

Poll

Which “key to compassion” are you most interested in learning about today?





5 Keys To A Compassionate Classroom

Practical Solutions for Educators

But first, housekeeping.

Audio

Listen through your computer speaker or by calling :

+1 (213) 929-4221
access code:
459-397-613

Questions

Type in the questions box and we'll get to your questions in real time or address them during the Q&A

Social

Find us on Twitter
[@EVERFIK12](#) and use
[#EVERFlempowers](#) or
[#CompassionInAction](#)
when you share out

A recording will be emailed to you following the webinar.

Our Agenda

- 1 **WHAT** are the 5 keys?
- 2 **WHERE** to address organically
- 3 **WAYS** to use daily rituals
- 4 **RESOURCES & ACTIVITIES** to directly teach these concepts
- 5 **HOW** to impact your classroom & school culture



Speakers



Abby Pedano

Elementary School
Counselor

Wright City West Elementary
Wright City, Missouri



Rachael Joseph

Elementary School
Teacher

Munger Elementary-Middle
School
Detroit, Michigan



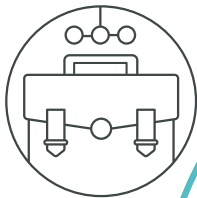
Lauren Pingul

Former Teacher and
Administrator

EVERFI Senior Schools
Manager
Romeoville, IL

Whole Child Education

Career Readiness



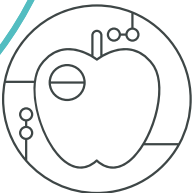
Social and Emotional Learning



Financial Capability



Health and Wellness



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&accname=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).

5 Keys to a Compassionate Classroom



Teaching Compassion

- Self-awareness
- Self-compassion
- Foundational knowledge

Growth Mindset

- Self-perception
- Self-confidence
- Recognizing strengths
- Goal-oriented

Interpersonal Relationships

- Respect for others
- Communication expectations
- Trust

Inspiring Empathy

- Motivating students to take action
- Appreciating diversity
- Developing integrity

School Culture

- Involving parents and families
- Norms for respect
- Community connection

Degrees of SEL Implementation



Organic Opportunities

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

Daily Rituals

Establish daily rituals to practice SEL concepts.

Dedicated Lessons

Deliver SEL-based lessons, intentionally weave SEL into existing lessons and other academic subjects.

School & Classroom Culture

Model SEL practices throughout entire school culture.

The Compassion Project

Grade Level: 2nd -4th

Total Lessons: 15 lessons (3 digital), 25-30 minutes each

Aligns with CASEL SEL framework; CCSS ELA Standards



At-a-Glance

Through storytelling, reflection, and rich interactive experiences, this curriculum helps to build a foundation for compassion to take root. Videos, digital activities, and classroom lessons invite students to engage with compassion in context and apply new skills, strategies, and insights to their daily lives.

Course Highlights

- Short videos to model key themes and concepts
- Interactive scenarios help students practice compassion
- Guided classroom discussion

Course Topics

- Defining compassion
- Empathy and perspective taking
- Mindfulness and growth mindset

Degrees of SEL Implementation



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SCENARIO 1:

Two students have conflict during class.

.....
Create a teachable moment:

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



SCENARIO 2:

**A student feels work is too challenging
and struggles to get started.**

.....

Create a teachable moment:

- Breaking down tasks
- Timelines & time tables
- Setting goals
- Identifying calming strategies



SCENARIO 3:

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

.....

Create a teachable moment:

- Encourage inclusion
- Purposely pair
- Include families

SCENARIO 4:

Students are reading the same story as a class when the character experiences a problem.

.....

Create a teachable moment:

- Think aloud: “What could we do to show this character empathy?”
- Activity: Write responses to questions from different characters’ point of view.



SCENARIO 5:

A student uses a derogatory term in an argument with a peer.

.....

Create a teachable moment:

- Giving voice to victim
- Educating on the history
- Agreeing on methods of fixing harm



Degrees of SEL Implementation



Organic
Opportunities

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Daily Rituals

Establish daily rituals to practice SEL concepts.

Daily Rituals



Growth Mindset

- Goal-setting practices
- Moments for reflection
- Morning Meeting
- Weekly Roundup

Inspiring Empathy

- Create and use a random acts of kindness jar
- Lottery for acts of kindness

Teaching Compassion

- Mindful breathing
- Door greetings
- Mood meters
- Class tree of compassionate acts

Interpersonal Relationships

- Restorative circles
- Peer mentoring and mediation

School Culture

- Mutual Respect
- Using School Announcements
- Staff Appreciation
- Encouraging Self-Care

Compassion Videos

Select a video to watch

- 

1. What Am I Good At?
*Featured in Compassion Playground
- 

2. Try, Tye Again
*Featured in EmpathEyes
- 

3. Runaway Rat!
- 

4. Squeaky Wheel
- 

5. Too Many Cooks
- 

6. Breathe, People, Breathe
*Featured in Mindful Maze
- 

7. Practice
- 

8. It Wasn't Me!
- 

9. Take My Rat, Please!
- 

10. The Show Must Go On!

Degrees of SEL Implementation



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Compassion Online Lessons



Welcome! Today, let's learn about compassion.

Before we get started, let's see what you already know!

Next



What is compassion?

When you see someone who seems sad.

When you need something.

When you see someone in need, care about their feelings, and do something to show you care.

When you see someone who looks happy.



Teaching Compassion



Reggaesue @SMontaperto · Jan 8

My 3rd grade CS Class working on Everfi's Compassion Project
#compassion #premierleague #bekind #MySchoolRocks
#CompassioninAction
#cs4all #sepjnyc #nycstem #nycdoe @NYCSchools @EVERFI
@nycschools @everfi



1



2

7

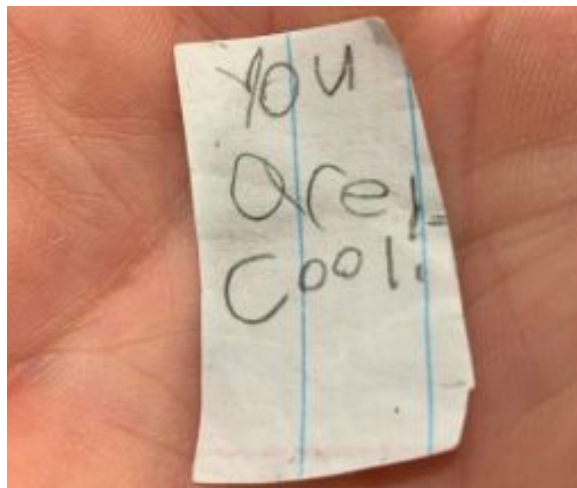


Jeff Weiner • 3rd+
CEO at LinkedIn
1mo

+ Follow ...

Had amazing opportunity to sit in on two 3rd grade classes studying thecompassionproject.com at Munger Elementary School in Detroit. Later, spoke at the school assembly on the subject of compassion to 400 students. Afterwards, a seven-year old named Brianna handed me this note. I could just as easily have said the same about her and her classmates.

Thank you to Munger Principal [Donnell Burroughs](#) and Assistant Principal [Janet Glenn](#) for being such gracious hosts and for the team at [EVERFI](#) for doing such a great job organizing the event.



Offline Lesson 1

- Video: What Am I Good At?
- Activity 1: Compassion Skits
- Activity 2: Discussion
- Think-Pair-Share
- Mind Map Compassion
- Optional Activity: Living Compassion Jar/Tree
- Suggested reading available

LESSON 1

Defining Compassion

⌚ 45min **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

Materials

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



Teacher Notes

Compassion is when you notice another person or animal is in need, and you have concern for them that you want to show. 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

⌚ 5 min

Format: Direct Instruction/
Intro, Video

” Today we are going to learn about 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 at a talent show! David and his pet rat have a cool talent, but not everyone feels very excited about the talent show. Let’s see why.

Show video (Length: 2:53)

Debrief

⌚ 5 min

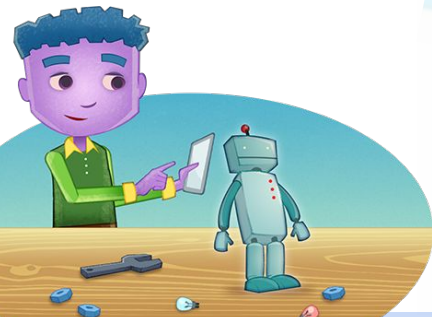
Format: Whole Group Debrief

” 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?

What did David do when he saw that Tye needed compassion?

School & Class Culture



LESSON 14 Compassion in Our Communities

⌚ 45min **Prerequisite:** Completion of Lessons 1-13

Objectives

LESSON 13 Compassion in Our School

⌚ 45min **Prerequisite:** Completion of Lessons 1-12

Objectives

- students will be able to...
- * List barriers to showing compassion in a school (why it's hard sometimes) and ways to overcome those barriers.
 - * Describe how gratitude relates to compassion, and
 - * Practice

Materials



LESSON 12 Compassion in Our Class

⌚ 45min **Prerequisite:** Completion of Lessons 1-11

Objectives

- students will be able to...
- * Compare choices that are compassionate with those that are not.
 - * Notice compassionate acts that involve classmates.
 - * Describe how gratitude relates to compassion, and

Materials

- * Compassion anchor chart from Lesson 11
- * Chart paper
- * The Invisible Boy by Tracy Ludwig (or read-aloud)
- * Markers
- * Round Robin slides



Degrees of SEL Implementation



Organic Opportunities

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Daily Rituals

Establish daily rituals to practice SEL concepts.

Dedicated Lessons

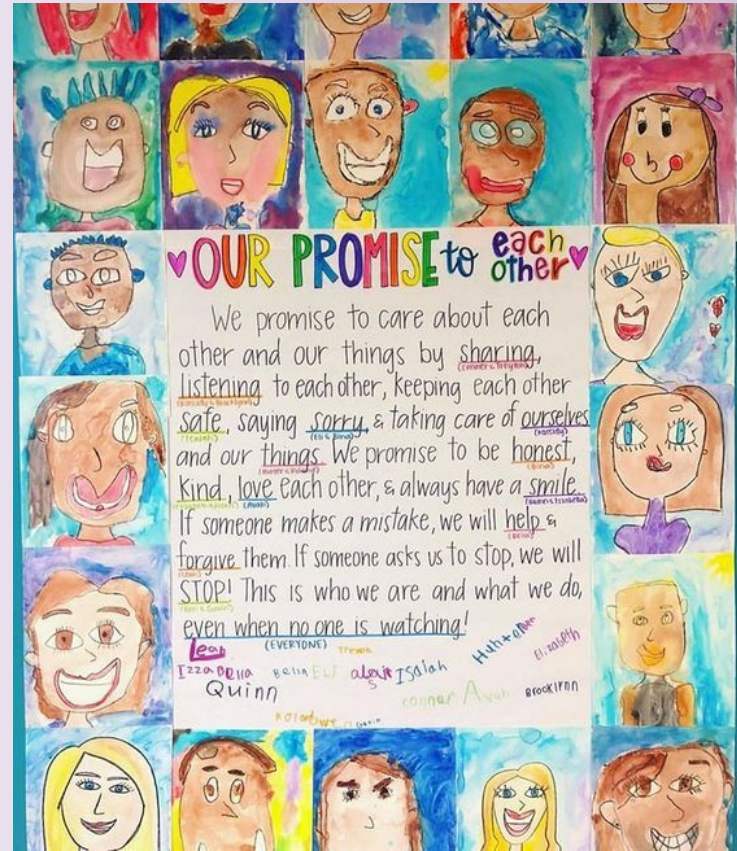
Deliver SEL-based lessons, intentionally weave SEL into existing lessons and other academic subjects.

School & Classroom Culture

Model SEL practices throughout entire school culture.

School Culture

- Create a Classroom Charter
- School houses



School Culture

- Feelings vocabulary grid
- Lay the Groundwork
 - Teach the Language - Feelings Vocabulary
 - Practice Expressing Emotions and Self-Awareness
 - Give the Option
 - Thought-Building Questions

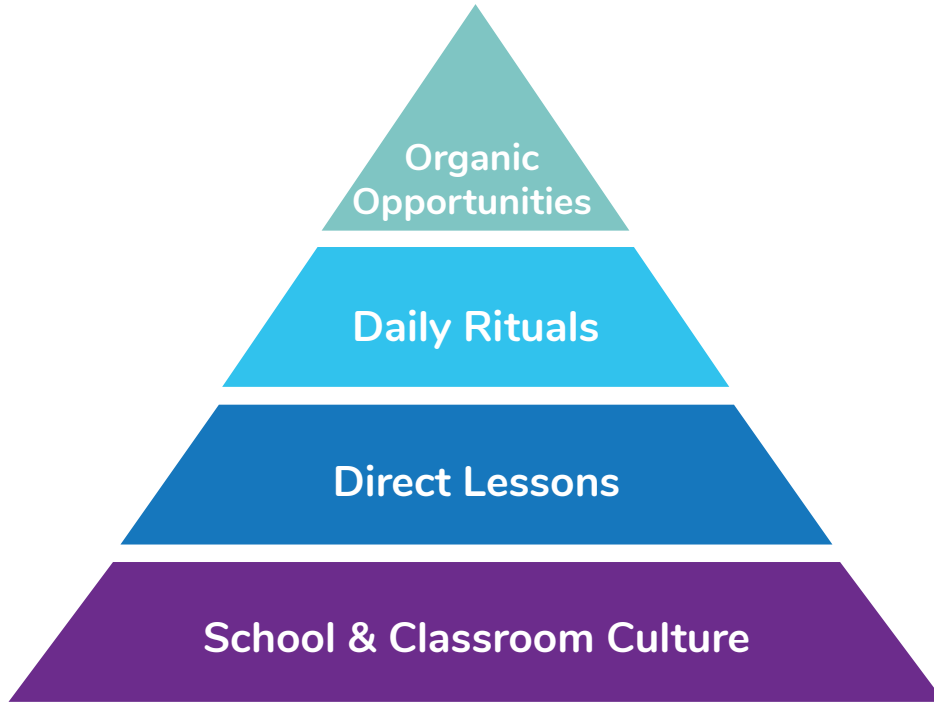
Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

School Culture

- Morning Meetings - first 15 minutes of the day
- Town Hall Meetings
 - Setting expectations
 - Core Values
 - Put it on the students
- See a need - find a positive way of addressing school issues



Differentiation for Every Situation



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

**Financial
Education**

**STEM & Career
Exploration**

**Social Emotional
Learning**

**Health &
Wellness**

**Summer
Learning**

**Cultural
Literacy**

Vault
Understanding Money
4-6th Grade

Future Goals
Hockey Scholar –
Math Edition
4-7th Grade

**The Compassion
Project**
2nd-4th Grade

Healthier Me
Nutrition & Wellness
1st-4th Grade &
6-8th Grade

Summer Slugger
Math & Literacy
4-5th Grade

306
African-American
History
9-12th Grade

FutureSmart
6-8th Grade

Future Goals
Hockey Scholar –
Science Edition
4-7th Grade

Ignition
Digital Wellness & Safety
6-9th Grade

Mental Wellness
Basics
8-10th Grade

Venture
Entrepreneurial
Expedition
7-10th Grade

Endeavor
STEM Literacy &
Career Exploration
7-9th Grade

**Character
Playbook**
Character Education
7-9th Grade

AlcoholEdu
9-12th Grade

EVERFI
Financial Literacy
9-12th Grade

Keys To Your Future
College & Career
9-12th Grade

Honor Code
Bullying Prevention
8-10th Grade

R_x Drug Safety
9-12th Grade

Marketplaces
Investing Basics
9-12th Grade

Ignition

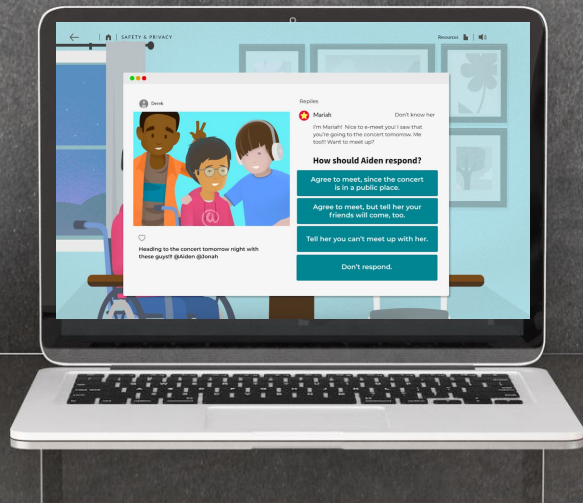
Digital Wellness and Safety

Grade Level: 6th -9th

Total Lessons: 6 digital lessons, about 25 minutes each

Aligns with CASEL SEL Framework, CCTC (Common Career Technical Core); ISTE Student Standards

Suggested Class Fit: CTE, Computer Science, Library Science



At-a-Glance

Ignition is a digital literacy and citizenship course dedicated to providing middle school students with the skills they need to safely and confidently navigate the digital world. The course helps students acknowledge the benefits of digital communities and resources while guiding them to successfully navigate potential pitfalls in their digital lives.

Course Highlights

- Interaction scenarios help students practice healthy and safe behavior
- “Digital Tips” help students understand key course objectives
- Guided classroom discussion guides
- Parent Materials and ideas for teachers on how to use effectively

Course Topics

- Digital safety and privacy, including data protection
- Screen time vs. Offline time
- Evaluating digital sources and content
- Managing online connections and communities

Character Playbook

Building Healthy Relationships

Grade Level: 7th -9th

Total Lessons: 6 lessons, 20-25 minutes each

Aligns with NHES; CASEL SEL framework



At-a-Glance

Character Playbook is an innovative digital course that uses evidence-informed strategies to educate students on core social and emotional competencies. Using true-to-life scenarios, students learn concrete strategies for managing their emotions, communicating effectively with others and making responsible and healthy decisions.

Course Highlights

- Guided practice and scenario-based activities with targeted feedback
- National resources for students to dive deeper in specific topics

Course Topics

- Analyzing Influences
- Understanding and Managing Emotions
- Communicating Effectively
- Resolving Conflicts

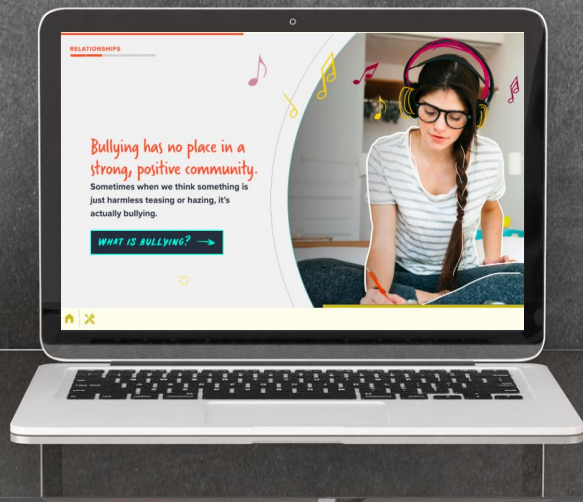
Honor Code

Bullying Prevention

Grade Level: 8th -10th

Total Lessons: 6 lessons, 10-15 minutes each

Aligns with NHES; CASEL SEL framework



At-a-Glance

Honor Code takes a practical approach to bullying prevention education by providing students with the skills and empowerment they need to affect a positive school culture. Students gain the skills to both positively influence their peers to discourage bullying today and become stronger leaders tomorrow.

Course Highlights

- Interactive scenarios help students practice skills
- Capstone project allows students to put learning into action

Course Topics

- Identifying bullying
- Recognizing leadership potential in oneself
- Developing a sense of resilience
- Contributing to a positive school community

Register

everfi.com/newteacher

- ▶ Find Your State
- ▶ Enter Your School

The screenshot shows the registration interface for K12 Teachers. At the top, the word "Register" is written in red. Below it are two buttons: "Student" (light blue) and "K12 Teacher" (dark blue). The "K12 Teacher" button is highlighted with a white speech bubble. Underneath, the text "Find Your School:" is followed by the instruction "Please select a state and search for your school." Below this is a dropdown menu with "State/Province" and a downward arrow. To the left of the "Next" button is a link that says "Can't find your school?". At the bottom, there is a link that says "Already have an account? Login".

Register

Student | K12 Teacher

Find Your School:
Please select a state and search for your school.

State/Province

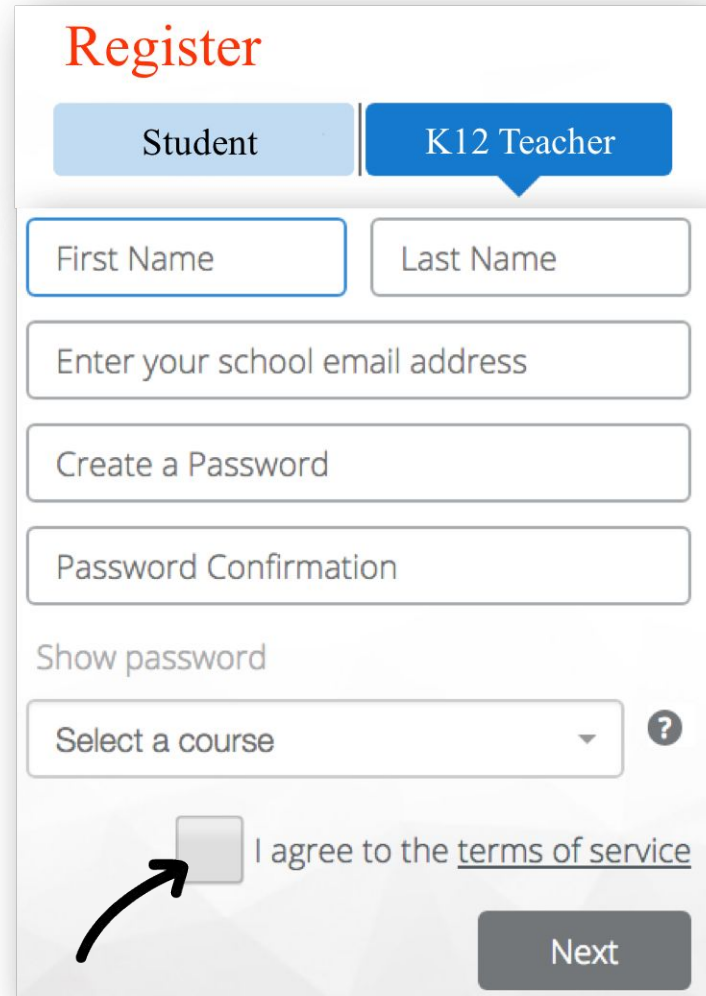
[Can't find your school?](#) **Next**

Already have an account? [Login](#)

Your Profile

- ▶ Complete Your Profile
- ▶ Select a Course
- ▶ Agree to Terms of Service

everfi.com/newteacher



The screenshot shows a registration form titled "Register" in red text. At the top, there are two buttons: "Student" (light blue) and "K12 Teacher" (dark blue). Below these are input fields for "First Name" and "Last Name", followed by a larger field for "Enter your school email address". There are two password fields: "Create a Password" and "Password Confirmation". Below the password fields is a "Show password" label. A dropdown menu labeled "Select a course" with a question mark icon is positioned below the password fields. At the bottom, there is a checkbox with an arrow pointing to it, followed by the text "I agree to the terms of service". A "Next" button is located at the bottom right of the form.

Registering Students

- ▶ Create a system for memorable usernames and passwords
- ▶ Remember the registration rules for passwords
- ▶ When in doubt, enlist help from your local Schools Manager

Add Students



Choose which method you would like to use to add students



Add a Single Student

Create a username and password for a single student



Add Multiple Students

Create a username and password for multiple students in .CSV format file and upload your data

Questions?

Next Steps

Learn

Visit everfi.com/k12-courses

Use everfi.com/k12-calendars to plan ahead.

Try

Register for an account at www.everfi.com/newteacher

Try a new course. You can add from your teacher dashboard.

Share

Share with the EVERFI Educator Community.

Share about your class on social media - tag [@EVERFIK12](https://twitter.com/EVERFIK12) and use [#EVERFIempowers](https://twitter.com/EVERFIempowers)