



Pure Community

Thank you for joining us!

Session 3: Culture of Care Institute

Trainers: Michelle Kelsey Mitchell & Gill McClean

Getting Started:

1. If you have any questions, please type them into the Q&A box.
2. Place a pen/pencil/paper nearby to jot down your thoughts.
3. We will be doing a gentle movement practice. Set up your space so you have room to stand, sit, and lie down on the floor if you choose to do so. (You can also use a chair for seated postures if that is more comfortable for you). If you like to use an exercise mat or a towel, have one handy.

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Culture of Care Series

Today's Topics:

Taking in the Good &
Six Critical Healing Factors



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.

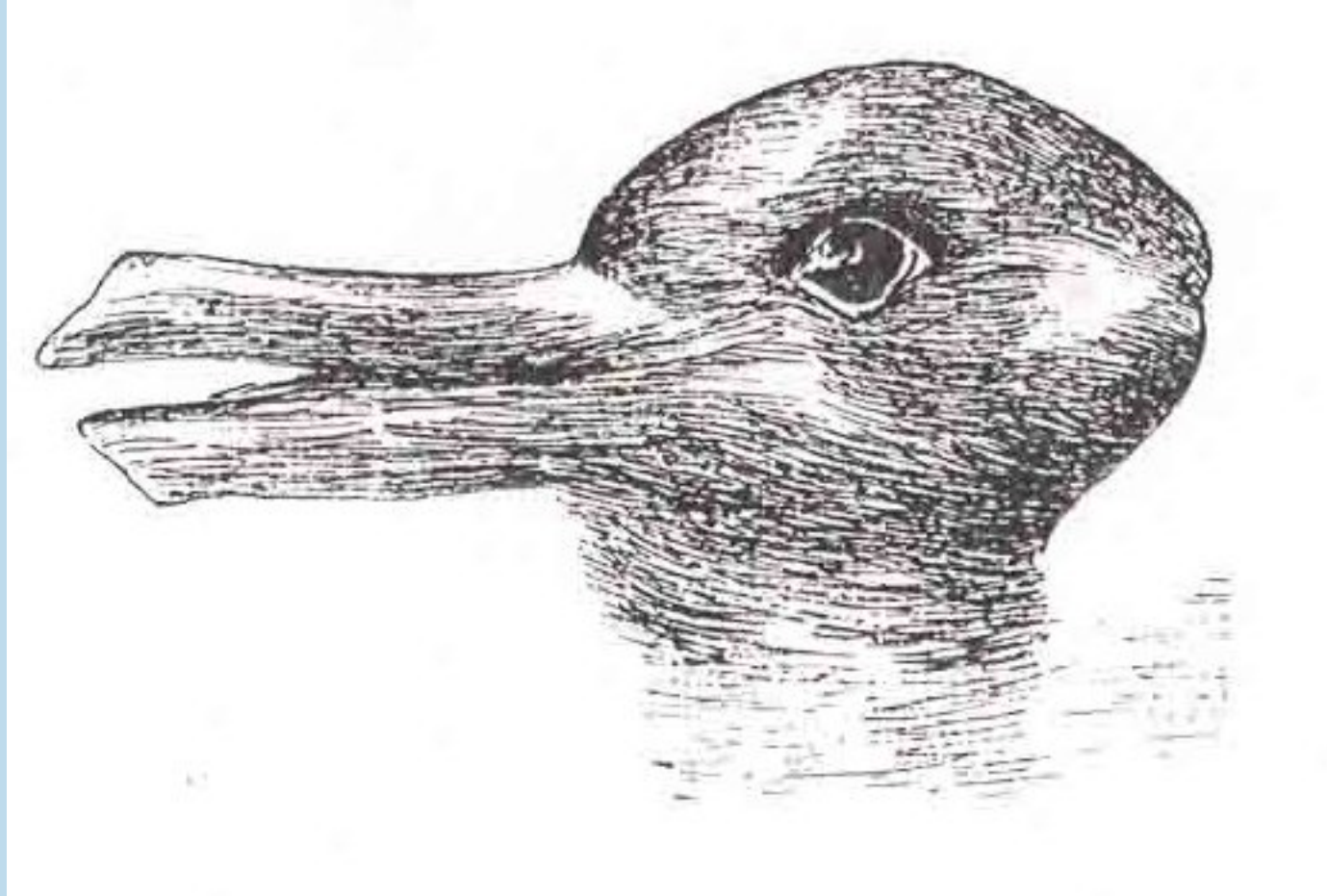


Welcoming Activity

Share on the poll what you noticed first about the picture on the next slide.



Welcoming Activity



Engaging Activity: Mindful Minute



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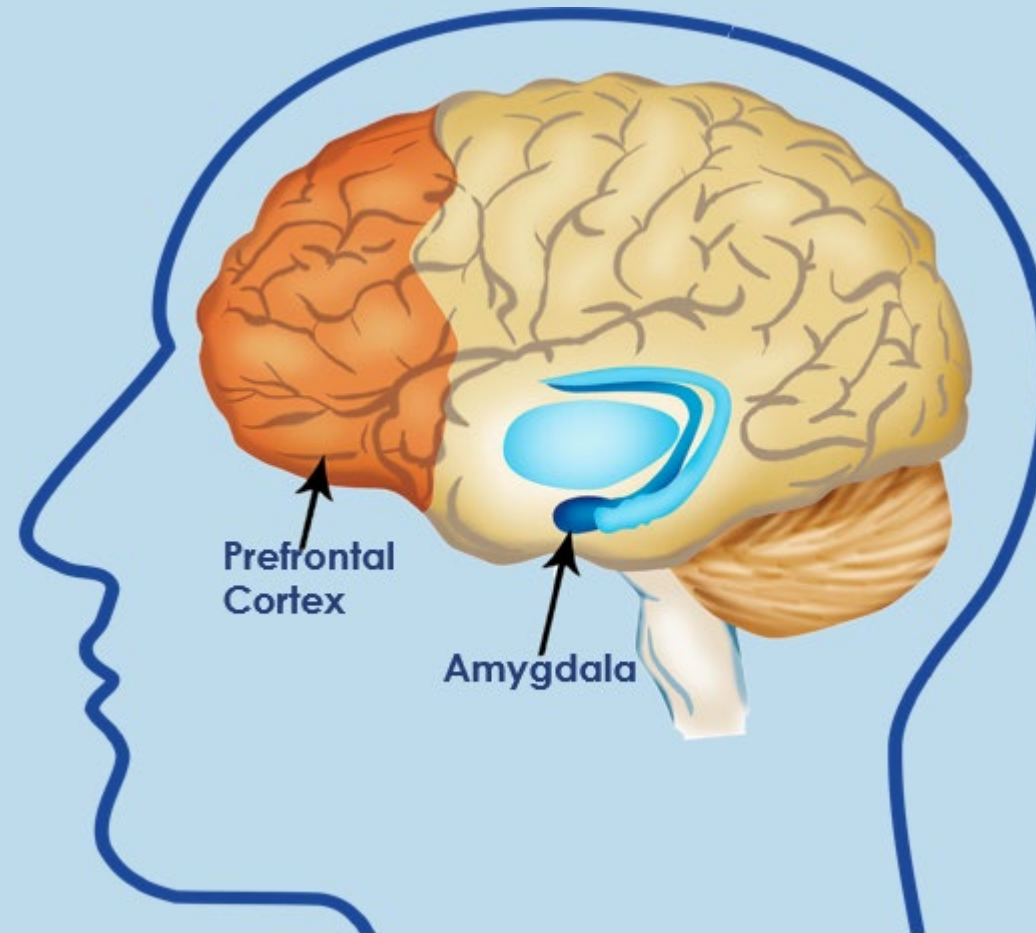
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Review



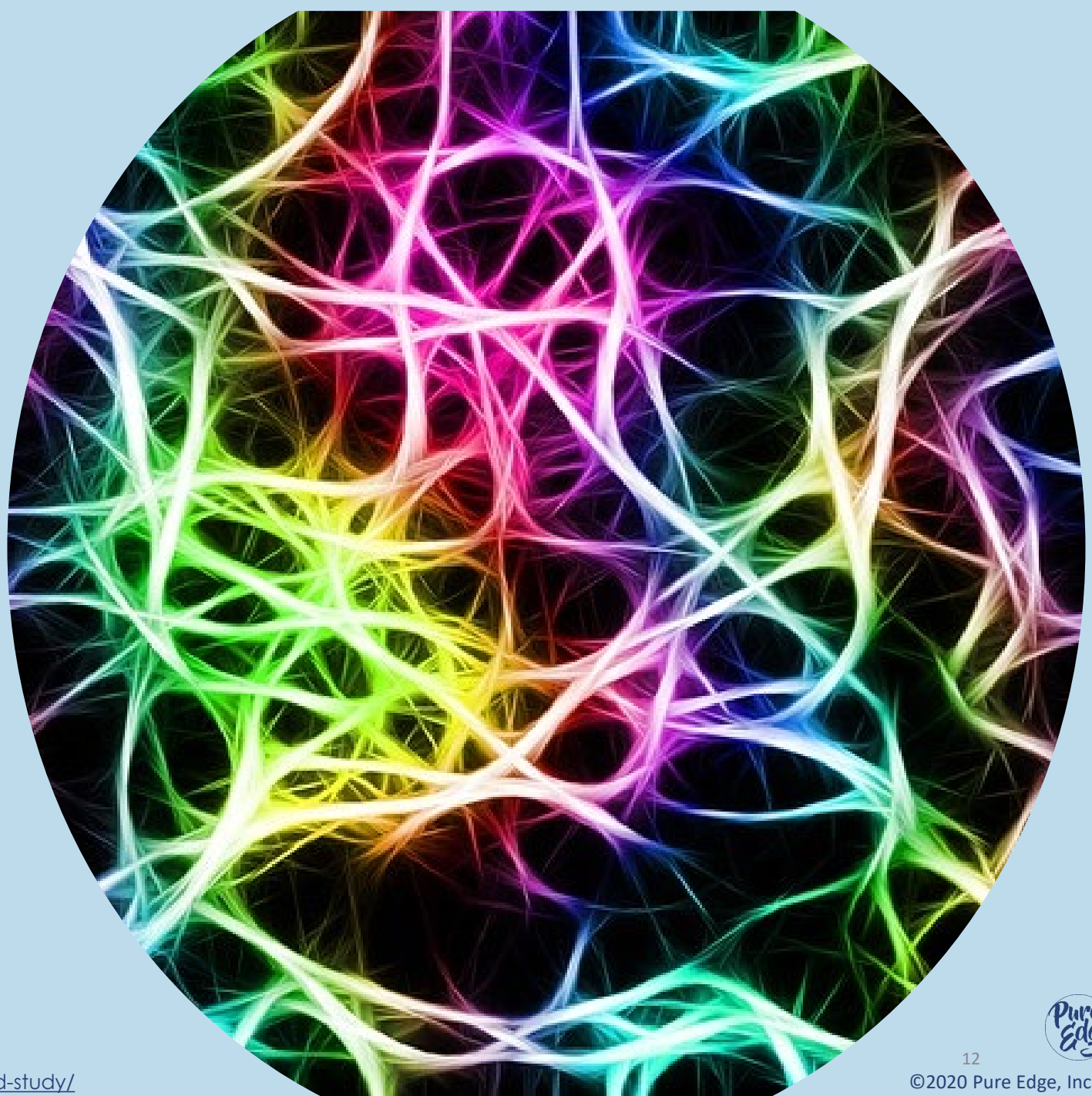
Neuroscience

Survival mechanism is often triggered by high stress environments.



NEUROPLASTICITY

the brain's capacity to
change and rewire
according to environment
and experience



Considerations & Strategies

MINDSETS



versus



- ❖ Link choices to actions (and future goals!)
- ❖ Integrate academic content to discuss and explore roles/role play
- ❖ Self-talk
- ❖ “I Can’t – Yet” Strategy
- ❖ “Thought Stopping Strategy”
 1. Become aware of self-talk.
 2. Stop the negative self-talk.
 3. Replace it with positive self-talk.



Learning Objectives

Session Learning Objectives

- ❖ Practice “Taking in the Good” to counter the brain’s negativity bias.
- ❖ Explore a framework for creating healthy habits.
- ❖ Name the Six Critical Healing Factors.
- ❖ Explain the impact of toxic stress on development.

Series 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.



Guiding Questions

What is a habit?

Why is it important to think about and replay positive experiences, several times in your mind?

How can we apply our understanding of wellness practices to create new, positive habits?



We will always practice

1. Self-Care 
2. Brain Breaks 
3. Modeling SEL Lesson Structure

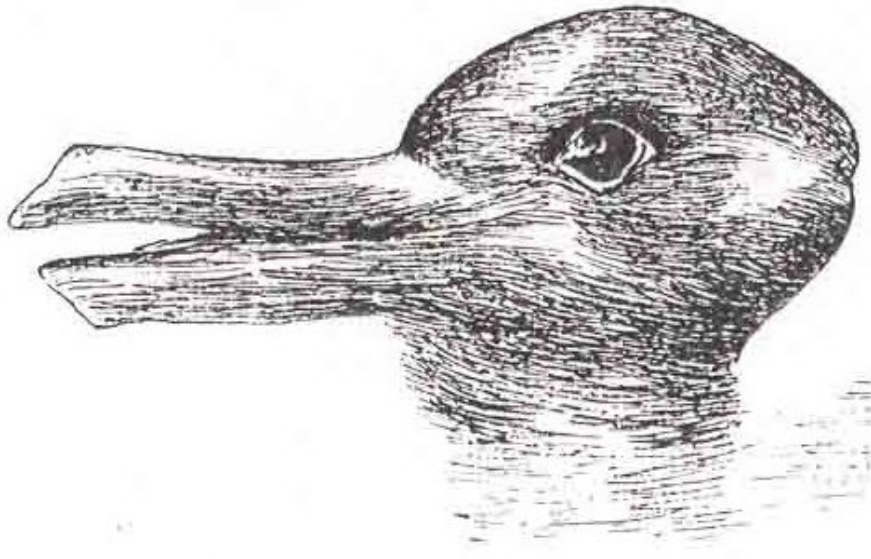


Taking in the Good and Self-Care



Duck-Rabbit Image

We interpret situations, people's actions, and even pictures differently.



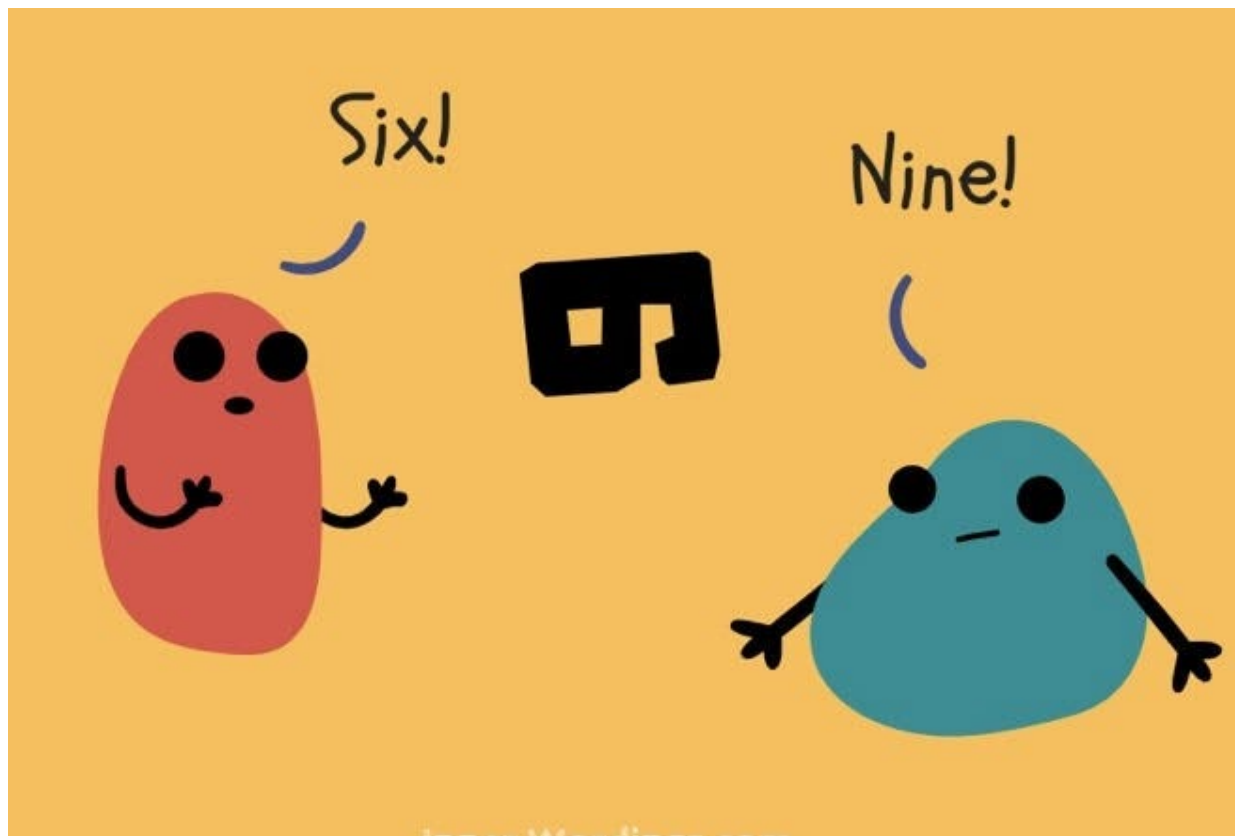
- Sometimes, we're too quick to judge a situation.
- We don't always take the time to fully consider other perspective.



Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.¹

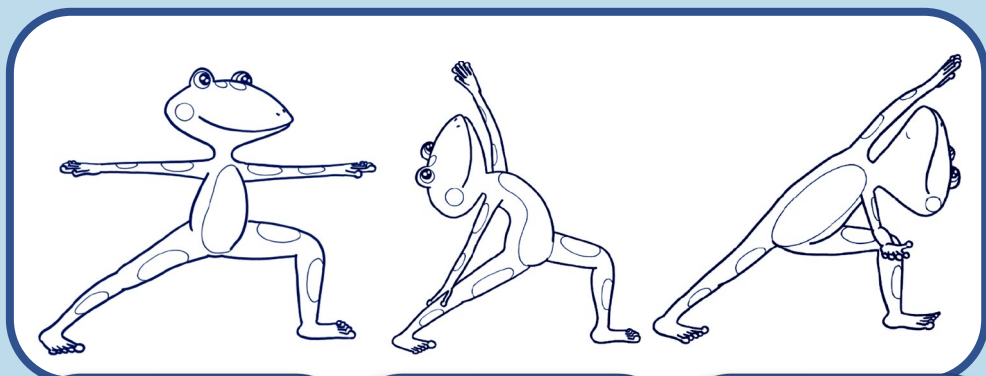
Nearly all humans share a **negativity bias**, that is...our tendency to hold on to or collect negative information in the form of **memories** or **impressions**.



1: [Bias](#) | Definition of Bias by Merriam-Webster



Engaging Activity: Wave Sequence



1. Begin in Mountain Pose.
2. Inhale, step your left foot wide to the side, exhale and turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale and hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back towards your left calf and raise your right arm straight up towards the ceiling, exhale here. Look up at your hand and take 2 breaths.
4. Inhale and return to Surfer.
5. Exhale, place your right arm on your right thigh, and raise your left arm overhead. Look towards your left hand and take 2 breaths. This is Wave.
6. Inhale and return to Surfer.
7. Exhale and step feet together in Mountain Pose.
8. Repeat on the other side.

**This sequence can be used to invigorate when tired or lethargic.*



Negativity Bias

Negativity bias can take the shape of:

- ❖ Excessive worry
- ❖ Anxiety
- ❖ Frustration
- ❖ Aggression
- ❖ Judgement

Sometimes it leads us to look for or expect danger.



Negativity Bias

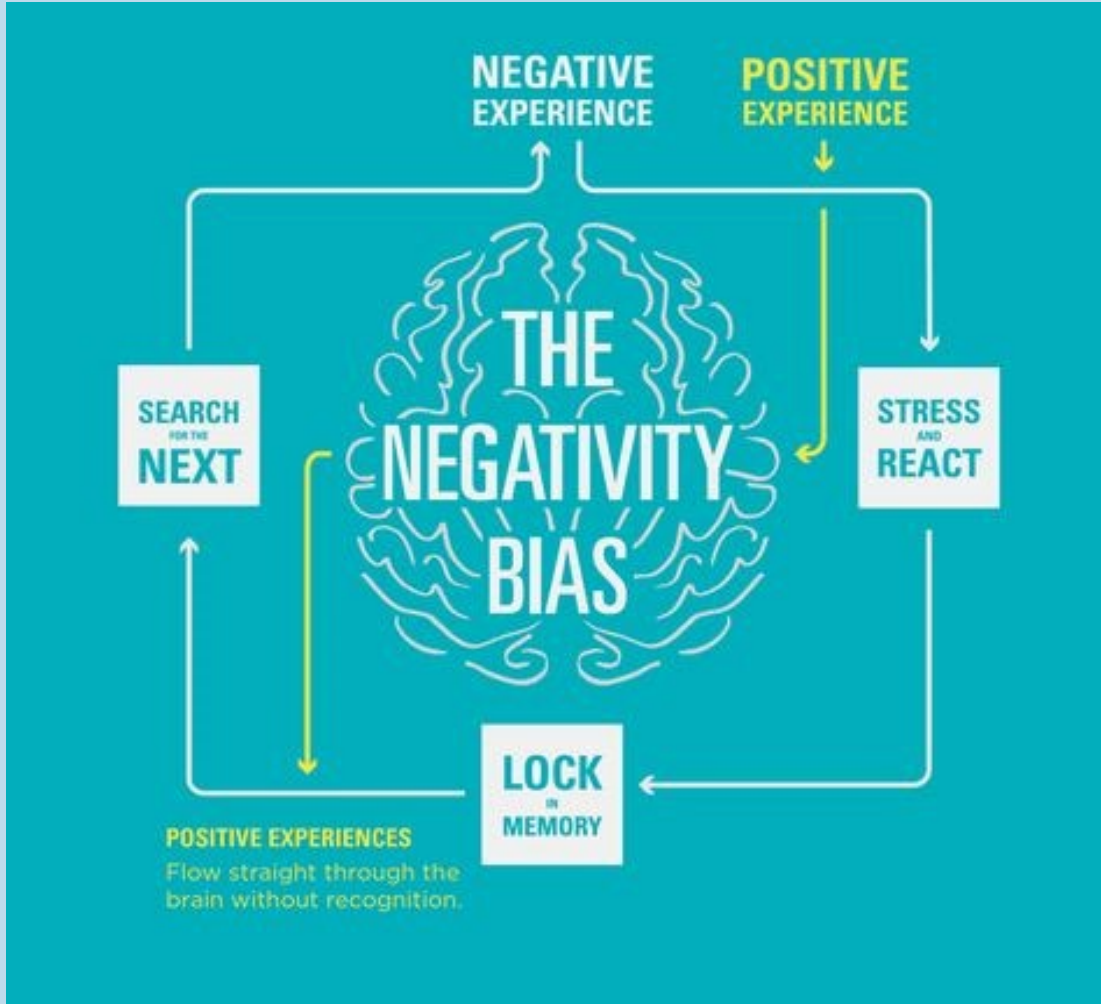


For example, studies have found that:

- **In a relationship**, it typically takes five good interactions to make-up for a single bad one.
- People will work much harder to **avoid losing \$100** than they will work to gain the same amount of money.
- **Painful experiences** are much more memorable than pleasurable ones.¹



Taking in the Good



That shades “implicit memory” – your underlying expectations, beliefs, action strategies, and mood – in an increasingly **negative direction.**

Meaning, unpleasant experiences stick to the brain's longer-term memory. While pleasant experiences are less likely to stay put.

It takes **2-3 seconds** for one's brain to remember something **unpleasant**.

It takes **20-30 seconds** for your brain to remember something **pleasant**.





“The brain is like Velcro for negative experiences and like Teflon for positive ones.”¹

Rick Hanson, Ph. D.

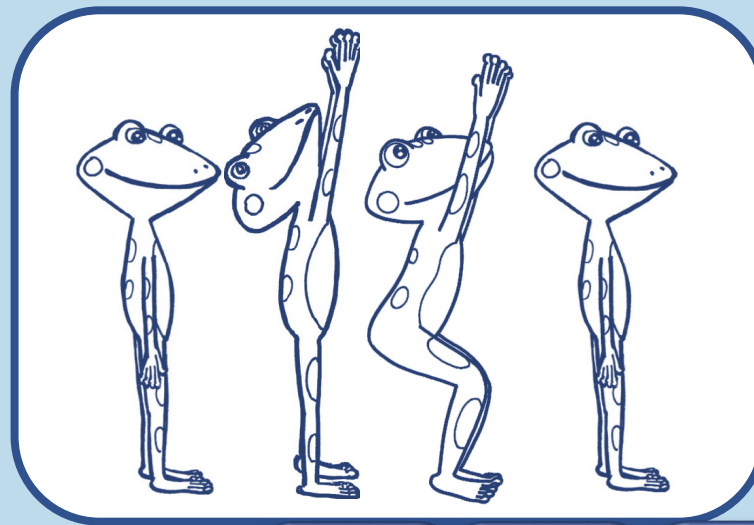




Engaging Activity: Mountain/Chair Strength Sequence

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: Taking in the Good

1. Think of one thing from the day that you feel good about, and be specific—for example, you listened, you were more creative, you lent a helping hand, or someone smiled at you, etc.
2. Hold on to that memory for the next 30 seconds. Remember it in as much detail as you can.
3. Allow the feeling associated with the memory to sink in your mind. Act as a sponge, absorbing the memory and the feeling together.



Taking in the Good



- **Taking in the Good** entails focusing on the positive in **what is occurring** or has already occurred.
- Therefore, absorbing and appreciating the experience itself of a positive thought or memory in order to **cultivate resilience** and **gratitude**.

A brain-science savvy and psychological skillful way to improve how you feel, get things done, and treat others.¹



How to “Take in the Good”

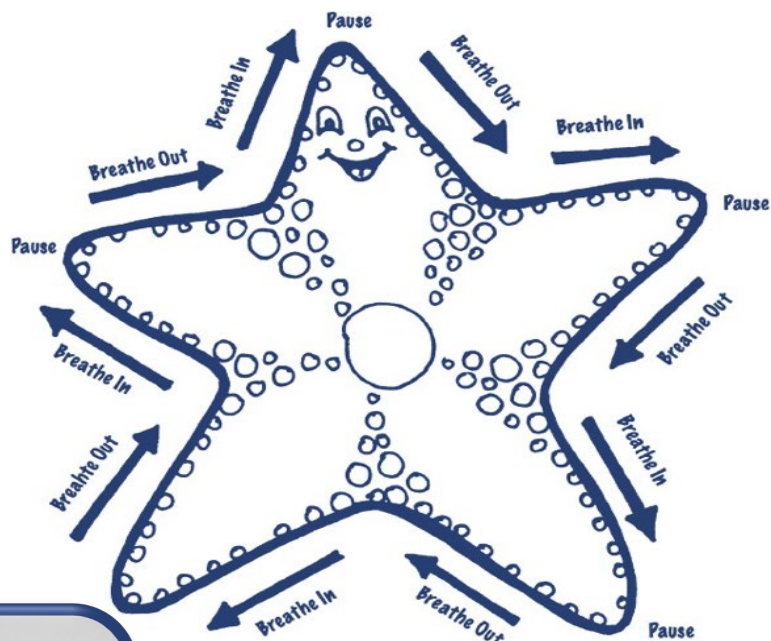


1. Look for good facts and turn them into good experiences.
2. Really enjoy the experience.
3. Intend and sense that good experiences are sinking into you.¹





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: Synectics

“Habits” are like...

1



3



4



5



Because...

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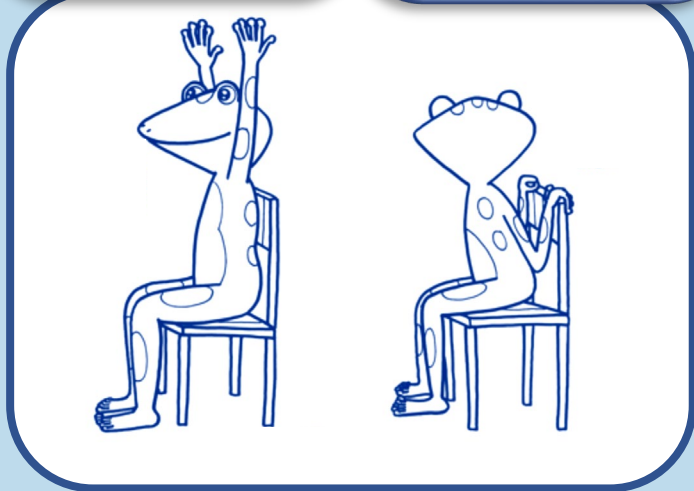
*When we are no longer able to
change a situation, we are
challenged to change ourselves.*

~Viktor Frankl





Engaging Activity: Chair Sunrise Twist



1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or back of chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale back to Seated Sunrise.
7. Exhale to Seated Mountain.

Creating Healthy Habits

Habits are actions we repeat so often
that they become automatic.



- ❖ Sometimes we pick up habits based on who we spend time with and the circumstances we are in.
- ❖ When we commit ourselves to habits that support health and wellness, physiological changes can take place in the body, the brain, and the nervous system.

This is why it is important to incorporate activities that support positive physical, mental, and emotional flexibility into daily life.



Creating Healthy Habits

- ❖ Doing Meaningful Things You Enjoy
 - Spirituality, hobbies, entertainment, and leisure
- ❖ Managing Your Thoughts
 - Positive self-talk, gratitude, and reappraisal
- ❖ Forgiveness
 - Having self-compassion; Giving ourselves permission to fail and forgive.



Creating Healthy Habits

- ❖ Physiological Regulation
 - Mindful breathing
- ❖ Self-care (Strong Immune System)
 - Sleep, nutrition, exercise
- ❖ Managing Your Life Smartly
 - Modifying and selecting situations to prevent stress; having routines and setting daily goals; problem-solving
- ❖ Healthy Relationships
 - Feeling safe, heard, and connected



Creating Healthy Habits

The Big 7

- ❖ Mindful breathing
- ❖ Sleep
- ❖ Nutrition
- ❖ Exercise
- ❖ Building and maintaining positive relationships
- ❖ Doing things that are meaningful to you (hobbies/entertainment)
- ❖ Positive self-talk, including self- and other – compassion, acceptance, reappraisal, visualization, and problem-solving.



Creating Healthy Habits



Creating Healthy Habits



- ❖ **Plan**
- ❖ Change Your Surroundings
- ❖ **Ask for Support**
- ❖ Fill Your Time with Healthy Activities
- ❖ Track Your Progress
- ❖ Imagine the Future
- ❖ Reward Yourself
- ❖ **Be Patient**



Habit Development

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.



Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises





Engaging Activity: One Minute Reflection



1. Before leaving school take a moment to pause and reflect on today.
2. Sit comfortably, either at your desk or on the floor.
3. Were there things you did today that you are proud of? Let them soak in for 20-30 seconds.
4. Feel good about your accomplishments.
5. Were there things you felt you could have done better or differently? It's ok to make mistakes or missteps.
6. Tomorrow, with a fresh mind and even breathing, you can try again.



Creating Healthy Habits

"I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes me a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street."



Creating Healthy Habits



Sample: Self-Care Template for Implementation

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



If you are just joining us, we
are on a 5 minute break.

Part 2 will start momentarily.



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Introductions

Gill McClean

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*Director of Professional Development &
National Trainer*



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Welcoming Activity: Poll

Are you an Early Bird or a Night Owl?



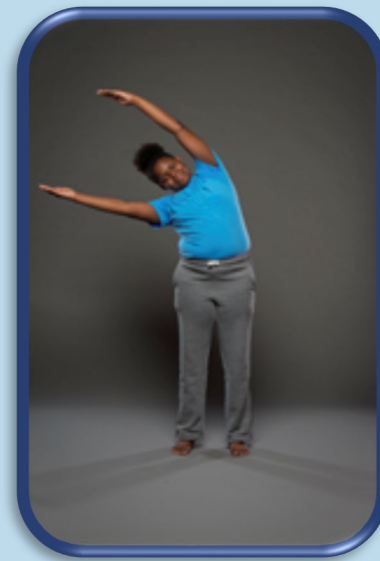
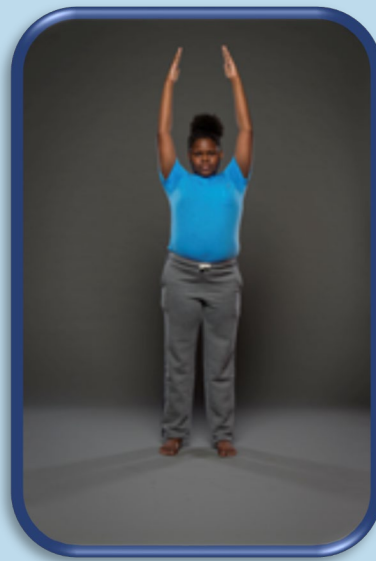
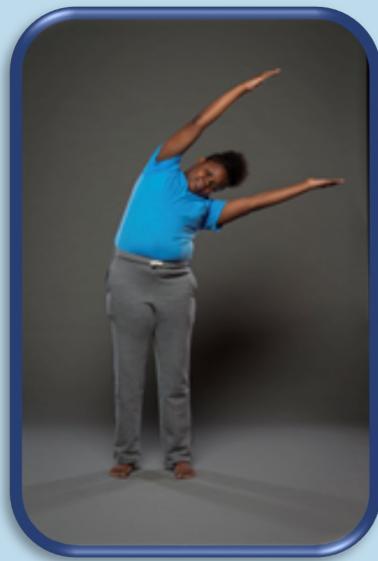
Welcoming Activity: Poll

What happens when your alarm goes off?





Engaging Activity: Standing Kite Sequence



1. Inhale, take both arms overhead.
2. Exhale, lean to the right side.
3. Inhale, come back to center, arms overhead.
4. Exhale, lean to the left side.
5. Repeat a few times.



Six Critical Healing Factors



Student Mental Health



60%

of K-12 students are exposed to a traumatic event.



17 million

children have untreated mental health diagnoses.



2nd

most common cause of death among ages 10-24 is suicide.



95%

of teens have smartphones, while 45% are "online constantly."



9

hours is the average amount of media consumed each day, unrelated to school, by teens (13-18). The average for ages 8-12 is 6.

52%

is the rate of increase in major depression among youth ages 12-17, from 2005-2017.

6.1 million

children ages 2-17 have received an ADHD diagnosis.

30-40%

of undergrads at Ivy League institutions seek mental health services, up 20% per year over the last 6 years.

<https://www.cdc.gov/ncbddd/adhd/data.html>

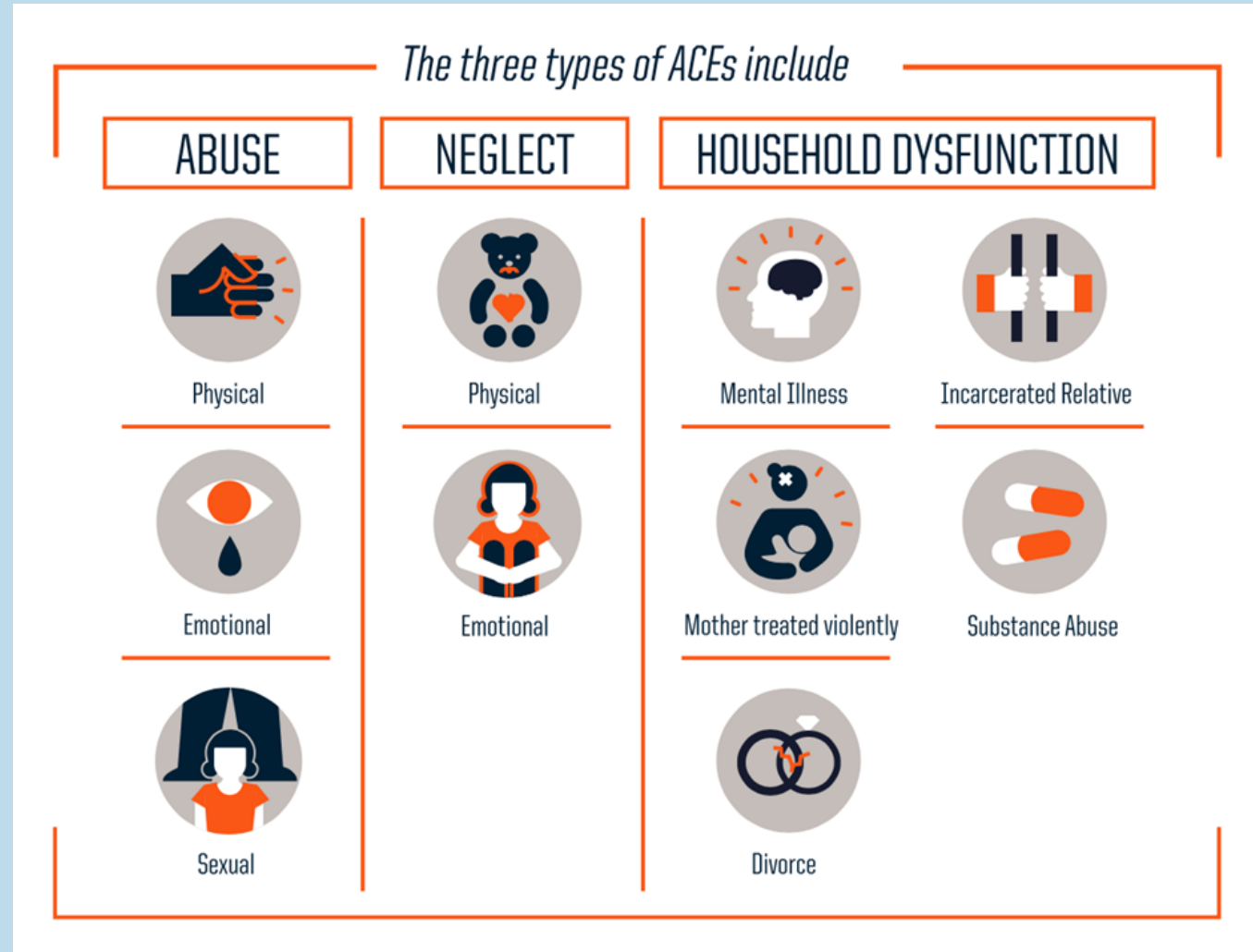
<https://health.usnews.com/wellness/for-parents/articles/2019-04-22/teen-depression-is-on-the-rise>

https://ssir.org/articles/entry/five_ways_to_advance_conservation_entrepreneurship

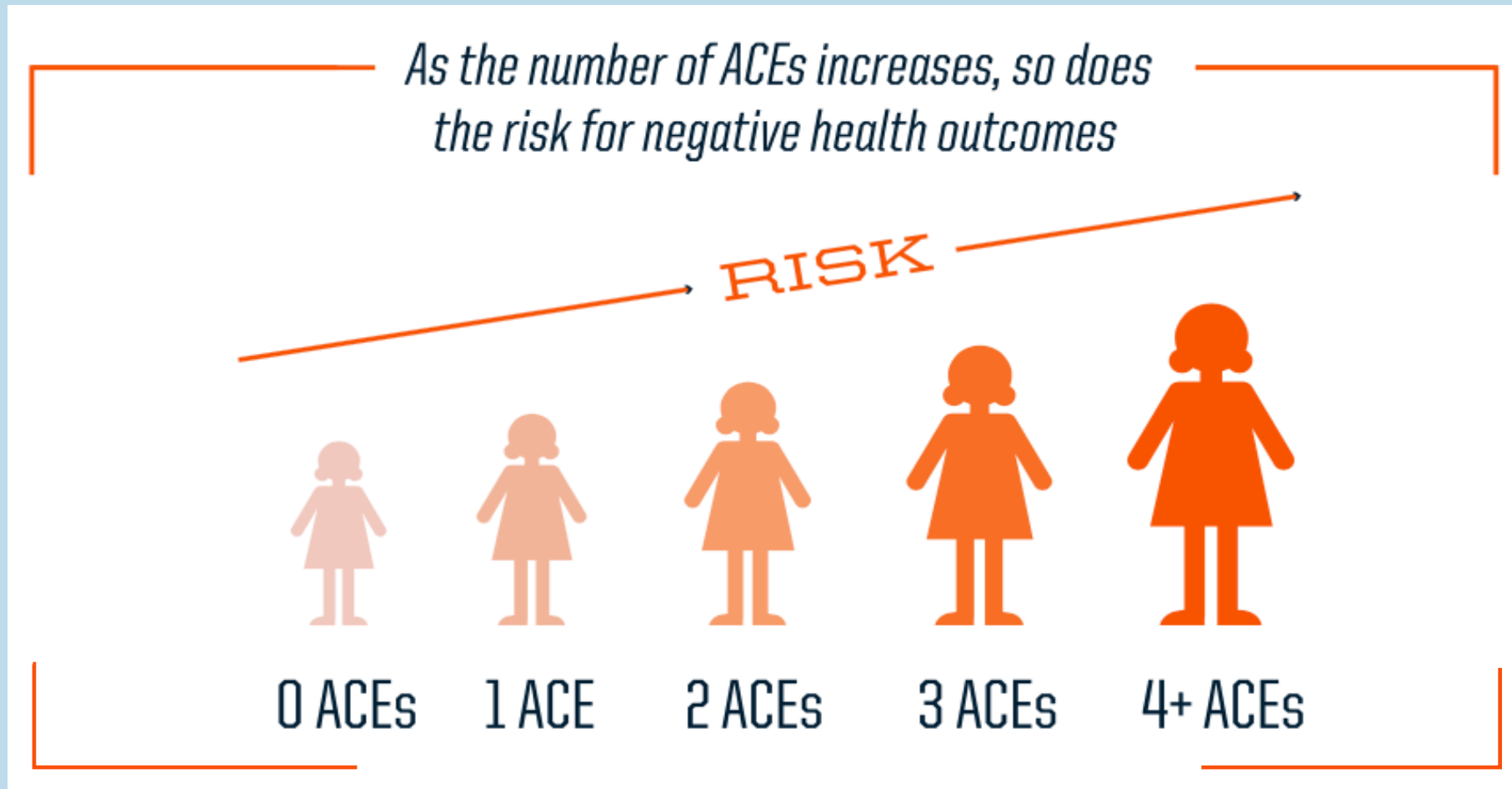


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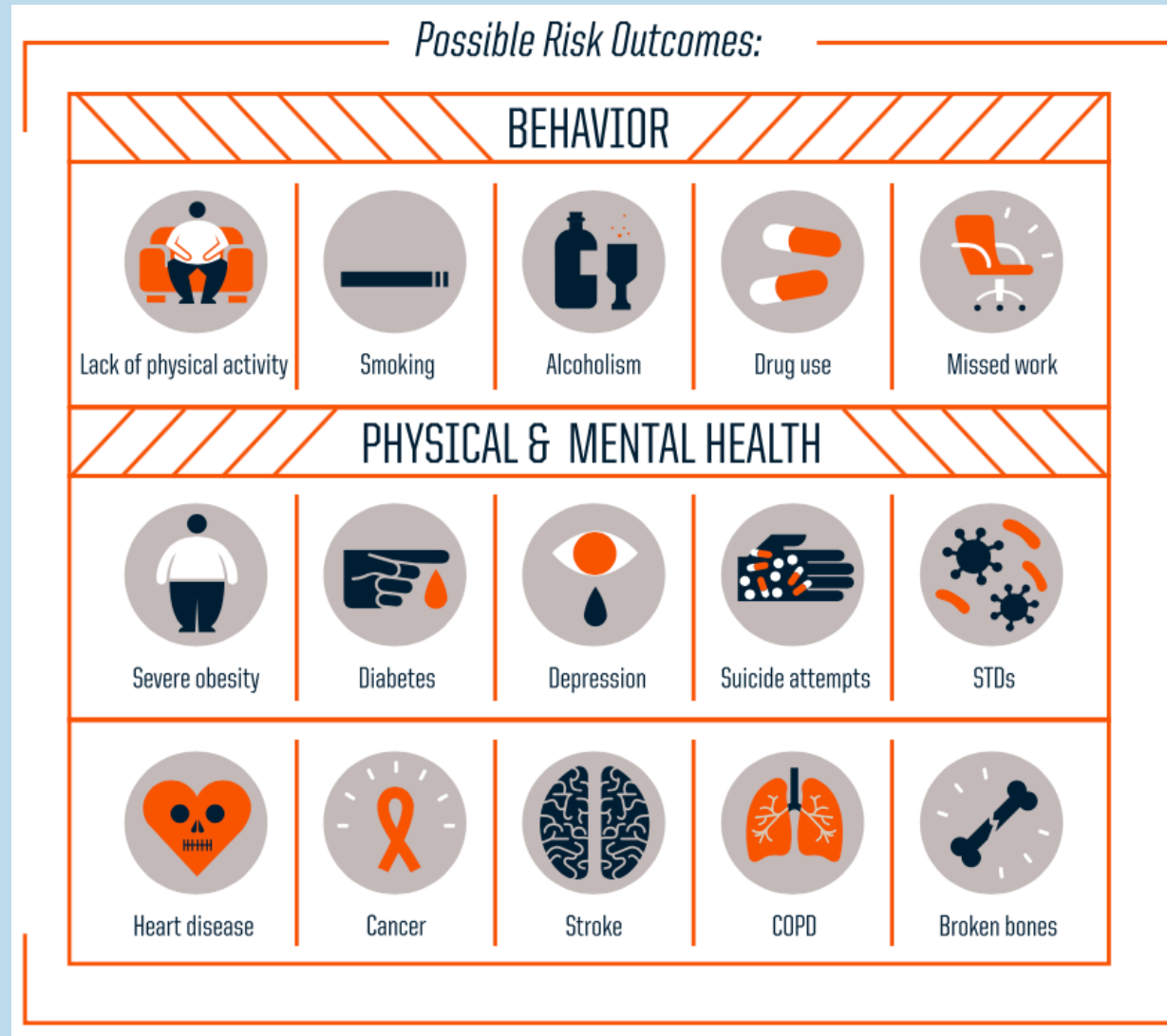
Adverse Childhood Experiences (ACEs)



ACES and Outcome Risk



ACES and Health Outcomes





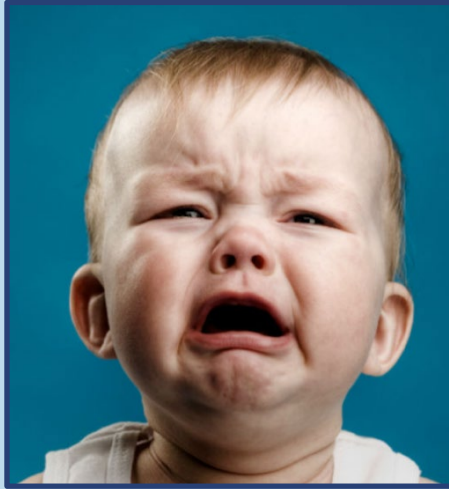
Engaging Activity: Alternate Nostril Breathing



- ❖ The hand movements will take some practice to feel comfortable.
- ❖ If thumb and pinky are too hard for learners to coordinate, you could use right thumb to close right nostril and left thumb to close left nostril.
- ❖ Once your learners have mastered the hand movements, helpful verbal cues are: inhale right, close, exhale left. Inhale left, close, exhale right.
- ❖ This exercise can take 1 to 3 minutes.

1. Let's start with a few deep breaths through the nose.
2. Inhale, close the right nostril by pressing the side of the nose with the right thumb.
3. Exhale out the left nostril.
4. Inhale through the left nostril.
5. Close the left nostril by pressing the side of the nose with your right pinky and fourth finger. At the same time, take your thumb off of your right nostril.
6. Exhale out the right nostril.
7. Inhale through the right nostril.
8. Close the right nostril with your thumb again and exhale through the left (removing the pinky and fourth finger).
9. This is one round. Complete 2 or 3 rounds by repeating steps 2-8. End on a left exhalation.
10. Take a few regular breaths.
11. Notice how you feel.

Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight

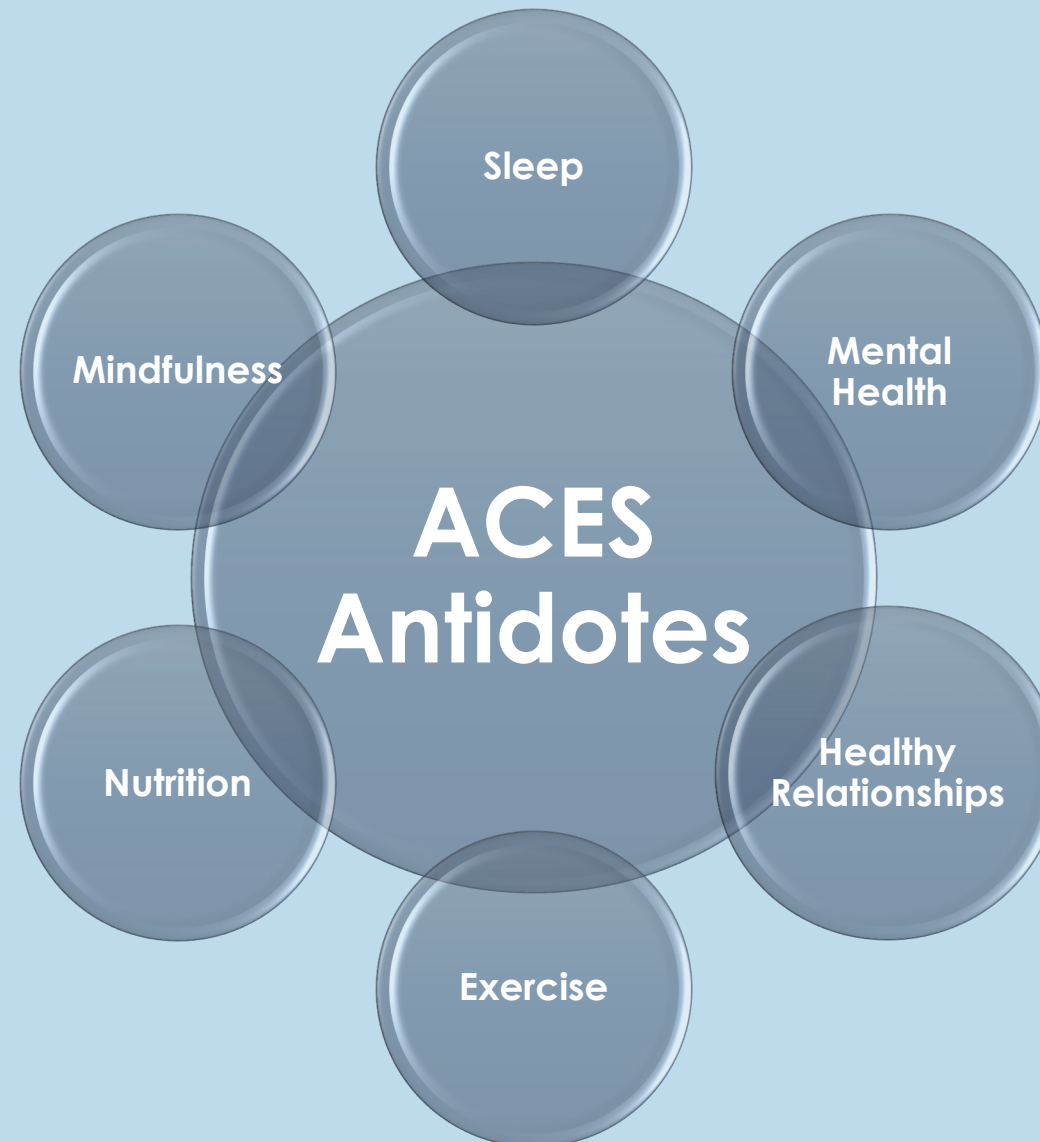


“Brake”

Parasympathetic Nervous System:
Rest and Digest



ACES: Six Critical 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

”



What is a Dysregulated Stress response...

Stress is the body's normal response to challenging events or environments. *Positive stress* (the first day of school, a big exam, a sports challenge), is part of growing up.

But when events or the environment are threatening or harmful, we go into flight or freeze mode and bypass our thinking brains.

Too much stress – *toxic stress* – happens when children's brains feel highly stressed for too long. Then a child's brain and body will produce an overload of stress hormones — such as cortisol and adrenaline — that harm the function and structure of the brain.



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.
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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?



Did You know?

Toxic stress has the potential to change a **child's** brain chemistry and brain anatomy.

Toxic stress weakens the architecture of the developing brain, which **can** lead to lifelong problems in learning, behavior, and physical and mental health.



Are ACEs really that common?

ACEs are incredibly common—two out of three people (67%) of the study population had at least one ACE, more than one in five (20%) reported three or more ACEs and one out of eight people (13%) of the population had four or more ACEs.



What's the key?

When children overcome these burdens, they have typically been the beneficiaries of exceptional efforts on the part of supportive adults.



When relationships are reliably responsive and supportive, they can actually buffer young children from the adverse effects of other stressors.



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Self-Care Practice







Reflection

Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

What is on your mind?
or
How are you feeling?





Movement Sequence

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Star into Triangle

Surfer into wave

Stork

Sandwich*

Table or Slide

Seated Tree

Snail

Boat

Seated Mountain

Guided Rest



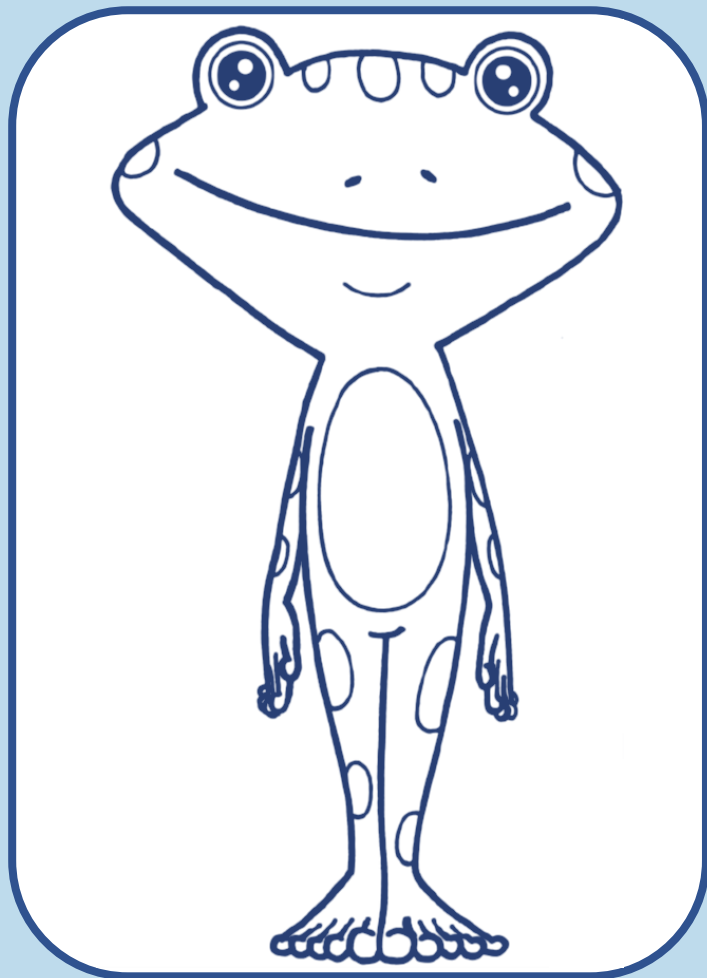
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Mindful Movement: Mountain



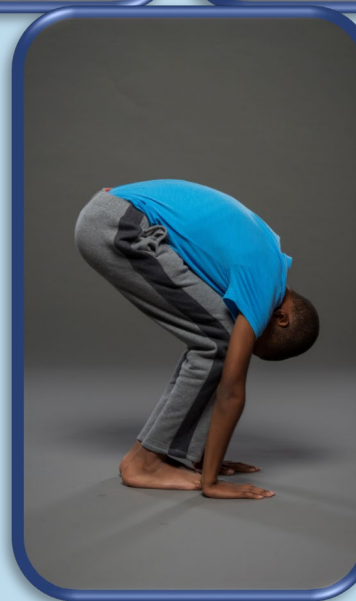
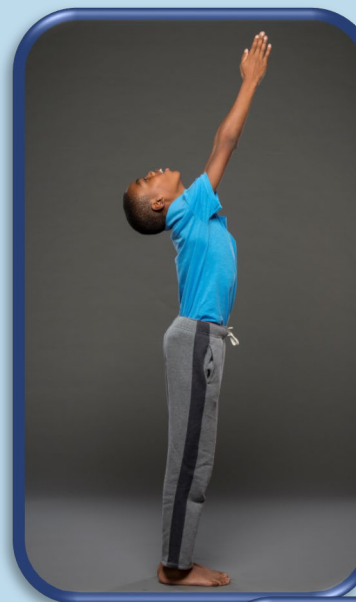
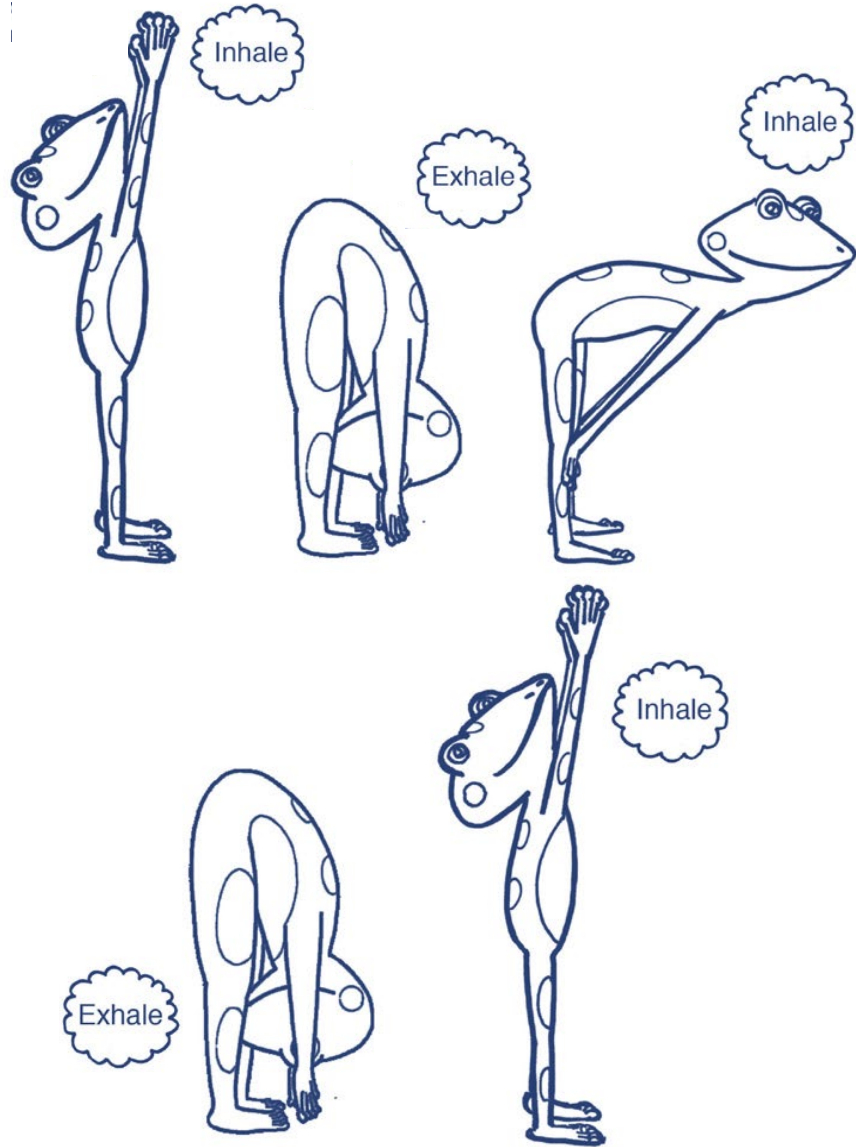
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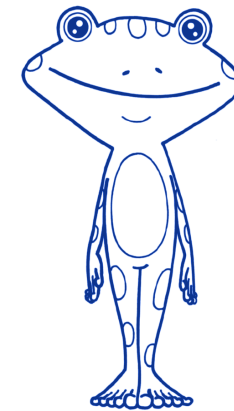
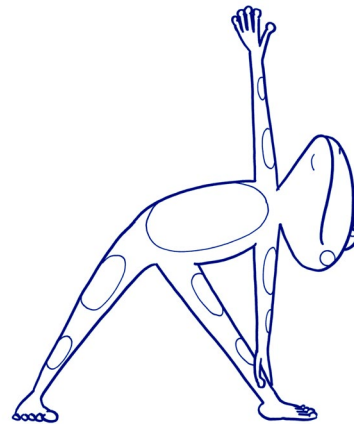
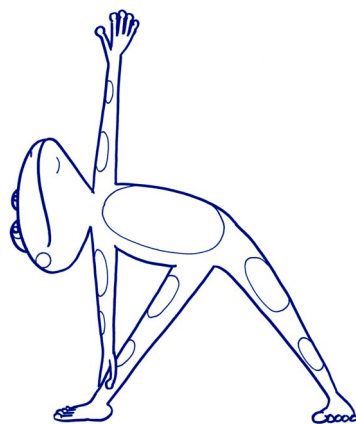
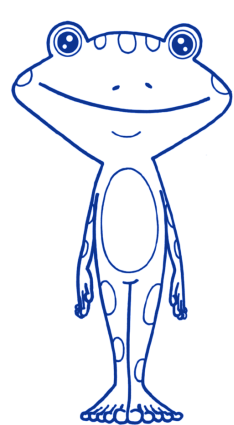


Mindful Movement: Half Opening Sequence A



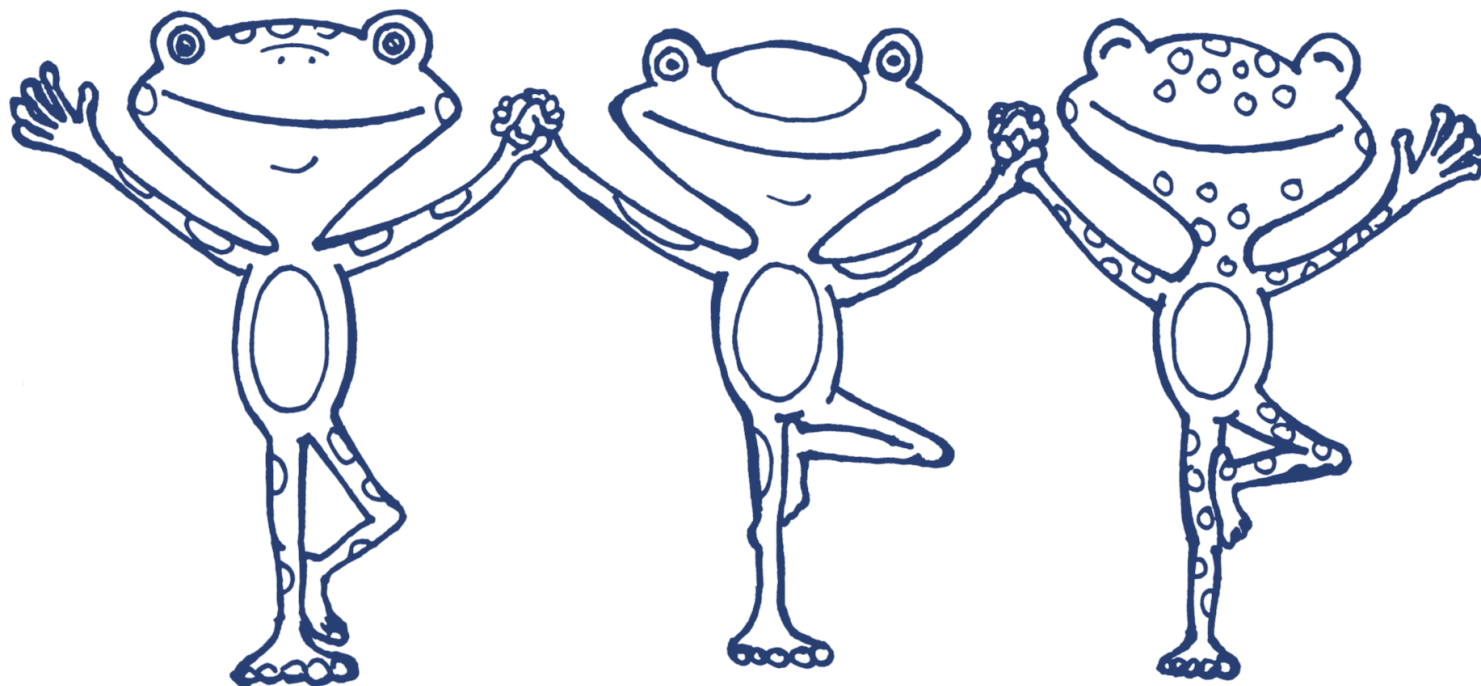


Mindful Movement: Star into Triangle



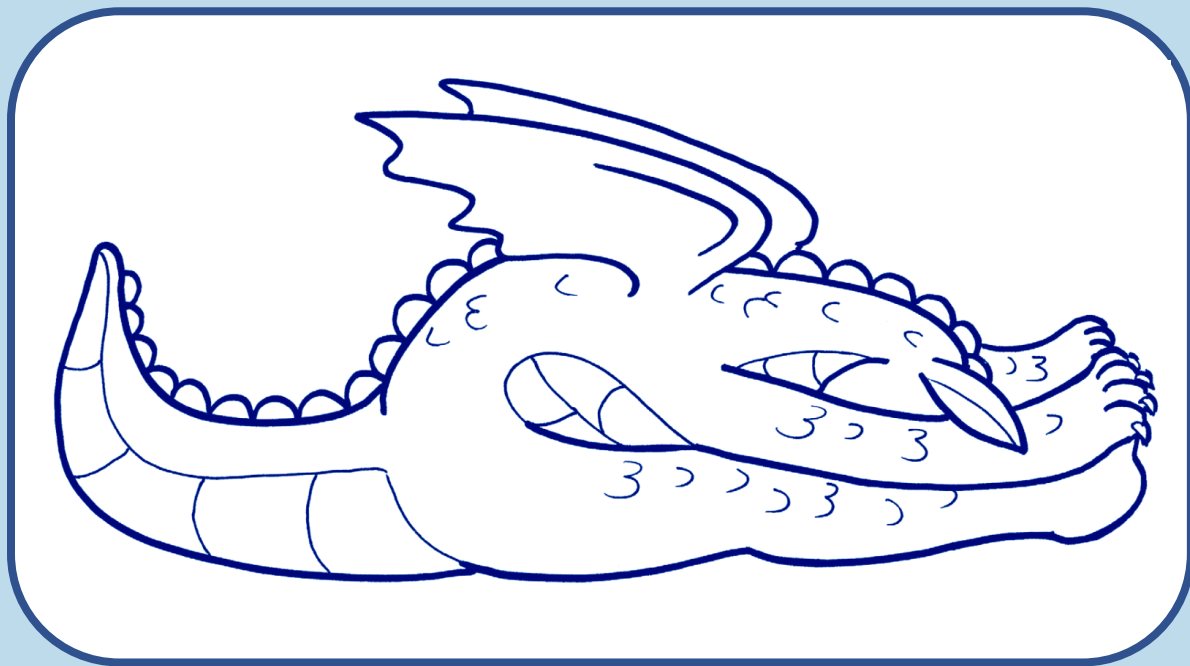


Mindful Movement: Tree or Forest



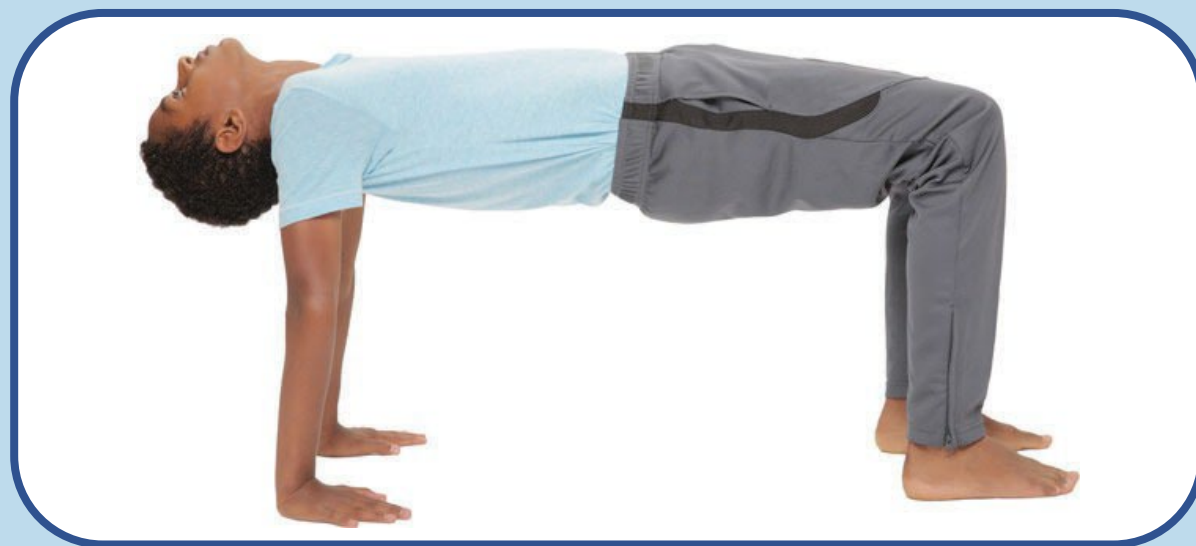
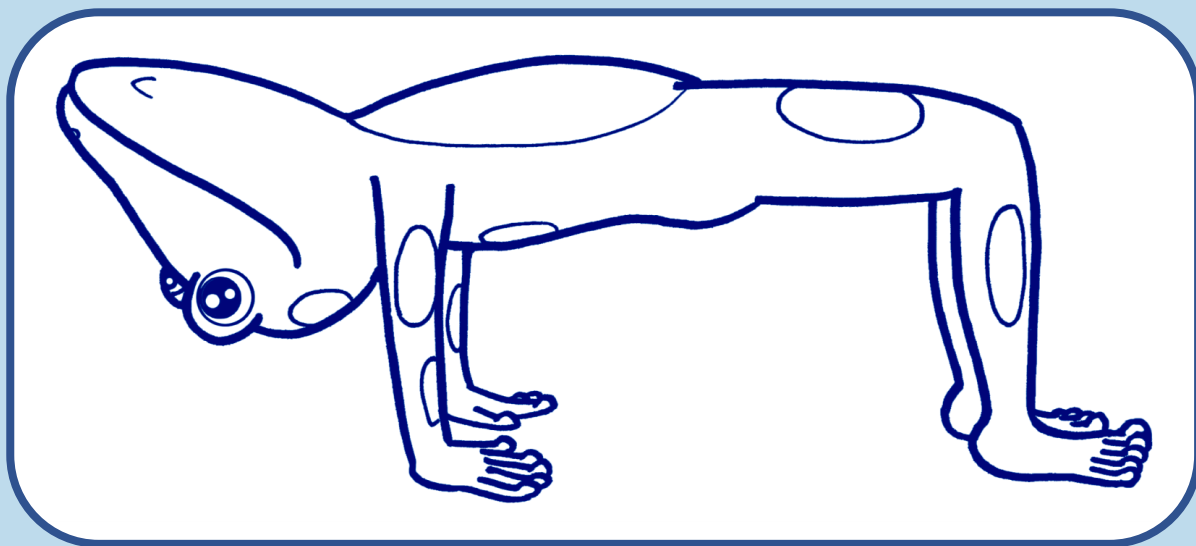


Mindful Movement: Sandwich





Mindful Movement: Table



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Mindful Movement: Butterfly





Mindful Movement: Seated Mountain



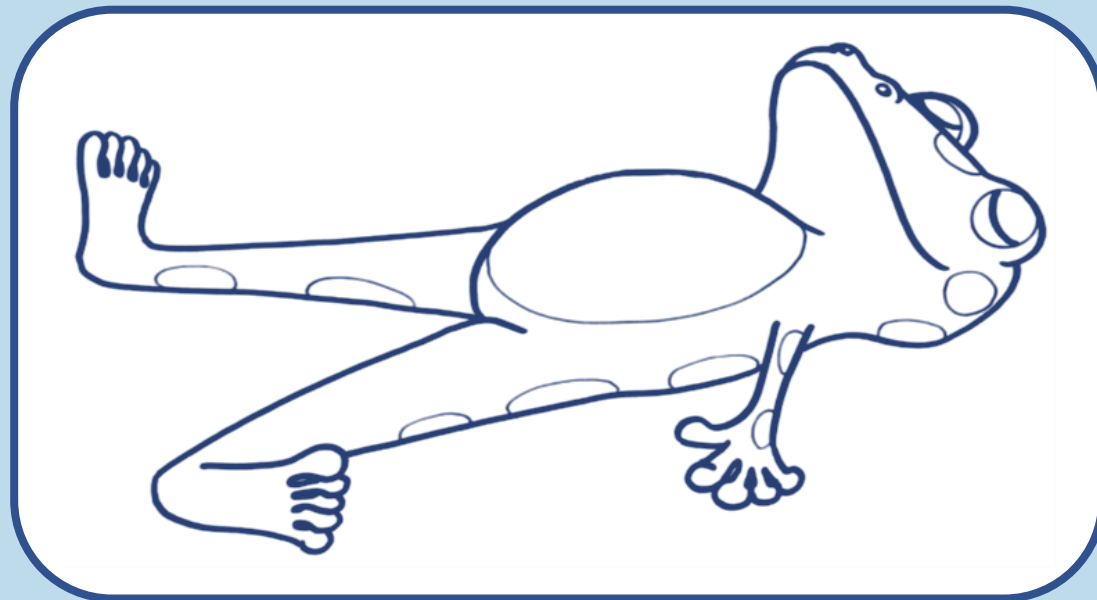
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Engaging Activity: Guided Rest





Reflection

Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

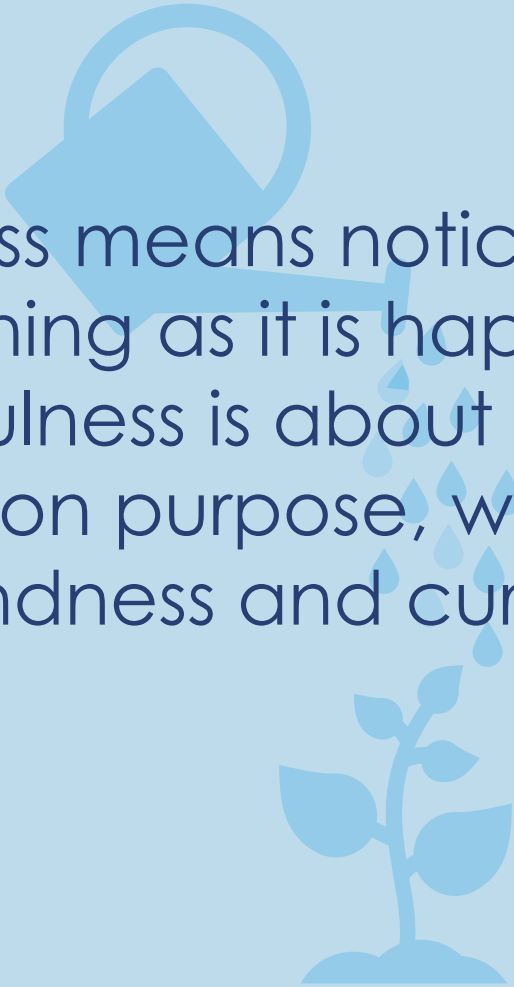
What is on your mind?
or
How are you feeling?



What is mindfulness?



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.



Guiding Questions

**How does it feel to be in balance?
Or, how does it feel to be imbalanced?**

Grades 6-12, Lesson 4.1

**How can being mindful shape
our experiences?**

Grades 3-5, Lesson 4.1



Pure Power

Grades K-5 Unit 4
Power to Grow
and Stretch



Grades
6-12

Unit 4
Power of a
Balanced Life



Optimistic Closure: Jeopardy



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Optimistic Closure



The essential ingredient that
catalyzes human
development and learning.



Optimistic Closure



These are just 3 examples: Even
In – Even Out, Ocean Breath,
and Seated Forward Bend



Optimistic Closure



Sleep, Healthy Relationships, Mental Health Support, Exercise, Nutrition, and Mindfulness



Optimistic Closure



The wear and tear on the body
which accumulates as an
individual is exposed to
repeated or chronic stress.



Brain Breaks Review



Breathe

- ❖ Starfish Breathing or Take Five
- ❖ Alternate Nostril Breathing
- ❖ Anchor Breathing



Move

- ❖ Wave Sequence
- ❖ Mountain/Chair Strength Sequence
- ❖ Chair Sunrise Twist
- ❖ Standing Kite Sequence
- ❖ Movement Sequence



Rest

- ❖ Mindful Minute
- ❖ Taking in the Good
- ❖ One Minute Reflection



Takeaways

- ❖ Building healthy habits takes time.
- ❖ The brain is like Velcro for negative experiences.
- ❖ The brain can change from the impact of toxic stress.
- ❖ The Six Critical Healing Factors are:
 - ❖ **Sleep**
 - ❖ **Mental Health**
 - ❖ **Healthy Relationships**
 - ❖ **Exercise**
 - ❖ **Nutrition**
 - ❖ **Mindfulness**
- ❖ It takes one caring adult to make difference.



Today's Reflection

Self:

Reflect on your day. Then, identify and briefly journal about one good thing/goal/accomplishment.

Online Class:

Based on the 6 Critical Healing Factors, identify one strategy that you can implement with your students in a virtual classroom that supports either mindfulness practices or healthy relationship building.

Together in Class:

Identify a place in your classroom/building/office that can be used to support healthy habits.



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.**



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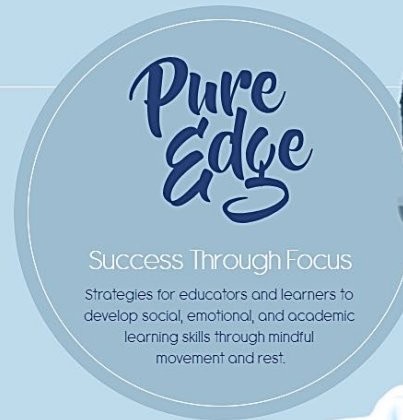
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•
breathe

•
move

•
rest



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Thank you for joining us!

Session 3: Culture of Care Institute

Trainers: Michelle Kelsey Mitchell & Gill McClean

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