



Relationship Skills

The abilities to establish and maintain healthy and supportive relationships and to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, provide leadership, and seek or offer help when needed.

I WORK TO HAVE HEALTHY RELATIONSHIPS.

FREE EDUCATOR ACCESS

SEL EDUCATOR LESSON RESOURCES

HARMONY FREE Educator Account Required	Pre-K-2	3-4 Grades	5-6 Grades
Unit 1: Diversity and Inclusion Unit 4: Problem Solving Unit 5: Peer Relationships	1.1 Getting to Know One Another 3.1 Listening to Others Kindergarten 3.2 Responding to Others 1-2 nd Grades 3.2 Engaging in Conversation 5.3 Making Amends and Forgiving	1.1 Who We Are 1.4 Classroom Identity 3.1 Communication Blooper 3 rd Grade 3.2 Communication Boosters: Listening and Supporting 4 th Grade 3.2 The Communicator	1.1 Who We Are 1.4 Classroom Identity 2.5 Critical Thinking in Practice 3.1 Name That Communication Blooper 3.2 The Communicator
NEARPOD DSD Educator Log-in Required	Pre-K-2 Grades		3-6 Grades
SEL in Action	<ul style="list-style-type: none"> Let's Talk Let's Work Together 		<ul style="list-style-type: none"> I'm Listening Better Together
SEL Moments	Pre-K-6 Grades <ul style="list-style-type: none"> Teamwork Praising Your Peers Asking for Help My Support Circles Cooperating with Others 		

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Pre-K-6 Grades

**Mindful Movement, Breathing,
and Rest Strategies**

- Arrival: Engaging in a [Mindful Minute](#) offers learners a chance to check in with themselves at the start of the day. The start of the day is also a great time to incorporate Breathe exercises such as [Anchor Breathing](#) or Rest exercises like [Mindful Listening](#).
- Refocus Between Lessons: Bring a little movement and breathing as a break to re-energize learners. Good options are [Chair Cat/Cow](#), [Chair Twist](#), and [Stork](#).
- Before Testing: [Breathing exercises](#) help relieve testing related stress and put learners in a state of focus. [Breathing Ball](#), [Take Five](#) and [Ocean Breath](#), are simple and effective choices.
- Lining Up: Use [Mountain](#) and [Tree](#) postures to help learners stay calm during transition to and from the classroom.
- Recess: [Chair Sunrise Twist](#) is a good way to help learners calm down if they have a lot of energy after they have played outside. Once they have settled down, try [Even In-Even Out](#) to build focus.
- Create a Calming Space: Sit in [Seated Mountain](#) and have a Mind Jar and [Breathing Ball](#) available for learners to access in a quiet area. Have posture cards printed (available on ww.pureedgeinc.org) for learners to practice postures on their own.
- Departure: [Attitude of Gratitude](#), are great ways to end the school day.
- Additional videos: [Breathe Belly-Heart](#), [Breathe Easy In Extend Out](#), [Move Brain Balance](#), [Move Mirror Movement](#), [Rest Taking in the Good](#), [Guided Rest](#) (9 minute activity).