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PURPOSE LOVE

What is one of
the most
meaningful
affirmations
you have ever
received?

www.weand.me



PURPOSE LOVE

/perpuhs/luv/

Noun: an intense **directed**, purposeful **feeling** of deep **affection**

Synonyms are compassion, **care**, concern, **kindness**



PURPOSE LOVE

- Relationships matter most
- Involvement $\neq$ Engagement
- Dialogue builds trust
- Engagement requires interaction





Learn & Listen
Overcome
Value
Encourage



SOLER

S – Sit squarely: to show engagement & attentiveness.

O – Open posture: to convey interest & receptivity.

L – Lean forward: to show focus & attentiveness.

E – Eye contact: to establish connection & demonstrate listening.

R – Relax: calm & natural to create comfortable environment.



Source: Jon Gordon *"The Energy Bus"*



PURPOSE**SE**LOVE

ACTIVITY

Ready 1-2-3!



Ready 1-2-3!

- 1 word I want my students/families to feel



Ready 1-2-3!

- 1 word I need to be to create that feeling



Ready 1-2-3!

- 1 action I'll to take to be that word





Adult SEL: Mental Health Wellness Tips

Self-Management

- Take a 30-minute walk or stretch break daily
- Practice mindful breathing or grounding techniques
 - Focus on what you can control
- Use a planner or app to stay organized
 - Break tasks into small steps
 - Ask for support when needed

Self-Awareness

- Pause and name your feelings
- Recognize personal triggers
- Focus on your strengths and values
 - Accept stress as temporary
 - Give yourself grace

Social Awareness

- Listen without interrupting
- Be open to others' experiences
- Support coworkers or family
- Offer understanding, not judgment
- Celebrate others' successes

Relationship Skills

- Connect regularly with loved ones
 - Set healthy boundaries
- Resolve conflict with empathy
 - Offer and accept support
- Make time for joy and laughter

Responsible Decision-Making

- Pause before reacting emotionally
- Stick to routines when possible
- Reflect on long-term impacts
 - Limit impulsive decisions
- Seek support for big decisions



PURPOSELOVE

Call to Action

**One conversation I will
create space for this week is....**



PURPOSELOVE

Reaching **Hearts** Before Minds!

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