Building Equity in ECE Settings Through Perspective-Taking and Empathy

RESOURCES

Presented by
Jacky Howell, MA, Makai Kellogg, Sabina Zeffler
azspire@gmail.com  http://www.azspire.com
School for Friends, Washington, DC

WEBSITES AND ARTICLES

https://www.randomactsofkindness.org/ “Our mission is to change schools, the workplace, families and society through kindness. We work toward that goal by creating free content that promotes kindness toward others & teaches important kindness skills to kids.”

http://www.schoolclimate.org/ -- Our goal is to promote positive and sustained school climate: a safe, supportive environment that nurtures social and emotional, ethical, and academic skills.

https://mcc.gse.harvard.edu/ -- Welcome to the Making Caring Common Project, where we seek to help educators, parents, and communities raise children who are caring, respectful, and responsible toward others and their communities.

http://www.rootsofempathy.org/ -- Roots of Empathy's mission is to build caring, peaceful, and civil societies through the development of empathy in children and adults.

http://www.seedsofempathy.org/ -- part of “roots of empathy” with focus on early childhood.

https://mindup.org/ -- MINDUP is the evidence based, CASEL accredited social emotional literacy program of the Hawn Foundation built upon neuroscience, positive psychology, mindful awareness training and optimism.

https://www.mindandlife.org -- Mind and Life’s work operates in an array of rigorous fields—neuroscience, psychology, education, medicine, ethics, religion, the humanities—and is always guided by the Institute’s larger mandate to alleviate suffering, cultivate kindness and compassion, and advance human flourishing.

http://dalailamacenter.org/ -- “Educating the heart” is the Center’s tag line. The Center will provide a learning environment that cultivates mindfulness: the integration of mind, body, and spirit. It will encourage heightened awareness within of our inner potential through diverse practices of art. And it will provide a venue for creative interpretation of the world’s many wisdom traditions.

https://greatergood.berkeley.edu/ -- The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.

http://www.schoolclimate.org/bullybust/educators -- BullyBust is designed to help students and adults become “upstanders”—people who stand up to bullying and become part of the solution to end harmful harassment, teasing, and violence in our nation’s schools.

http://www.communitykindnessmovement.com/ -- resources on creating community kindness

http://www.happiness-project.com/ -- happiness ideas!

http://inspiremykids.com/ -- inspiration resources and ideas for kids!

http://www.teachkind.org -- humane education ideas for K-12

http://www.kindspring.org/ - information on “small acts that change the world”

http://www.karmatube.org/index.php -- WATCH be inspired and ACT!

http://www.dailygood.org/ -- news that inspires

http://www.actionforhappiness.org/ -- taking action for a happier world

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The goal of The Foundation for a Better Life is to offer inspirational messages to people everywhere as a contribution toward promoting good values, good role models and a better life.

http://heartmindonline.org/ - resources for educating the heart and the mind

http://www.rootsofaction.com/ -- Research-based resources for PARENTS, SCHOOLS, and COMMUNITIES who want to impact the positive growth and development of children and teenagers.

https://startempathy.org/ -- Start Empathy, an initiative of Ashoka, is a community of individuals and institutions dedicated to building a future in which every child masters empathy.

https://ripplekindness.org/ -- a heart-centered primary and elementary school curriculum.

https://www.mindful.org/what-if-schools-taught-kindness/ -- article

https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_empathy_in_kids -- article

http://www.teachingforchange.org/ -- provides teachers and parents with the tools to create schools where students learn to read, write and change the world.

http://www.tolerance.org/ -- resource for educators around social justice and anti-bias resources for educators

https://socialjusticebooks.org/about/ -- multicultural and social justice books for children, YA and educators

https://www.decidetobekind.com/ -- Ellington Youth Services and the Council for Developing Positive Youth Culture (DPYC) created the "Decide To Be Kind" campaign with a mission to provide inspiration, education and resources to build a kinder and more compassionate community.

http://www.teachingforchange.org/ -- provides teachers and parents with the tools to create schools where students learn to read, write and change the world.

https://www.rethinkingschools.org/index.shtml -- resources and information addressing urban schools, particularly issues of race and more.

http://thekulturekidz.com/ -- resources for black history

http://www.edchange.org/multicultural/ -- variety of multicultural ideas and issues

https://nameorg.org/ -- national association for multicultural education

https://www.whiteprivilegeconference.com/ -- WPC is a conference that examines challenging concepts of privilege and oppression and offers solutions and team building strategies to work toward a more equitable

http://www.languagecastle.com/ -- resources for educators working with linguistically diverse children

https://socialjusticebooks.org/about/ -- multicultural and social justice books for children, YA and educators

https://coloursofus.com/ -- multicultural books for children and more!!

https://www.tolerance.org/classroom-resources -- great resources!

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BOOKS


Langworthy, Sara E. PhD. Bridging the Relationship Gap: Connecting with Children Facing Adversity. Redleaf Press. 2015.


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Black Lives Matter at School pre-order site: https://bookshop.org/books/black-lives-matter-at-school-an-uprising-for-educational-justice/9781642592702


Black Lives Matter at School: blacklivesmatteratschool.com


Mindfulness Resources:

- MINDUP Curriculum (Scholastic)
- Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens, by Susan Kaiser Greenland (Author)
- Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel (Author), Myla Kabat-Zinn (Reader)
- A Handful of Quiet: Happiness in Four Pebbles, by Thich Nhat Hanh (Author)
- Happy Teachers Change the World: A Guide for Cultivating Mindfulness in Education, by Thich Nhat Hanh (Author), Katherine Weare (Author)
- The Miracle of Mindfulness: An Introduction to the Practice of Meditation, by Thich Nhat Hanh (Author), Vo-Dinh Mai (Illustrator), Mobi Ho (Translator)
- Falling Awake: How to Practice Mindfulness in Everyday Life, by Jon Kabat-Zinn (Author)
- Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education), by Patricia A. Jennings (Author), Daniel J. Siegel M.D. (Foreword)
- The Way of Mindful Education: Cultivating Well-Being in Teachers and Students (Norton Books in Education) 1st Edition by Daniel Rechtschaffen (Author), Jon Kabat-Zinn PhD (Foreword)
- Teach, Breathe, Learn: Mindfulness in and out of the Classroom, by Meena Srinivasan (Author)
- https://greatergood.berkeley.edu/article/item/can_mindfulness_make_us_better_teachers
- https://www.tarabrach.com/guided-meditations/
- http://self-compassion.org/category/exercises/
- https://www.mindful.org/magazine/

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