



Kickstarting a Compassionate Classroom

Resources for Elementary Educators

Our Agenda

1

WHY Social Emotional Learning?

2

WHAT are the SEL core competencies?

3

HOW to incorporate SEL into your classroom.

4

Q&A

Meet the Speakers



Kristen Gracia

Principal and pioneer of
SEL in schools



Karen Clancy

3rd Grade Teacher
24 years in the classroom



Erin Thwaites

K-12 Instructional
Designer, EVERFI

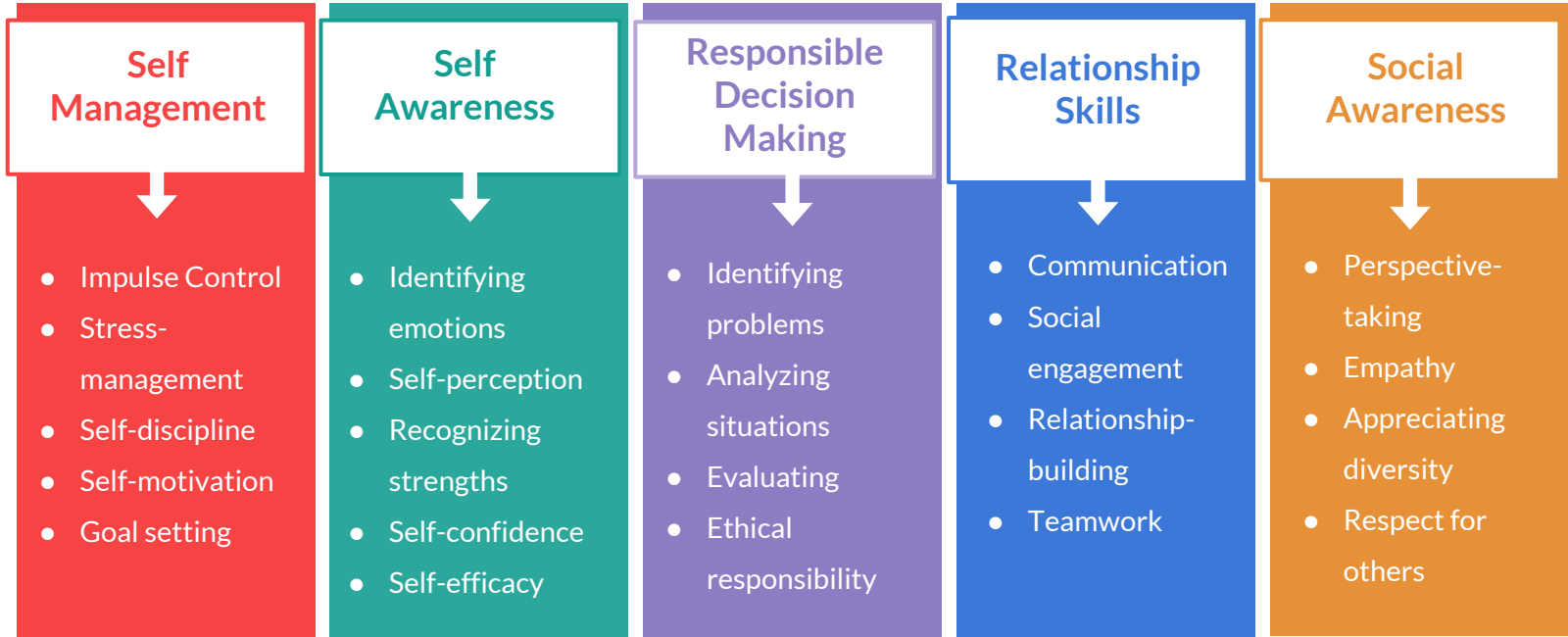
Why are Social Emotional Skills Critical Skills?

- Close achievement gaps and motivate students to learn¹
- Reduce disciplinary issues³
- Increase overall sense of wellbeing²
- Prepare students for lifelong success, including healthier relationships and ability to achieve long-term professional goals³



¹ <http://www.oecd-ilibrary.org/docserver/download/9615011e.pdf?expires=1489688517&id=id&acname=guest&checksum=39E5BDA5E8056393F8E3A8EF883AD76A> OECD (2015), *Skills for Social Progress: The Power of Social and Emotional Skills*, OECD Publishing, Paris. DOI: <http://dx.doi.org/10.1787/9789264226159-en>.² Zins, J. E., Weissberg, R. P., Wang, M. C., & Walberg, H. J. (Eds.). (2004). *Building academic success on social and emotional learning: What does the research say?* New York: Teachers College Press.³ Weissbourd, Rick, and Stephanie Jones. "The children we mean to raise: The real messages adults are sending about values." *Making Caring Common Project*, Graduate School of Education, Harvard University (2014).

Core Competencies of SEL



Overcoming Challenges

Common Challenges:

- Time constraints
- Other subjects take priority
- Support from Admin
- Foundational understanding of SEL concepts by staff



Solutions:

- Maximizing the time available
- Leveraging existing subjects to incorporate SEL
- Increase buy-in from Admin
- Build staff knowledge of SEL

Degrees of SEL Implementation



Organic Opportunities

Use moments or conflicts that organically occur in the classroom to discuss SEL concepts.

Dedicated Time

Establish daily rituals to practice SEL concepts.

Classroom Culture

Intentionally weave SEL into existing lessons and other academic subjects.

School Culture

Model SEL practices throughout entire school culture.



Organic Opportunities

Use moments or conflicts that organically occur in the classroom to discuss SEL concepts.*

- Lower time commitment
- Students learn in context of moment when skills are useful
- Demonstrate conflict resolution and problem solving
- Not as comprehensive by itself

*What does this look like?





Organic Opportunities

SCENARIO 1:

Two students have conflict during recess.

How to create a teachable moment:

- Offer privacy
- Use “I” statements
- Consistent questioning



Organic Opportunities

SCENARIO 2:

A student is socially isolated, with few friends at school.

How to create a teachable moment:

- Encourage inclusion
- Purposely pair
- Include families





Organic
Opportunities

SCENARIO 3:

A student becomes overwhelmed with negative emotions in class.

How to create a teachable moment:.....

- Name the emotions
- Identify calming solutions
- Mindful practices



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Dedicated Time

Use dedicated class time to establish daily rituals or teach and practice SEL concepts.*

- Range from 5 minutes to 40 minutes
- Focused time to practice
- Can highlight wide range of topics in more detail

*What does this look like?



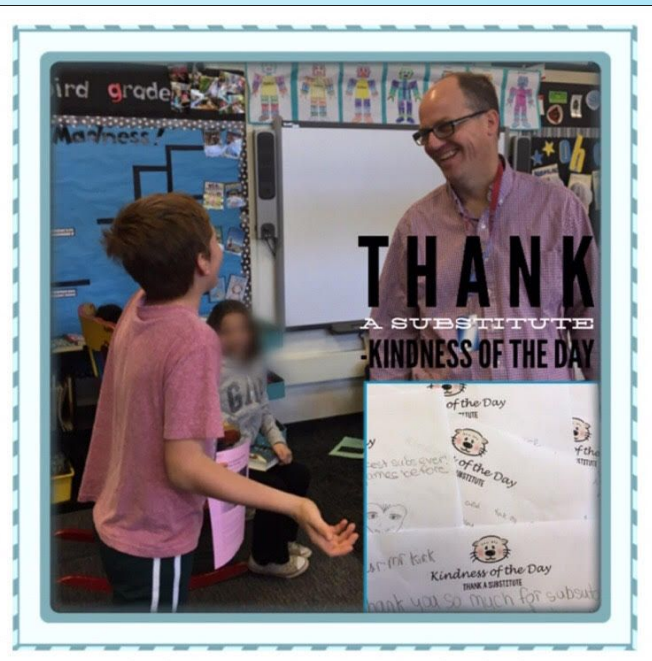
Dedicated Time

Daily Rituals

- Mindful Breathing
- Kindness of the Day



**MEMORIAL DAY
FOR MEALS ON WHEELS
-KINDNESS OF THE DAY**



Dedicated Time

Daily Rituals

- Mindful Breathing
- Kindness of the Day
- Greeting students

Class Routines

- Community Circles
- Discuss Readings



Dedicated Time

Daily Rituals

- Mindful Breathing
- Kindness of the Day

Class Routines

- Community Circles
- Discuss Readings

Focused Lessons

- Emotions Charades
- Compassionate Skits
- Mindfulness lessons



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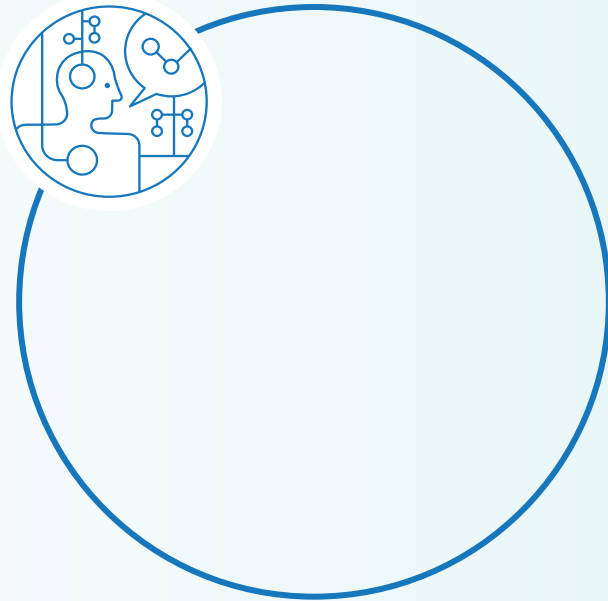
- Reinforces SEL concepts beyond dedicated lesson time
- Helps students understand that SEL is present in all areas of life
- Can enhance academic subjects so that students are able to build new associations with lesson content.

*What does this look like?



Classroom Culture

Set the Tone



Classroom Culture

Set the Tone



Make Connections



Classroom Culture

Set the Tone



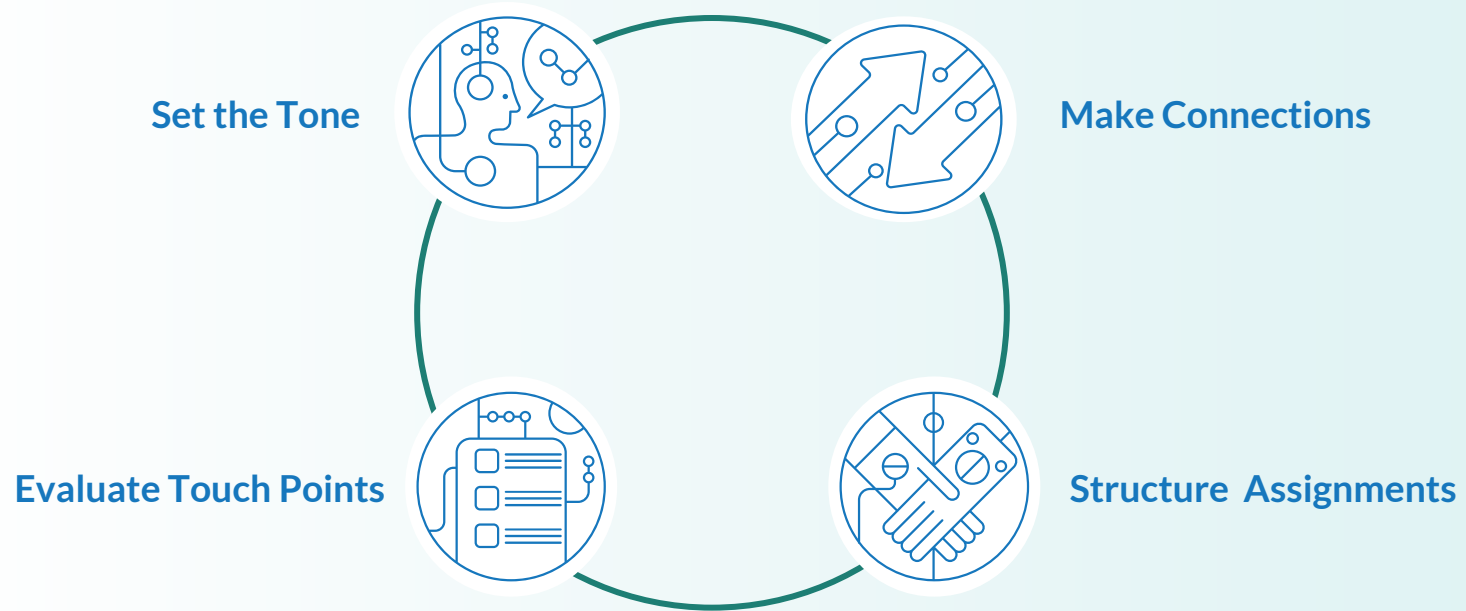
Make Connections



Structure Assignments



Classroom Culture



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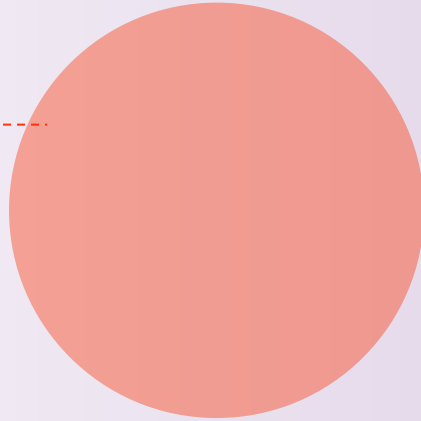
- Requires engaging all members of school community
- Largest impact

*What does this look like?

School Culture

TEACHERS

- Make an expectation
- Build learning partnerships
- Share resources
- Set goals
- Include their voice



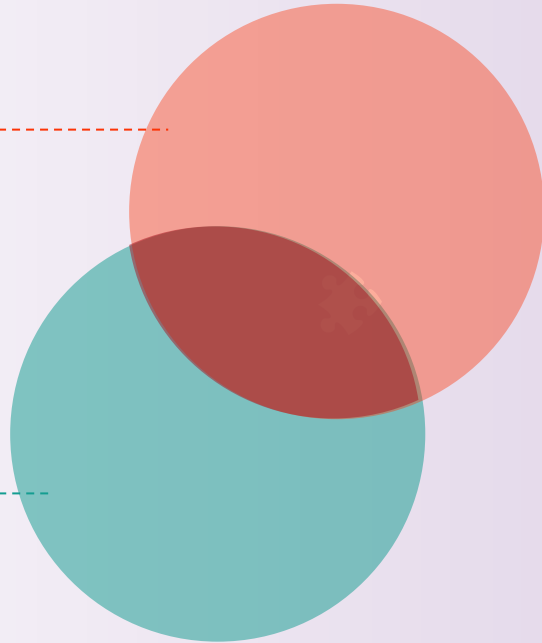
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STUDENTS

- Listen
- Create opportunities
- Compassionate Discipline



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STUDENTS

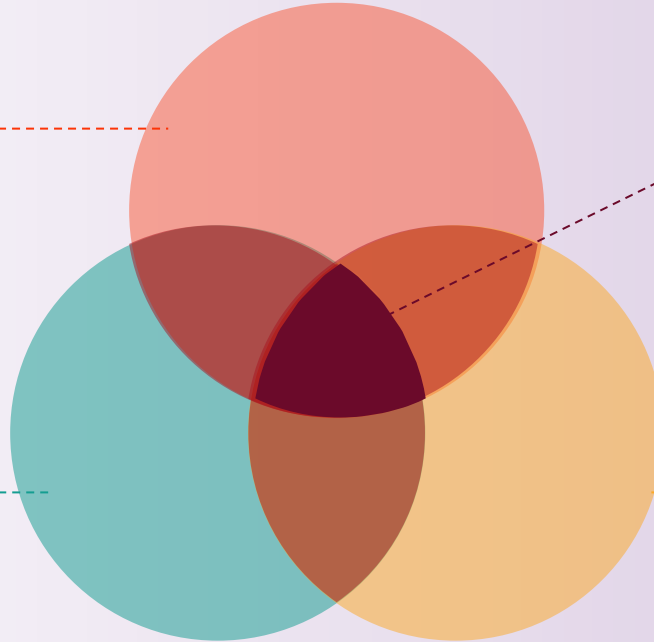
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A positive school culture

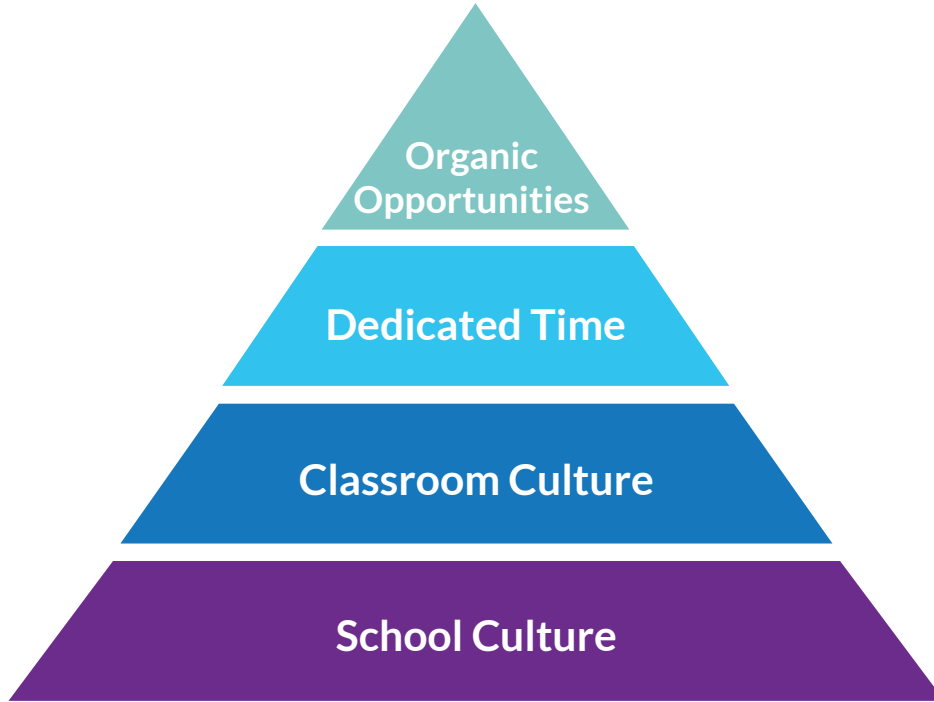
When all school community members are engaged and on board, the entire culture changes

FAMILIES

- Communicate
- Authenticity
- Create space for their voice



Key Takeaways



- Start wherever you can
- Put a stake in the ground
- Engage all members of the larger school community
 - Teachers
 - Students
 - Families

Additional Resources



[CenterHealthyMinds.org](https://www.CenterHealthyMinds.org)

- Based on neuroscience
- Research on Mindfulness and Compassion



CASEL.org

- SEL resources for educators



TheCompassionProject.com/try-it-now

- Elementary SEL curriculum
- Includes digital activities

The Compassion Project

- FREE
- Includes:
 - Videos
 - Digital activities
 - Offline lessons
- Topics:
 - Empathy
 - Compassion
 - Mindfulness
 - Emotions



LESSON 1
Defining Compassion
12-14 min | Prerequisite: None

Objectives students will be able to...

- Describe and give examples of compassion
- Identify situations and emotions that indicate the need for compassion
- Describe how to practice perform acts of compassion

*Digital Lesson: Compassion Playground

Materials

- A/V to play video
- Scenario cards cut out (see activity for notes about how many)
- Mind maps
- Pencils
- Colored pencils/markers

Teacher Notes

Compassion is when you notice another person or animal in need, and you have concern for them that you want to help. Compassion can include a number of components: feeling in your heart for others, understanding and caring about the feelings of others, understanding what others need or want, and wanting to do something that might help. To know if someone needs compassion we look for clues, like emotions. We show compassion by saying and doing things that show others we care.

Compassion is when you **SEE** someone in need, **CARE** about their feelings, and **DO** something to show you care.

Opening
10 min
Review: Direct instruction!
Video, Video

12 Today we are going to learn about a compassion - what it means and how you can show it to others. Show me with your thumbs how familiar you are with the word "compassion".

Thumbs up means totally know what it is. Thumbs down means never heard it before. Thumbs in the middle means have heard it before but not exactly sure what it means.

Let's check out a quick video together to learn about the definition of compassion. In this video, everyone is going to perform a talent show. David and his pet cat have a good talent, but not everyone feels very excited about the talent show, why see why.

Show video (Length: 2:35)
What are 3 Good vs.

Debrief
10 min
Review: Whole Group Debrief

13 In this video, we learned that compassion is when you SEE someone in need, CARE about their feelings, and DO something to show you care.

Who in this story needed compassion? Why do you think they needed it?

Who in this story did someone see that they needed compassion?

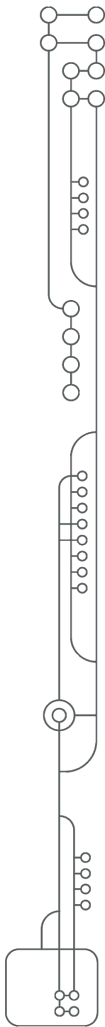
How did they do it?

If you had a friend that was upset like Tim, what would you do to show them compassion?

After students have shared with a partner, allow a few students to share with the whole group.

Can you think of a time when you helped someone in need? How did you show them compassion?

Compassion Project Lesson Plans | 1



Get Started Today:

Visit
everfi.com/newteacher

EVERFI



The Compassion Project Quick Start Guide



Go to everfi.com/newteacher to begin!

1. Locate Your School

- Find your state/province
- Enter your school name
(if your school isn't listed, select "Can't find your school?")

2. Create Your Profile

- Enter your first & last name
- Enter your school email address
- Create & confirm your password
- Select **The Compassion Project** from the drop-down
- Agree to terms of service

Courses + (click to see additional courses)



3. Getting Started

- Click "Create Class" to create a code for each class section
- Register students by uploading student accounts under the "Students" tab
- Access Lesson Plans from the "Resources" tab

Questions?

Contact EVERFI's Implementation Team at
(202) 753-0232 or k12team@everfi.com



Questions?