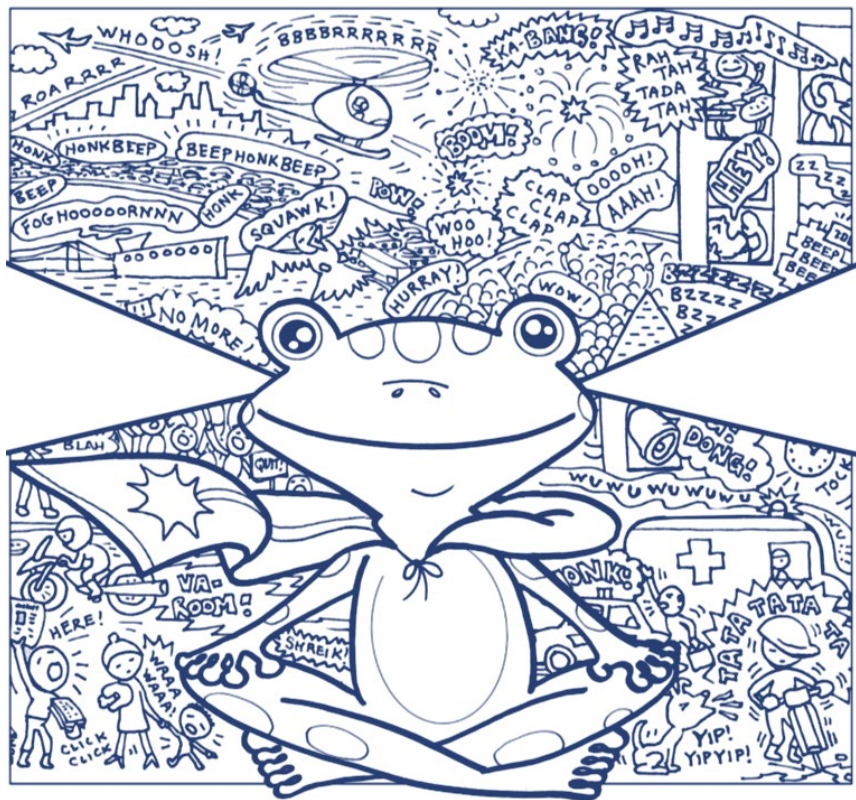


Engaging Activity: Stork



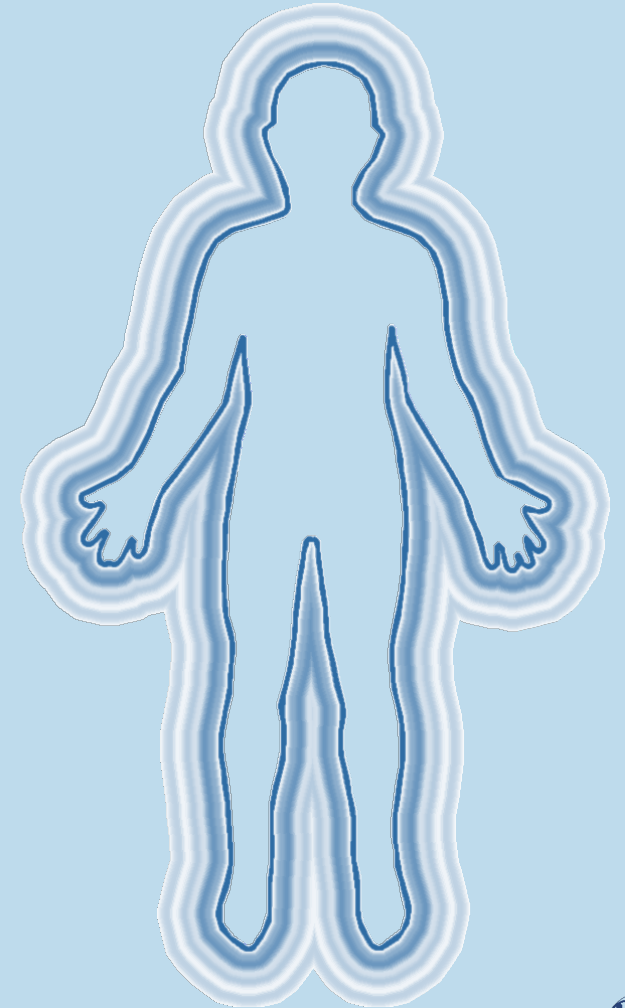


Engaging Activity: Mindful Listening



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, and nervous system are all part of a complex feedback loop that is connected to our intellectual and emotional lives.



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



What is mindfulness?





Mindfulness is kind
awareness.

There is no right or
wrong way to feel,
nor right or wrong
way to notice.



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Image Source: <https://www.success.com/the-exponential-impact-of-random-acts-of-kindness/>

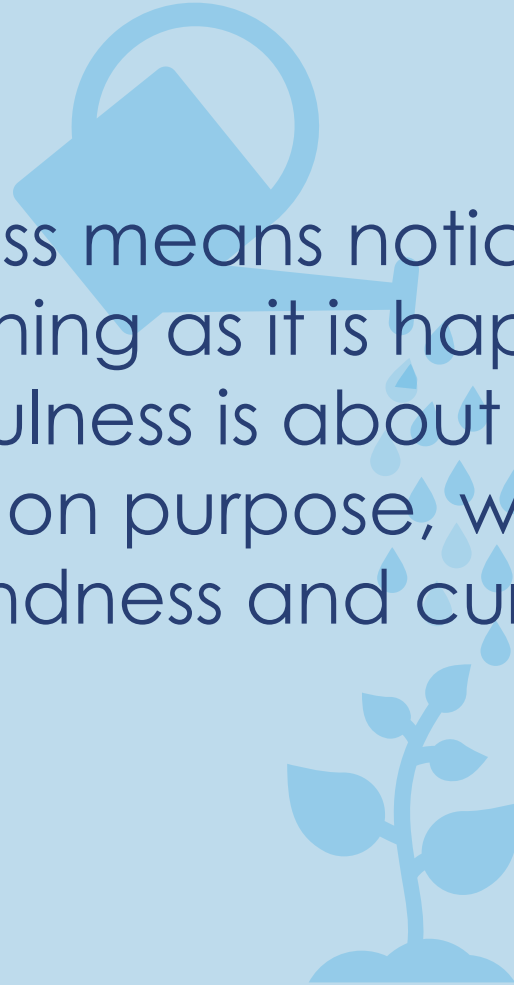


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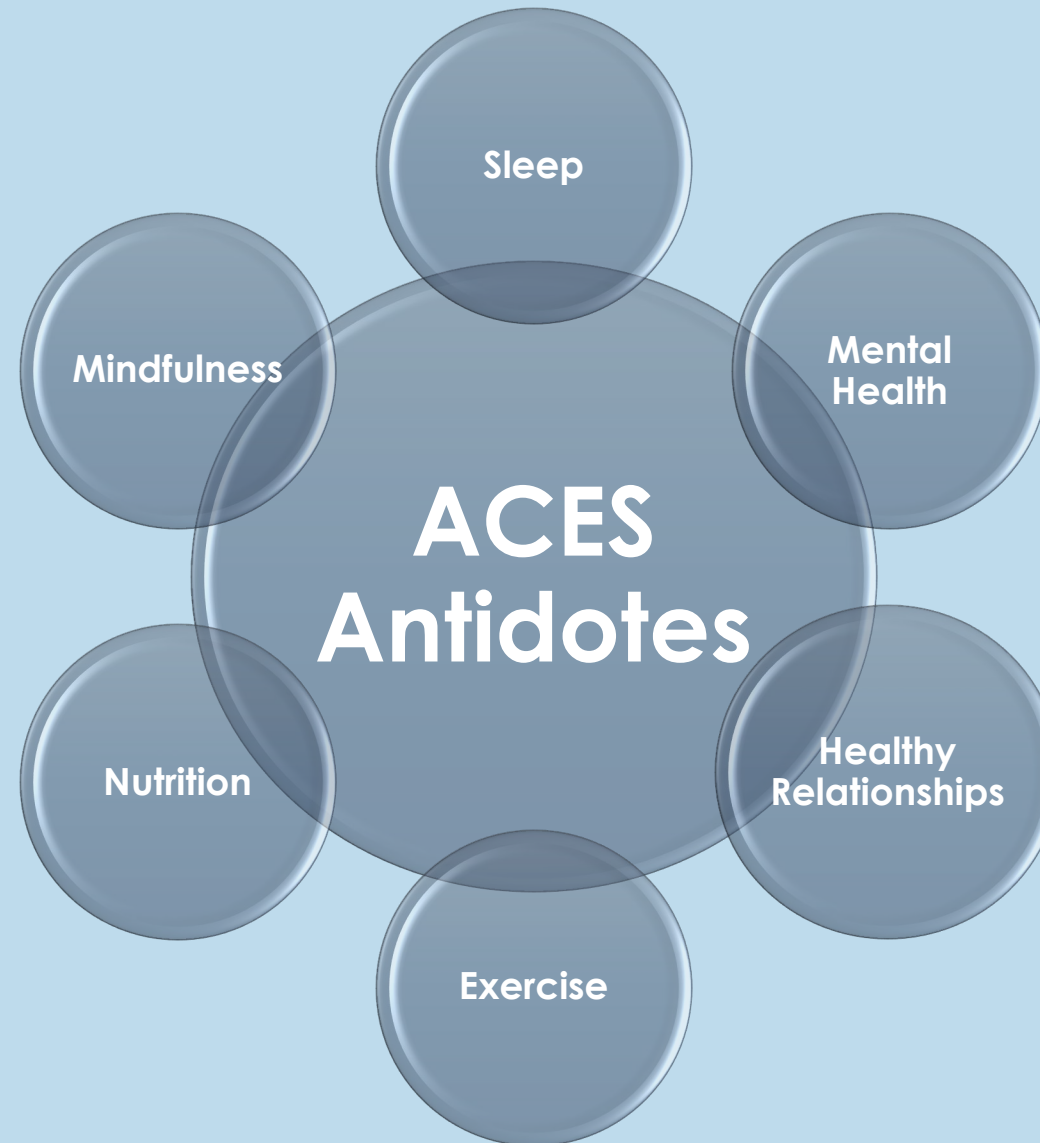
Mindfulness

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



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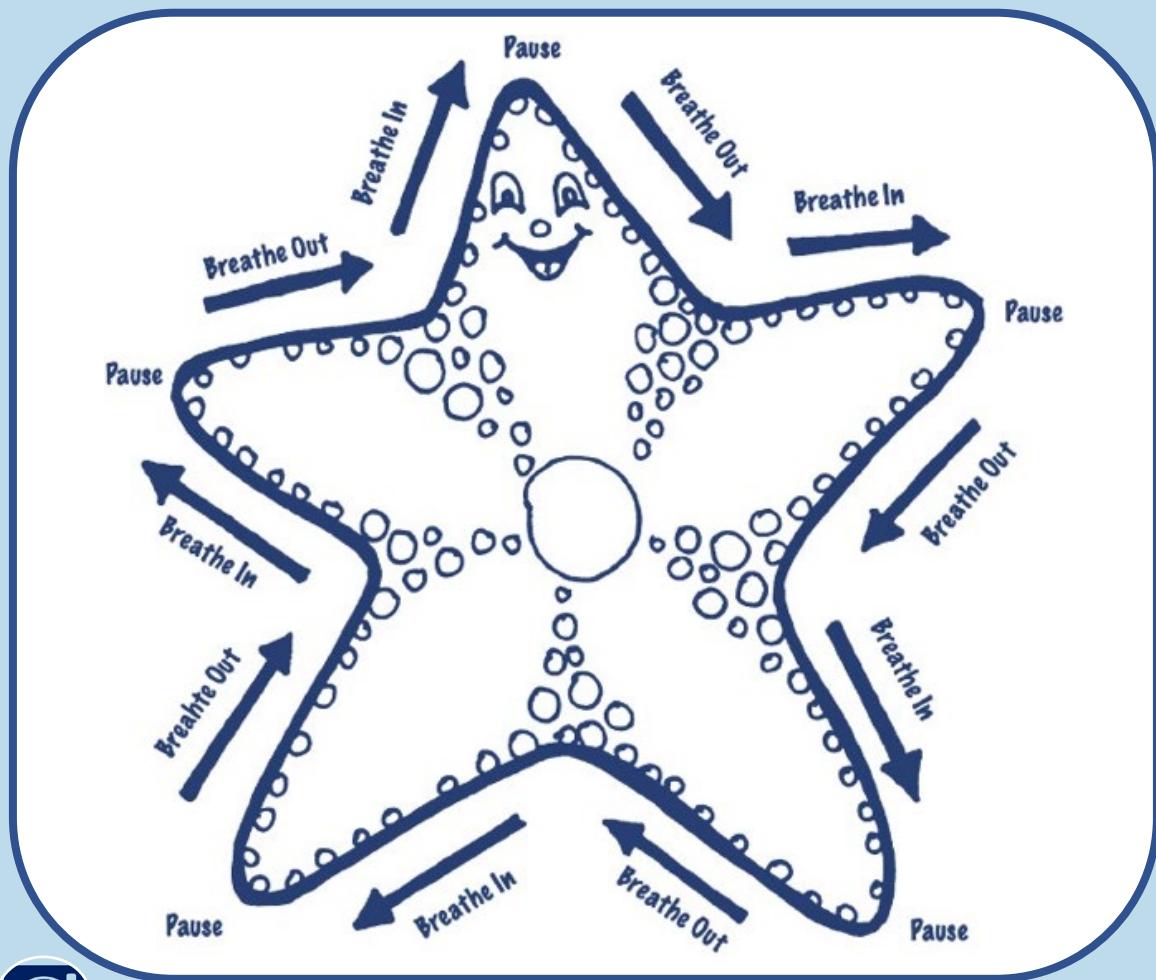
Burke-Harris, N. B. H., MD. (2018). *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* (Reprint ed.). New York, NY: Houghton Mifflin Harcourt Publishing Company.



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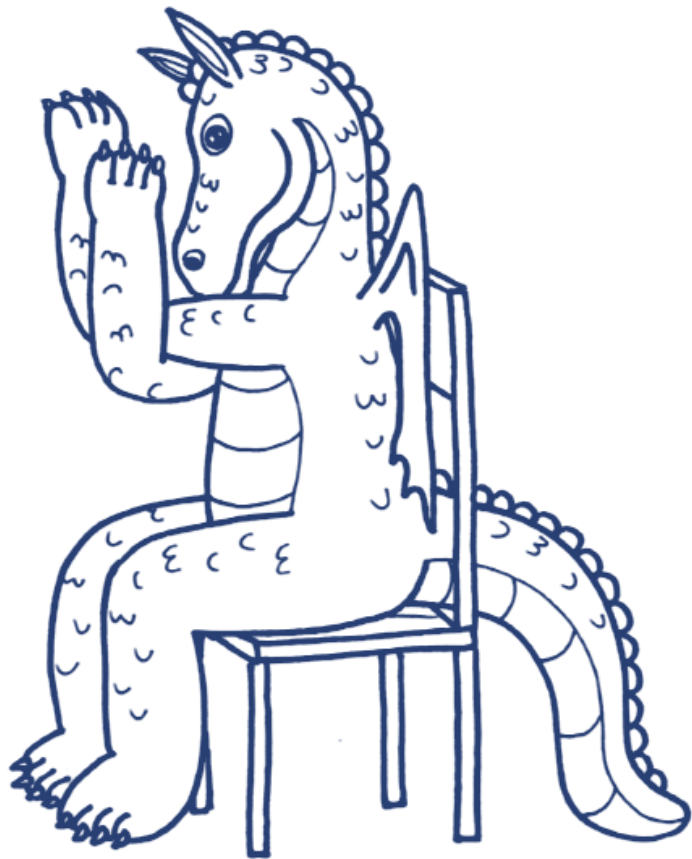


Engaging Activity: Starfish Breathing or Take Five





Engaging Activity: Chair Eagle



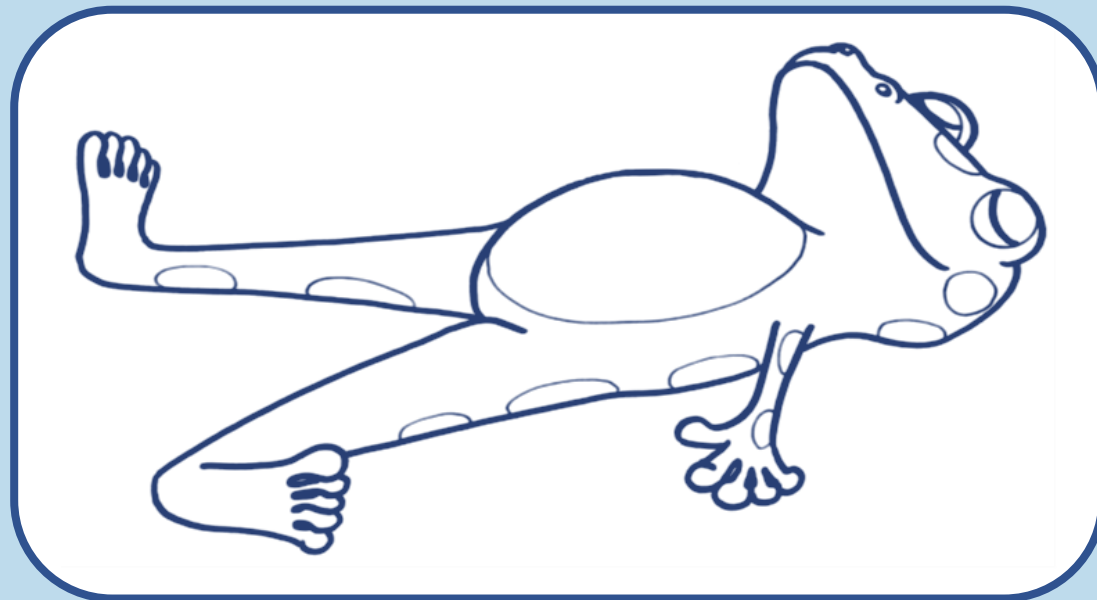


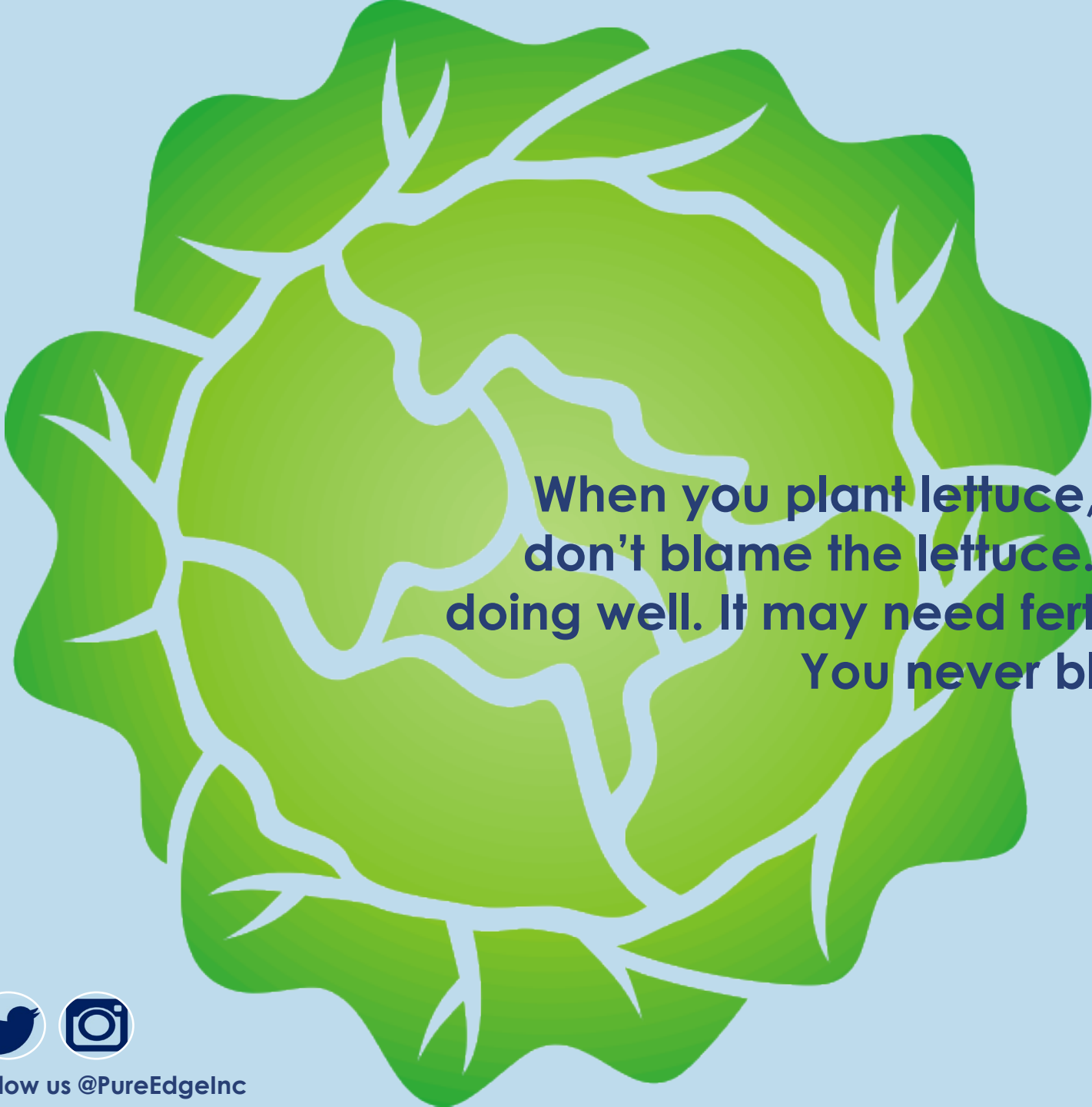
Engaging Activity: Eagle





Engaging Activity: Guided Rest or Body Scan





When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce.

— Thích Nhất Hạnh



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



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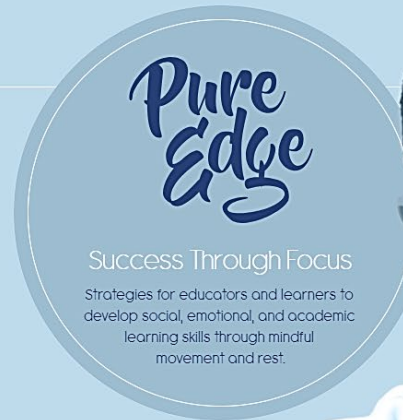
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



breath

move

rest



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Pure Community

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