



Professional Development Sessions

Educator Self-Care (60-minutes/90-minutes)

The Educator Self-Care session is designed to help educators flourish. The session explores the reciprocity of self-care and introduces the neuroscience of stress and its effects on the body and nervous system. Participants will engage in breathing techniques, Mindful Movement, and guided relaxation strategies in the form of *Breathe, Move, Rest* Brain Breaks. The exercises promote educator well-being and develop the foundational Social and Emotional Learning (SEL) competencies of Self-Awareness and Self-Management. Participants identify how simple strategies can impact the ability to manage stress, organize/focus, and identify emotions. As educators support their own well-being with the *Breathe, Move, Rest* Brain Breaks, they also empower themselves to implement SEL strategies in the classroom with learners. While both sessions support educator well-being, the 90-minute session includes an extended self-care opportunity. *Attendees should wear suitable clothing for light exercise.*

Suggested Audience: All adults in a school district/network, e.g., classroom teachers, school psychologists/counselors/interns, teachers/paraprofessionals/special education/support staff, administrators/leadership, transportation services, student support providers, food services, parents.

Brain Breaks Implementation (60-minutes/90-minutes; Pre-K, K-5, or 6-12)

This interactive session focuses on how to effectively deliver Brain Breaks to learners. Pure Edge Brain Breaks are simple breathing, mindful movement, and guided rest exercises that support learner well-being. The exercises are one to five minutes in length, embedded in the SEL 3 signature practices, meet National PE standards, and can be shared with students in person or online. This session offers participants the experience of doing Brain Breaks, practice-teaching Brain Breaks, and creating a plan for implementation of Brain Breaks with learners.

Suggested Audience: All adults in a school district/network, e.g., classroom teachers, school psychologists/counselors/interns, teachers/paraprofessionals/special education/support staff, administrators/leadership, transportation services, student support providers, food services, parents.

Completing Educator Self-Care before the Brain Breaks Implementation session is highly advised.

Educator Self-Care & Brain Breaks (3-hours; Pre-K, K-5, or 6-12)

This interactive session combines the Educator Self-Care and Brain Breaks Implementation sessions. It is designed to both help educators flourish and support the well-being of learners. The session examines the reciprocity of self-care, along with the neuroscience of stress, and its effects on the body and nervous system. Participants discover *Breathe, Move, Rest* Brain Breaks as 1) tools for promoting educator well-being and 2) strategies to use in the classroom with learners. *Attendees should wear suitable clothing for light exercise.*

Suggested Audience: All adults in a school district/network, e.g., classroom teachers, school psychologists/counselors/interns, IS teachers/paraprofessionals/special education/support staff, administrators/leadership, transportation services, student support providers, food services, parents.

Educator Self-Care & Social-Emotional Learning (5 sessions, 1-hour each)

Participants in the Educator Self-Care and SEL series experience self-care strategies with intentional alignment to CASEL's 5 core competencies as they explore one competency in each session. The breakdown of sessions is as follows:

- Session 1: Educator Self-Care & Self-Awareness
- Session 2: Educator Self-Care & Self-Management
- Session 3: Educator Self-Care & Social Awareness
- Session 4: Educator Self-Care & Relationship Skills
- Session 5: Educator Self-Care & Responsible Decision-Making

SEL, inclusive of all 5 competencies, has been shown to positively enhance school climate, teacher retention, and student achievement. This series empowers participants with the research, strategies, and the tools needed to begin immediately applying SEL tools in their school community.

Suggested Audience: All adults in a school district/network who have also participated in the Pure Edge, Inc. Educator Self-Care professional development, e.g., classroom teachers, school psychologists/counselors/interns, teachers/paraprofessionals/special education/support staff, administrators/leadership, transportation services, student support providers, food services, parents.

Pure Power Introduction (2-hours; K-2, 3-5, or 6-12)

During this interactive series, participants explore the Pure Power Curriculum. The sessions introduce the lesson structure, the topics covered in each of five Pure Power Units, and implementation strategies including online implementation.

Suggested Audience: classroom teachers, paras/support staff, student support providers.

Pure Power Mini-Unit (half-day/full-day; elementary or secondary)

During this interactive session, participants learn to implement the Pure Power Mini-Unit, "A Peek Inside the Amazing Brain" (elementary) or "The Neuroscience of Stress" (secondary), in their classrooms. Aligned with CASEL's 5 competencies, the Pure Power Mini-Unit is an eight-lesson curriculum which teaches:

- neuroscience
- social-emotional skills
- mindfulness techniques

Every lesson includes a Mindful Movement sequence. Participants will become familiar with teaching Mindful Movement, including how to use the video library in their classrooms. They also explore the content and techniques in the curriculum. In the full-day session, time is allotted for planning out and presenting lessons to the group.

Suggested Audience: classroom teachers, paras/support staff, student support providers.

Mindful Movement (half-day/full-day; elementary or secondary)

During this interactive session, participants engage in breathing, movement, and relaxation techniques that will enable them to teach short movement sequences to students. The

movement sequences build strength, flexibility, coordination, and balance, and meet national PE standards. Attendees learn how to teach these sequences in a way that develops learners' self-awareness. The training also addresses how to use the Pure Edge video library to support instruction. Modifications for varying levels of physical ability are discussed. The half-day training ensures familiarity with one movement sequence; the full-day training ensures competence teaching two movement sequences. *Attendees should wear clothing suitable for light exercise.*

Suggested Audience: PE teachers, afterschool providers, classroom teachers, school counselors.

Culture of Care (12+ hours)

A Culture of Care integrates systemic SEL at the school and organization levels. It recognizes the need to care for self and one another, supports the whole child throughout the school day, values equity for all students and educators, and empowers all members of the school community to flourish. Participants in this training learn how to promote SEL in the classroom through breathing, Mindful Movement, and relaxation strategies. Though some educators choose to take the training for their own personal and professional development, the training is designed as a train-the-trainer model. Participants gain the skills to teach other adult educators to understand self-care and prioritize well-being both for themselves and the learners in their care. With a little practice, the concepts and strategies are simple for educators to learn and share with learners and colleagues.

Each session is highly interactive, inclusive of self-care practice for participants, Q&A, planning and implementation time, and opportunities to practice-teach. The training covers current research and content on topics such as stress, neuroscience, SEL, healing, and belonging. Participants become familiar with the Pure Edge online resource library to support establishing a Culture of Care at their school site. Participants also receive access to 12 one-hour turnkey training decks titled and formatted to provide colleagues with professional development on SEL implementation. Certificate and CEUs available upon completion Culture of Care.

Choose which Culture of Care delivery is best for you:

Culture of Care Course (Train-the-Trainer)

This PD is offered in 12 one-hour sessions. Sessions can be offered at whatever interval best fits your PD needs. We recommend at minimum a weekly offering to maintain momentum and sessions can also be offered, for example, M-W-F or T-Th, in consideration of school or district schedules.

The 12-session series topics are as follows:

Session 1: Social and Emotional Learning (SEL) & Self-Care

Session 2: Respond vs. React: Superpowers

Session 3: Stress & Allostatic Load

Session 4: The Neuroscience of Stress, Part 1

Session 5: The Neuroscience of Stress, Part 2

Session 6: Neuroplasticity

Session 7: Creating Healthy Habits

Session 8: Taking in the Good

Session 9: Six Critical Healing Factors

Session 10: Building Belonging – Emotion & Cognition

Session 11: Brain Breaks Implementation

Session 12: Culture of Care Implementation

Suggested Audience: All adults in a school district/network, e.g., classroom teachers, school psychologists/counselors/interns, teachers/paraprofessionals/special education/support staff, administrators/leadership, transportation services, student support providers, food services, parents.

Culture of Care Institute (Train-the-Trainer)

This PD is offered in 4 half-day sessions.

Session 1: SEL, Educator Self-Care, Respond vs. React, and Stress & Allostatic Load

Session 2: The Neuroscience of Stress & Neuroplasticity

Session 3: Taking in the Good & Six Critical Healing Factors

Session 4: Building Belonging & Culture of Care Implementation

Culture of Care through Pure Power (Train-the-Trainer, In-Person Only)

This PD is offered in 3 full-day sessions. Sessions can be held online, in-person, or as a hybrid as necessary. Each session includes:

- an extended self-care practice for participants
- Q&A
- planning/implementation time
- small-group breakouts
- opportunities to practice-teach

Culture of Care through Pure Power has a greater focus on classroom implementation and includes a deep dive into the Pure Power Mini-Unit.

Session/Day One: The WHY

Rooted in neuroscience, this session explores the effect of stress on the field of education and the importance of self-care for educators. The session also examines how breathing exercises and Mindful Movement improve the body's stress response, and specifically how the breath affects the brain and the nervous system. Participants experience a self-care practice designed to alleviate the effects of stress on the mind and body. Participants will learn to implement Pure Edge's Brain Breaks program and will practice teaching Mindful Movement sequences from the Pure Power Curriculum.

Session/Day Two: SEL & Culture of Care

The second session takes a deeper dive into SEL, including how mindfulness supports SEL by improving the stress response and promoting self-awareness in the classroom. Participants refine their teaching skills by practicing delivering Brain Breaks and Mindful Movement in small groups. Also shared are the Pure Power Mini-Unit and Mindful Games for the classroom.

Session/Day Three: Train-the-Trainer

The final session builds on days one and two to ensure that educators are prepared to build a Culture of Care in their classrooms and at their school sites. In addition to refining mindfulness knowledge and teaching technique, participants develop short-and-long-term implementation goals for their classrooms and schools. Topics addressed include classroom implementation strategies and how to train colleagues. *All attendees should come in suitable clothing for light exercise.*

Suggested Audience: A team from each school site, region, or district who can act as collective agents of change upon completion of the institute. A sample team consists of 1-2 administrators, 1-2 student support providers, 1-2 classroom teachers, and 1 PE teacher.

Pure Edge Job-Alike Sessions

(School Counselors, Interns, Psychologists, Special Education, Student Support Services, etc.)

Pure Edge can tailor sessions to provide strategies to support a specific role in the school district. This option is perfect for all of the support staff working outside the classroom.

Unless otherwise noted, all of the above options are available as either web-based/virtual, in-person, or the training can be a hybrid of both.

In-person training will be subject to availability and dependent on current regulations for COVID-19. There is a 50-person minimum required for all in-person training and there may be travel costs associated with these services depending on your location.

Pure Edge, Inc.
www.pureedgeinc.org
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