Kind, Empathetic Classrooms that Build
Bridges & Create Community
in a Diverse World
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There are three ways to ultimate success:
The first way is to be kind.
The second way is to be kind.
The third way is to be kind.
--Fred Rogers

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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.

Kieran Shafritz de Zoysa
(Age 11)
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.”

–President Barack Obama

KINDNESS:
Random Acts of Kindness 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.
A WORLD FILLED WITH KINDNESS

http://www.karmatube.org/videos.php?id=4979

THE EXPERIENCE OF ELEVATION

“When we witness acts of goodness, we’re more likely to see our common humanity.”

--Jason Siegel, researcher
**ELEVATION…**

1. Witnessing/experiencing ‘acts of moral beauty…

2. Can be experienced as a physical sensation...

3. Elevation can motivate people towards higher ends— to help others, to become better themselves.

   ~Jonathan Haidt

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“Stories of goodness have the capacity to touch us all, filling us with hope for humanity and the sense we can do better.”

~Jonathan Haidt

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WHERE DO WE START?
--START WITH US!
--BEGIN WITH CHILDREN WHERE THEY ARE!
--GROW WITH EXPERIENCES, EXPAND THEIR PERSPECTIVES
--ELEVATE AND INSPIRE
--TAKE ACTIONS TOGETHER!

WHAT DO WE BRING?

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!
VALUES—BEING INTENTIONAL

Adopt caring values that guide integrity and activate empathy to help others.
ENVIRONMENTS INVITE, INFORM, SHARE WHO LIVES HERE TOGETHER...

CREATE BEAUTIFUL, SAFE SPACES

“Many teachers spend their time searching for activities. The best teachers spend their time creating experiences.”
Dr. Nathan Lang-Raad

CURRICULUM THAT INSPIRES AND CONNECTS
WHAT'S ON YOUR WALLS???

“We can’t offer to others what we don’t possess for ourselves....”
--Dr. Becky Bailey

WHERE ARE THE CHILDREN NOW?
Recognize and understand the feelings and needs of self and others...
BECOME AN EMOTIONS AND KINDNESS COACH
Noticing, Thinking, Doing!

WHAT CHILDREN TEACH US!

SHARING OUR FEELINGS
CONCRETE IDEAS!!
FAMILIES PARTICIPATE IN A FEELINGS BOARD!

TAKING OTHER'S PERSPECTIVES—BABY DOLL CIRCLE

SEEDS OF EMPATHY
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)

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. --Dr. Becky Bailey

LEARNING LANGUAGE OF KINDNESS

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WHAT WE SAY MATTERS...

POSITIVE LANGUAGE ALTERNATIVES

- Calm down: How can I help you?
- Stop crying: I can see this is hard for you.
- You're ok: Are you ok?
- Be quiet: Can you use a softer voice?
- Don't hit: Please be gentle.
- Stop yelling: Take a deep breath, then tell me what happened.
- Don't get upset: It's ok to feel sad.
- That's enough: Do you need a hug?
- I'm over this: I'm here for you.

CREATING MEANINGFUL RITUALS & TRADITIONS

I LOVE YOU DINNER

A traditional family event co-created with the children is the "I Love You Dinner".

Children write invitations, make a menu, go grocery shopping, decorate the room, pick songs to sing, cook all the food, and serve their families.

TRADITIONS LAST FOREVER!!!
The Random Acts of Kindness Foundation is proud to announce that we have taken our CASEL approved, highly effective, evidence-based Kindness in the Classroom® social-emotional learning curriculum and made it better!

By including a focus on equity, teacher self-care and digital citizenship, we are excited to share a more engaging, relatable and inclusive curriculum.
MINDFULNESS - MOMENT OF SILENCE

BREATHING BUDDIES
PRACTICING DEEP BREATHING
CREATING A SCHOOL FAMILY: CLASSROOM JOB BOARD

STAR PERSON
GOOD IDEA PERSON
HELP YOU FEEL BETTER PERSON

SHARED PROJECTS—CREATING A CLASSROOM KINGDOM!

Books on Kindness, Empathy, Diversity

Rana DiOrio
Kathryn Otoshi
Jayneen Sanders
Bob Samson
Susan Verde
Grace Byers
PERSPECTIVE TAKING
Step into other’s shoes to understand another person’s feelings, thoughts and views

PUPPETS AS PALS!

WHEN WE HELP EACH OTHER
FRIENDSHIP GROUPS

CARING FOR A PET

The dwarf rabbit Cupcake!

“Children taught to extend justice, kindness, and mercy to animals become more just, kind, and considerate to others.”
ADULTS...

INFORMATION/ELEVATION!

Use literature, films, activities, real role models, and images as a source of inspiration to feel with others.
TAKE ACTION!!

"What you do makes a difference, and you have to decide what kind of difference you want to make."
- Jane Goodall

SAVE THE TIGERS

Olivia Bouler and the Gulf Coast Oil Spill

Blaire's Bears for Haiti
Read Indeed is a 501(c)3 nonprofit literacy organization and the vision of Maria Keller, a book-loving 17-year-old who wants to make the world a better place—one book at a time. Maria began Read Indeed when she was 8 years old and her original goal was to collect and distribute 1 million books to kids in need by the time she turned 18. She accomplished that goal before the age of 13!

TAKE TIME...JUST TO BE WITH CHILDREN! FAMILIES! EACH OTHER! YOU MATTER!

Hate, it has caused a lot of problems in the world, but has not solved one yet

Maya Angelou
CHANGE THE WORLD....

THANK YOU FOR ATTENDING THE SESSION!
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“Children need adults in every walk of life—who care for children as they care for themselves.”
-Fred Rogers