Creating a Culture of Acceptance and Kindness in a Challenging World: It All Starts in Your Early Childhood Program

presented by Jacky Howell, MA

Jacky Howell, MA
Consultant, Presenter, Author
azspire@gmail.com

WAITING FOR YOU
--Bev Bos
We've been waiting for you to come to this place,
Waiting for you to come to this place,
Wherever you're from,
We're glad that you've come.
We've been waiting for you to come to this place.
"The children look to us to set the tone for caring and learning, and they copy what we do. If we listen to them, they listen to each other. If we value them and support, encourage, and celebrate what they do, they will do the same for each other. If we encourage risk taking and accept approximations, they do the same for themselves and for others. If we are learners in the classroom, they become learners, too. A positive caring and learning community generates from our positive ways throughout the day. It matters that we greet everyone as they come in, help a child pick up the crayons she has dropped, and listen carefully to stories from home... When we are positive, the children are positive. When we demonstrate attitudes of caring along with the skills, strategies, and content of learning, we become the bonded adult whom the children emulate and look to for assurance that this classroom is a physically, psychologically, and emotionally a safe place in which to take risks. --Bobbi Fisher

JOY of the UNEXPECTED

https://www.youtube.com/watch?v=RpUrshCNVKE

Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins. And it's up to you to make that happen. Empathy is a quality of character that can change the world.”  
-- Barack Obama
KINDNESS:
RAK defines kindness as a natural quality of the heart, expressed through an act of good will and reflecting care for self and others. Kindness means being friendly, generous or considerate to ourselves and others through words and actions.

EMPATHY:
when you empathize with someone you try to see and feel the world for his or her perspective. Your primary feelings are more related to the other person’s situation than your own.
Martin Richard lost his life when the second of two bombs exploded near the finish line of the Boston Marathon in 2013. This 8-year-old boy believed in peace and kindness, values he proudly displayed on a poster he made at school.

How do we increase the happiness and well-being of every child?

We start by teaching children to care about others every day throughout the year.
EMOTIONAL LITERACY
Recognize and understand the feelings and needs of self and others...

MORAL IDENTITY--values
Adopt caring values that guide integrity and activate empathy to help others

PERSPECTIVE TAKING
Step into other’s shoes to understand another person’s feelings, thoughts and views

INSPIRATION
Use literature, films, and emotionally charged images as a source of inspiration to feel with others

**Michele Borba, Ed.D.**
WHAT CHILDREN TEACH US!

LEARNING ABOUT FEELINGS: A MORNING CHECK-IN

Young Children, NAEYC
http://www.naeyc.org/yce/early-childhood-emotional-intelligence
BABY DOLL CIRCLE TIME

CARING FOR BABY DOLLS

LEARNING ABOUT BABIES
LEARNING LANGUAGE OF KINDNESS

WHAT WE SAY...

INTENTIONAL RITUALS CREATE CONNECTIONS

“Kindness is a skill that can be practiced over time...like riding a bike.... (We) learn it so well it becomes automatic (Roeser 2014)
I LOVE YOU RITUALS

A wonderful woman lived in a shoe.  
She had so many children 
She knew exactly what to do. 
She held them, she rocked them, 
She tucked them in bed, 
“I love you, I love you”, 
Is what she said. 
--Becky Bailey

Peter Peter pumpkin eater 
Had a friend he liked to greet 
Treated her with kind respect 
And in the morning hugged her neck.

IN YOUR WORK WITH CHILDREN, 
WHEN DO YOU SEE KINDNESS AND 
EMPATHY EXPRESSED??
MORAL IDENTITY--VALUES

What can one person do?

Adopt caring values that guide integrity and activate empathy to help others

WHAT KIND OF ROLE MODELS ARE WE?

“When you learn, teach. When you get, give.”

SHARING OF YOU!!!

PLAYMATE

Playmate come out and play with me.
And bring your dolls three,
climb up my apple tree,
call down my rain barrel,
slide down my cellar door.
And we’ll be jolly friends.
Forevermore!
BASKETBALL

PUPPETS AS PALS!

MINDFULNESS-MOMENT OF SILENCE
BREATHING BUDDIES

PRACTICING DEEP BREATHING

Books on Kindness and Empathy

Edward van de Vendel

Jerry Pinkney

Bob Samson

Kathryn Otoshi

Rana DiOrio

ENVIRONMENTS THAT INVITE
EMBRACING DIVERSITY

--Practicing Kindness: increasing a child’s concern about the welfare and feelings of others

PERSPECTIVE TAKING

Step into other’s shoes to understand another person’s feelings, thoughts and views

“It’s not all about me, it’s about me AND you!”

Fostering Empathy
CONNECTIONS TO OTHERS

FRIENDSHIP GROUPS

WORKING ON THE PLAYGROUND—GIVING TO OTHERS

WHEN WE HELP EACH OTHER
"Children taught to extend justice, kindness, and mercy to animals become more just, kind, and considerate to others."
RESOLVING CONFLICTS

EMPATHY...

INSPIRATION

Use literature, films, activities, real role models, and images as a source of inspiration to feel with others
In working with little children, I see on a daily basis the “seeds of goodness” Roser referred to and continue working with teachers on ways we can make those seeds take root and grow strong with our preschool children. As Roser says in the lecture, we do want to create “experiences where children feel intrinsically that it feels good to do good and how do we help them practice and generate that virtue of kindness…”

CREATING A SCHOOL FAMILY: CLASSROOM JOB BOARD

- STAR PERSON
- GOOD IDEA PERSON
- HELP YOU FEEL BETTER PERSON

TAKE TIME FOR CONVERSATIONS
SHARED PROJECTS—CREATING A CLASSROOM KINGDOM!

CREATING MEANINGFUL TRADITIONS

HOW DO WE “DOCUMENT” KIND AND EMPATHETIC BEHAVIORS?
“Children need adults in every walk of life—who care for children as they care for themselves.”
-Fred Rogers

IDEAS

1. Build a feelings vocabulary using baby books….pics of children in your class OR faces of babies
2. Capture caring moments in photos and words.
3. Use real events, books, music, news, videos to show empathetic and caring acts.
4. Create a safe space….make stress boxes….calm down jars
5. Teach children how to breathe deeply!
6. Find ways to catch and document kind acts…children share what others do!
7. Learn one new thing about someone else….F favorite activities C contacts T talents
8. Start with one….find a cause to share with children…pay it forward
A WORLD FILLED WITH KINDNESS

https://www.youtube.com/watch?v=uaWA2GbcrUJ

THANK YOU FOR ATTENDING THE SESSION!
YOU CAN REACH ME AT:
Jacky—azspire@gmail.com
JACKY CAN COME TO YOU FOR PRESENTATIONS AND CONSULTING!!!