Through Perspective-Taking and Empathy

Presented by
Jacky Howell, MA, Makai Kellogg, Sabina Zeffler
azspire@gmail.com  https://www.azspire.com

Jacky Howell, MA
Consultant, Presenter, Author
azspire@gmail.com
https://www.azspire.com

Makai Kellogg, Lead Teacher, Equity and Diversity Coordinator
School For Friends

“We must use our lives to make the world a better place to live, not just to acquire things. That is what we are put on the earth for.”
Dolores Huerta

“Change begins with one person. One person with passionate intent. One person willing to make a change in their community, their family, and maybe even in themselves.”
Lee C. Stumbo
Sabina Zeffler, Education Coordinator, School for Friends

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.

“...It's only when diverse perspectives are included, respected, and valued that we can start to get a full picture of the world, who we serve, what they need, and how to successfully meet people where they are.”
--Brene Brown, Dare to Lead
PERSPECTIVE TAKING

EMPATHY

EQUITY

JUSTICE

EMPATHY:
when you empathize with someone you try to see and feel the world from his or her perspective. Your primary feelings are more related to the other person’s situation than your own. Research shows that when people are empathetic with someone else’s experience, they are more likely to have a positive view of that person or group.

PERSPECTIVE TAKING:
“Perspective taking involves skill of discerning how someone else thinks and feels; putting aside our own thoughts and feelings, and trying to feel and think as another person must feel and think.”
Ellen Galinsky, Mind in the Making
EQUITY:
“All children have the right to equitable learning opportunities that help them achieve their full potential as engaged learners and valued members of society. Thus, all early childhood educators have a professional obligation to advance equity. They can do this best when they are effectively supported by the early learning settings in which they work and when they and their wider communities embrace diversity and full inclusion as strengths, uphold fundamental principles of fairness and justice, and work to eliminate structural inequities that limit equitable learning opportunities.”
NAEYC, Advancing Equity

“By ourselves we’re good, but together we’re much better. Together we’re much better hand in hand…”
--Bev Bos

TODAY’S SESSION
“* Listen with curiosity, an open mind and heart, and a willingness to experience some discomfort.
* Consider the world we want our children to grow up in, live in, and contribute to in a caring, positive way.
* Remember we have an amazing opportunity and a tremendous responsibility to create relationships and experiences that connect us all.
WHY is Perspective Taking Important?

BELIEFS… INTO PRACTICE

HERE’S OUR FRAMEWORK

Anti-Bias Education for Young Children & Ourselves

SECOND EDITION

Lavish Daken Sparks & Julie Olson Edwards with Catherine Groen
"When you do anti-bias work with children, their families, your colleagues, and others in the field of early childhood, conflicts may arise from diversity of experiences and differences in ideas about child development, child rearing, educational practice, and political or religious beliefs. View these dissonances as raw material for learning and personal growth. Combined with mutual respect, they open opportunities to explore different perspectives and try out new ideas and behaviors."

--from Anti-Bias Education for Young Children and Ourselves
HOW CAN WE CREATE EXPERIENCES TO TEACH THESE SKILLS?

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

—Jason Siegel, researcher

Natasha Cloud, Washington Mystics

MINDFULNESS
How we teach is just as (if not more) important than what we teach.

There are many benefits to bringing mindfulness to your teaching practice.
“…Puppets can allow children the opportunity to try on roles, experiment with ideas, and concepts, even to make mistakes…”

—Jacky Howell
Jemmel Joseph, Lead Teacher, School for Friends

Creating Their Own!

BABY DOLL CIRCLE TIME

Dr. Becky Bailey
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

Storytelling is the most effective way to merge meaning and emotions.
Storytelling helps us not only see the world through another person’s eyes, but it also taps into our own emotions as we experience the story and activates our care for others' wellbeing. Quite simply, storytelling humanizes us to one another. 

Maria Morukian

CHILDREN…
“HOW DOES YOUR STORY START?”

TELLING STORIES WITH DIFFERENT PERSPECTIVES
Perspective taking means acknowledging and experiencing the world through the lived experiences of another person. Perspective taking requires us to engage in empathy. And storytelling can tap into three critical components of empathy: intellectual empathy, emotional empathy, and empathic concern.
“We can’t offer to others what we don’t possess for ourselves…”
--Dr. Becky Bailey

CIRCLE OF COMMUNICATION

What are some CONCRETE ideas we can use in the classroom or virtually?

EMOTIONS VOCABULARY
--Tom Drummond
SHARING OUR FEELINGS
CONCRETE IDEAS!!

LEARNING LANGUAGE
OF KINDNESS and EMPATHY
TAKING ACTION

https://makaisecee.wordpress.com/blog/
Creating Meaningful Rituals & Traditions

Routines:
Routines are events that regularly occur in a certain order. Routines help children learn the order of what happens during the day and to know what comes next in a day.

Rituals:
"Rituals are procedures or routines that are infused with deeper meaning. They help make common experiences uncommon events." (Deal & Peterson 1999, 32).

Traditions:
Traditions are meaningful events or experiences that a class or program has created and that are expected to occur regularly.

I Love You Rituals
Dr. Becky Bailey
TRADITIONS LAST FOREVER!!!

THANK YOU for attending the webinar! WE CAN REACHED FOR WORKSHOPS AND CONSULTING AT:
zspire@gmail.com
https://www.zspire.com/

Makai’s blog is
www.makaisecee.wordpress.com

“ What you do makes a difference, and you have to decide what kind of difference you want to make. ”

- Jane Goodall
There is no doubt that the leadership of Jacinda Arden has had a powerful impact on our country. It’s not just that she’s led us strongly through Covid_19 but also the challenges of the Christchurch terror attacks as well as Whakaari White island eruption. Jacinda brings to her role as Prime Minister empathy, kindness as well as a powerful drive to transform!! The first term has been filled with extraordinary events and challenges. Now looking forward to a focus on social justice, time now to focus on the injustices that face so many in our society. To focus on child poverty, inequality and climate change. To build a better world. I wish this government all the best and I’m very excited by the strong mandate they have been given. I am so grateful to be a New Zealander!!

--Wendy Lee