What is a Culture of Care?

Social & Emotional Learning (SEL)
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 which of the following images most accurately reflects your feelings right now.
Engaging Activity: Mindful Minute
Learning Objectives

- Define Culture of Care.
- Why SEL?
- Identify the 5 CASEL Competencies
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.
What three (3) things will we practice each time we meet?

(Grades K-2, Lesson 1.1 & Grades 3-5, Lesson 1.1)
A Culture of Care

Self-Care

Brain Breaks

SEL Signature Practices

Belonging for All

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Integrates and sustains SEL 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

Tenets of a Culture of Care
We will always practice

1. Self-Care 🌿
2. Brain Breaks 😊
3. Modeling SEL Lesson Structure 🌵
In order to have an impact on others, you must first have an impact on yourself.
Breathe  Move  Rest
Engaging Activity: Breathing Ball
# Does It Matter How We Breathe?

<table>
<thead>
<tr>
<th>Nasal Breathing &amp; Extended Breaths</th>
<th>Mouth Breathing</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Lung capacity increases</td>
<td>• Body moisture sapped</td>
</tr>
<tr>
<td>• 18% more oxygen absorbed</td>
<td>• Lungs irritated</td>
</tr>
<tr>
<td>• Heart relaxes</td>
<td>• Soft tissue of mouth flexes, leaving less space to breathe</td>
</tr>
<tr>
<td>• Respiratory &amp; nervous systems cohere</td>
<td></td>
</tr>
<tr>
<td>• Blood pressure decreases</td>
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“The three most important aspects of learning—attention, focus, and memory—are all controlled by our emotions, not by cognition.”

Marc Brackett
Engaging Activity: Anchor Breathing
The Competencies serve as a framework for furthering social, emotional, and academic learning within school contexts.

Social and Emotional Learning (SEL)

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
- 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 (SEL)

The abilities to understand one’s own
• emotions
• thoughts
• values

and how they influence behavior across contexts.

This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.

The abilities to manage one’s
• emotions
• thoughts
• behaviors
effectively in different situations and to achieve goals and aspirations.

This includes the capacities to
• delay gratification
• manage stress
• feel motivation and agency to accomplish personal/collective goals.
The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

This includes the capacities to:
• feel compassion for others
• understand broader historical and social norms for behavior in different settings
• recognize family, school, and community resources and supports.

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

This includes the capacities to:
• consider ethical standards and safety concerns
• evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

This includes the capacities to:
• communicate clearly
• listen actively
• cooperate
• work collaboratively to problem solve and negotiate conflict constructively
• navigate settings with differing social and cultural demands and opportunities
• provide leadership
• seek or offer help when needed.
Engaging Activity: Think-Ink-Share

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

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

If you would like, please share your response in the Q&A box.
Engaging Activity: Even In – Even Out
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
- Using planning and organizational skills
- Identifying and using stress-management strategies
- Setting personal and collective goals
- Exhibiting self-discipline and self-motivation
- Showing the courage to take 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.

www.casel.org
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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

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Engaging Activity: Guided Rest
Today’s Reflection

Self-Care:

- Schedule a Mindful Minute for each morning
- Choose 1 more Breathe, Move, and/or Rest Brain Break to practice independently.
- Register for your free SEL curriculum account at pureedgeinc.org
Optimistic Closure: Future Me

- Take moment to write a note to your future self.

- What reminders of how you are feeling right now do you want to capture in writing?

- What message of encouragement do you want to send to yourself?

- If you want to share with us, please use the Q & A box!
Success Through Focus

Strategies for educators and learners to support social, emotional, and academic development through mindful movement and rest.
HEADSPACE: Mindfulness On Demand

Headspace is donating their app to all Educators.

go.headspace.com/pureedge

Use your work email address