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. At the end of this session, there will be a Session Quiz / Feedback Form.
Culture of Care Institute

Today’s Topics:

What is a Culture of Care?

Social & Emotional Learning (SEL), Educator Self-Care, Stress & Allostatic Load.
Introductions

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

http://www.earlylearninghq.org.uk/class-management/multilingual-hello-poster/
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.
Introductions

Anne Contreras
anne@pureedgeinc.org
Director of Programs & National Trainer

MACP, MFTi #87444
Doctoral Studies
Somatic Psychology (Embodied States)
Foundation – Trauma
Welcoming Activity

Share which of the following images most accurately reflects your feelings right now.
Engaging Activity: Mindful Minute
Session One Learning Objectives

- Define Culture of Care.
- Explore the foundations of Emotional Regulation.
- Explain how stress impact us physically and mentally.
- Access Pure Edge website and resources.
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.
A Culture of Care

Self-Care

Brain Breaks

SEL Signature Practices

Belonging for All

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A Culture of Care…

- SEL is integrated and sustained at the school and organization levels
- Recognizes the importance of caring for self and others
- Values communication and compassion
- Fosters belonging for all community members
Guiding Questions

What three (3) things will we practice each time we meet?

What is the difference between a Reaction and a Response?
We will always practice

1. Self-Care 🌿
2. Brain Breaks 😊
3. Modeling SEL Lesson Structure 🌍
Self-Care
“People who care for others deserve to be cared for.”

~Tim Shriver
In order to have an impact on others, you must first have an impact on yourself.
Engaging Activity: Breathing Ball

Inhale

Exhale

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Does It Matter How We Breathe?

Nasal Breathing & Extended Breaths

- Lung capacity increases
- 18% more oxygen absorbed
- Heart relaxes
- Respiratory & nervous systems cohere
- Blood pressure decreases

Mouth Breathing

- Body moisture sapped
- Lungs irritated
- Soft tissue of mouth flexes, leaving less space to breathe
- Useful when doing aerobic exercise

Engaging Activity: Anchor Breathing
“The three most important aspects of learning—attention, focus, and memory—are all controlled by our emotions, not by cognition.”

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

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.
Social and Emotional Learning Competencies

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one’s emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

- Managing one’s emotions
- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

- Taking others’ perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations/systems on behavior

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others
Social and Emotional Learning Competencies

- **Demonstrating** curiosity and open-mindedness
- **Identifying** solutions for personal and social problems
- **Learning** to make a reasoned judgment after analyzing information, data, facts.
- **Anticipating and evaluating** the consequences of one’s actions
- **Recognizing** how critical thinking skills are useful both inside & outside of school
  Reflecting on one’s role to promote personal, family, and community well-being
- **Evaluating personal**, interpersonal, community, and institutional impacts

www.casel.org

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Welcoming Activity: Think-Ink-Share

Which aspects of the CASEL competencies align with your current priorities?

If you would like, please share your response in the Q & A box.
How is social emotional learning (SEL) connected to self-care?

Self-Awareness
- Integrating personal & social identities
- Identifying personal, cultural, & linguistic assets
- Identifying one’s emotions
- Demonstrating honesty and integrity
- Linking feelings, values and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests & a sense of purpose

Self-Management
- Managing one’s emotions
- Identifying and using stress management strategies
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills
- Taking initiative
- Demonstrating personal and collective agency
Social and Emotional Learning (SEL) Competencies

CLASSROOMS. Research has shown that social and emotional competence can be enhanced using a variety of classroom-based approaches.

SCHOOLS. Effectively integrating SEL schoolwide involves ongoing planning, implementation, evaluation, and continuous improvement by all members of the school community.

FAMILIES/CAREGIVERS. When schools and families form authentic partnerships, they can build strong connections that reinforce students’ social and emotional development.

COMMUNITIES. Community partners often provide safe and developmentally rich settings for learning and development.
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 SEL skills
- i.e. Brain Breaks, 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
Engaging Activity: Sunrise/Sunset
Being able to identify and appropriately express emotions is called Emotional Regulation.

Emotional Regulation is a multifaceted physical-mental-emotional process that can be affected by stress.

The stability of our emotional lives has the potential to become dysregulated due to a variety of factors, most of which are not necessarily within our control.¹


Balanced emotional regulation entails

1. Feelings
2. Thoughts
3. Physiological signals:
   - Heart rate
   - Breath pattern
4. Nonverbal communication:
   - Body language
   - Facial expression

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Image: March 2, 2020. Understanding emotions is nearly as important as IQ for students’ academic success; Carolyn MacCann, University of Sydney; Amirali Minbashian, UNSW, and Kit Double, University of Oxford. https://theconversation.com/us/topics/emotional-regulation-49396

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Adult Modeling

Kids **absorb** the adults’ mannerisms, especially **EMOTIONAL REGULATION** (the ability to manage their emotions).\(^1\)

Cadieux, Adelle, Pediatric psychologist at Helen DeVos Children’s Hospital in Grand Rapids, Michigan. “Teaching children self-compassion by modeling it ourselves.”


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What we hope to do

Respond

Vs.

React
Engaging Activity: Mountain/Chair Strength Sequence
Reaction

Can be thought of as an unconsidered or abrupt behavior or action.¹

Often a reaction springs forth from a:

• sudden strong emotion, or
• an accumulation of strong, unexpressed emotions.

¹ Reaction | Definition of Reaction at Dictionary.com
Image Source: https://www.flaticon.com/free-icons/emotion-faces
Reaction

When we feel intense emotions, we might experience **physical** clues, such as:

- Shaking
- Heat in the face
- Tight muscles
- Rapid heartbeats
- Stomach aches
- The urge to hit, kick, or stomp
Response

A response is thought out, calm and non-threatening.¹

• More time for reflection
• Intentional
• Weighs alternatives
• Less Charged
• Considers other and/or other outcomes.²

Physical Regulation

Through practices of:

**Breathe, Move, Rest**

We learn again and again, what it feels like to move through our experiences in a thoughtful, nonreactive way.
Engaging Activity: Chair Twist
Success Through Focus

Strategies for educators and learners to support social, emotional, and academic development through mindful movement and rest.
Pure Edge Programs

Pure brain breaks

Pure power

Peek inside the amazing brain

Pure PE

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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
Video Library: English

Featured Video

Our Breathe Library takes you through breathing techniques that will help with focus, feeling emotions and a sense of calm. Each breathing technique is modeled in 1 to 2 minute video tutorials.
Engaging Activity: Taking in the Good
If you are just joining us, we are on a 5 minute break.

Part 2 will start soon.
Culture of Care Series

Today’s Topics:

Superpowers
Stress & Allostatic Load
Introductions

Gill McClean

gill@pureedgeinc.org

Director of Professional Development &
National Trainer
Engaging Activity

Which superpower would you choose?

- Invisibility
- Superhuman Strength
- Flying
- Super Speed

- Mind Reading
- Teleportation
- Talk to Animals
- I already have a Superpower!

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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

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Pure Power Curriculum

Grades K-2

- Unit 1 – Power to Be Calm
- Unit 2 – Power Tame your Temper
- Unit 3 – Power to Laser Focus
- Unit 4 – Power to Grow and Stretch
- Unit 5 – Power to Lead with Kindness
The **Power to be Calm** isn’t about avoiding every kind of stressful emotion.

Resilience doesn’t mean we’ll be happy all the time, but it does mean we have the energy and mindset to help us cope.
Harness your Power to be Calm...

- Notice your heart rate and breath
- What does calm feel like
- Take 3-5 minutes rest
- Do some Mindful Movement
- Listen to soothing music
- Use a Body Scan to help get to sleep
- Self Compassion

Sources: CDC YRBS 2015; https://www.kidsdata.org/; Cavanaugh et al., 2016

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Engaging Activity: Even In – Even Out

1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, let’s count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.
The Mind

Research shows that the average person has 50,000 to 70,000 thoughts per day.¹

¹: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916
Image: https://www.quora.com/How-can-imaginations-be-made-reality

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It's easy to become frustrated when you’re trying to concentrate but just can’t.

This can lead to stress and irritation, which tends to make focusing on what you need to do even more of a distant dream.
Power to Laser Focus

When you return to work after a Brain Break, don’t be surprised if you feel more focused, motivated, or even more creative. Brain Breaks can help boost these functions and more.
How can taking a break from work or homework increase your concentration?

This idea might seem counterintuitive, but experts say it really works.

Consider this scenario: You’ve spent a few hours on the same project, and suddenly your attention starts to wander. Even though it’s hard to keep your mind on the task, you stay at your desk, forcing yourself to keep going.
It is natural if your struggle to focus just makes you feel stressed and anxious about not completing your work on time.

Next time this happens, when you first feel your concentration drop, take a 🧘‍♂️ Brain Break!

Refresh and recharge yourself. Think of your mind as a muscle.
Engaging Activity: Alternate Nostril Breathing

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.

- 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.
The **Power to Tame your Temper** isn’t about avoiding anger.

It’s about understanding that temper and anger are normal emotions. What is important is our ability to process these feelings, put them into perspective, and then let them go.
Anger & Health

- Can put heart at greater risk
- Can hurt the lungs
- Could shorten life
- May increase anxiety
- May increase stroke risk
- Linked to depression
- Could weaken the immune system
Engaging Activity: Standing Half Moon
Engaging Activity: Think-Ink-Share

Where do you feel stress in your body?

Where do you feel joy in your body?
What is stress?

A physiological reaction that prepares an individual to respond to a stressor.

What is a stressor?

The stressor is usually something that threatens the well-being or homeostasis (stable equilibrium) of the individual.
Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher Kimberly Schonert-Reichl urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

Benefits

- Positive challenge
- Motivates us to take action
- Promotes well-being
- Enhances performance

Detriments

- No relief in sight
- Makes us physically sick
- Weakens immune system
- Impairs performance
Allostatic load is "the wear and tear on the body," which accumulates as an individual is exposed to repeated or chronic stress.

Impact of Stress & Trauma on the Heart

After his death, Dr. Martin Luther King Jr's autopsy found that while he was just 39 years old, he had the heart of a 60-year-old.

Image Source: https://www.newyorker.com/magazine/2006/01/23/the-mission
Engaging Activity: Seated Figure Four

1. Begin in Seated Mountain Pose.
2. Inhale, cross the right ankle over the left thigh, just above the knee. Place the right hand on the right thigh and left hand on the right foot.
3. Exhale, fold torso forward and relax the head down. Take 2-3 breaths here.
4. If it’s easier, you can hold the legs of the chair as you fold forward.
5. Inhale, come back to Seated Mountain.
6. Switch legs and repeat on the other side.

*Use this sequence to release the back, which can get tired from sitting.*
The rational part of the brain, the Prefrontal Cortex, isn’t fully developed until age 25 or so.

Adults think with the prefrontal cortex, the brain’s rational part. This is the part of the brain that responds to situations with good judgment and an awareness of long-term consequences.

Children, teens, and young adults rely on the amygdala to process information; the emotional part of the brain.
Stress Response

“Gas Pedal”
Sympathetic Nervous System:
Fight or Flight

“Brake”
Parasympathetic Nervous System:
Rest and Digest

https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory
Engaging Activity: Brain Balance Sequence

1. Inhale, take the right arm overhead and the left foot slightly behind, placing only your toes on the floor.

2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.

3. Inhale, return the right arm overhead and the left foot slightly behind placing only your toes on the floor.

4. Exhale and again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.

5. Repeat on the other side.
Secondary Trauma

Compassion Fatigue

The cumulative, detrimental effect of working with survivors of traumatic life events

https://lesley.edu/article/six-ways-for-educators-to-avoid-compression-fatigue
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
Red Zone Image: https://www.parents.com/toddlers-preschoolers/discipline/tantrum/tame-your-kids-tantrums

Green Zone

Image source: https://happykids.hu

"Behavior is communication"

Kids absorb the adults’ mannerisms, especially **EMOTIONAL REGULATION** (the ability to manage their emotions).¹

¹ Cadieux, Adelle, Pediatric psychologist at Helen DeVos Children’s Hospital in Grand Rapids, Michigan. “Teaching children self-compassion by modeling it ourselves.”


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The neuroscience shows that how we think is affected by how we feel.

Dr. Kimberly Schonert-Reichl
Engaging Activity: Guided Rest or Body Scan
Takeaways

Brain Breaks Review:

- **Breathe**
  - Breathing Ball
  - Anchor Breathing
  - Even In – Even Out
  - Alternate Nostril Breathing

- **Move**
  - Sunrise/Sunset
  - Mountain/Chair Strength Sequence
  - Chair Twist
  - Standing Half Moon
  - Seated Figure Four
  - Brain Balance Sequence

- **Rest**
  - Mindful Minute
  - Guided Rest or Body Scan

**Circle back:**

- Defined Culture of Care
- Foundations of Emotional Regulation
- Pure Edge website & resources
- Stress impacts us physically & mentally
- Harness you “Super Powers”
- We can use the breath & body to decrease “Allostatic Load”
- Self-care strategies build resilience
Optimistic Closure: One Word To Describe How You Feel
HEADSPACE: Mindfulness On Demand

Headspace is donating their app to all Educators.

go.headspace.com/pureedge

Use your work email address
Thank you for joining us!

Session 1: Culture of Care Institute
Trainers: Anne Contreras & Gill McClean

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