Building Healthy Relationships Among Students
Goals

- Why Harmony?
- Establish & Monitor Harmony Goals
- Meet Up & Buddy Up
- Harmony Lessons & Activities
- Build SEL Competencies
- Online Resources & Sanford SEL App
- Next Steps
Harmony is designed to set the stage for building positive relationships...

- We CELEBRATE one another
- We RESPECT one another
- We SOLVE PROBLEMS
- I am FOCUSED
- I am INCLUDED
Sanford Harmony is transforming the lives of youth each and every day, creating the foundations of a healthier, more collaborative society.”

- Denny Sanford
Sanford Harmony

Researched and Developed - Arizona State University
Ongoing Research - Johns Hopkins University

Achievement
School Enjoyment
Empathy
Stereotyping
Bullying & Aggression

Strong INCREASE
Solid DECREASE
Fast Facts

- Pre-K – 6th SEL Program
- 14,000 Schools & Organizations
- 1.5 Million Students
- LAUSD Dallas Chicago New York Puerto Rico Best Buddies
- LA's BEST Beyond the Bell Boys & Girls Clubs of America Communities in Schools
- Professional Learning Library English & Spanish
- Sanford SEL app
## Why Harmony Works

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<th>Impact</th>
<th>Strengthens Learning Communities</th>
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Sanford Harmony is a CASEL SELeCT Program

Harmony CASEL Alignment Guide
Collaborative for Academic, Social, and Emotional Learning

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PBIS

Harmony

1-5% **TIER 3 INTENSIVE INTERVENTIONS**
- Individual Students
- SPED Teams

5-15% **TIER 2 TARGETED INTERVENTIONS**
- At-Risk
- Counselors, Social Workers, Specialists
- Small Group Intervention
- ELs & Special Needs:
  - Front loading, Rehearsal and Practice

80-90% **TIER 1 UNIVERSAL INTERVENTIONS**
- All Students
- Classrooms
- Breakfast in the Classroom
- Expanded Learning Programs
- Proactive and Preventative
Harmony Pre-K – 6th Grade Teacher Toolkits
Harmony Essentials Toolkit
Everyday Practices
Intentional Strategies Build Healthy Relationships

Monitor Harmony Goals
Meet Up
Buddy Up
Harmony Goals

How do they work?

Harmony Goals are our group agreements to help make our community a safe, caring, and supportive space.
Why Harmony Goals?

Establish community expectations for positive behavior

Promote democracy: respect, kindness, fairness & equity

Build prosocial behaviors: sharing, helping, teamwork

Provide structure and stability
Co-create, post, and monitor Harmony Goals
Empower students to share “Highs,” “Lows,” & Solve Problems
Buddy Up
Buddy Up

How does it work?

Students are paired with a different Buddy each week and engage in brief activities and discussions using Quick Connection Cards.

Time: 5-10 minutes
Why Buddy Up?

- Brings together diverse peers who may not typically work with one another
- Discover commonalities, differences, & talents
- Promotes collaboration, caring, empathy
Buddy Up Tools
Quick Connection

What is your Super Power?
For Meet Up, large and small groups.

- Brings groups together to work and play as a team.
- Perfect for staff meetings and family events.

**HUMAN KNOT**

Standing in small groups, students randomly grab two other hands. Next, they must work together to unravel the knot without letting go of any hands.

**WHAT IS YOUR FAVORITE BREAKFAST?**

Who makes it and who eats it with you?

- Helps students get to know one another.
- Works Buddies, or groups.
- Great for writing prompts and for a variety of settings and activities.

**MADE YOU LAUGH**

Try not to laugh for as long as possible while your Buddy stares or makes silly faces at you.

- Strengthens joint problem-solving and cooperation.
- Ideal for Buddies.
- Perfect for active and creative times of the day.
Let’s Buddy Up!

Owen    Carrie    Molly    Raul    Sarah    Jaqué
Sean    Suzy    Bailey    Lizbeth    Marissa    Marco
Buddy Board

Buddies

Noah  Janelle
Bryce  Madison
Ronak  Shiel
L.J.  Mirna
Ariz  Cash
Brandon  Nathy
Andriana  Nahcane
Dylan  Miley
Jeremiah  Sharbel
Maye  Rashej

Harmony Buddies
In room 203
Buddy Up

Q & A
Meet Up

How does it work?

Students meet in a circle to greet one another, share, monitor Harmony Goals, solve problems, and engage in community building activities.

Time: 5-15 minutes
Why Meet Up?
Meet Up

Why Meet Up?

- Begins with a focus on positive relationships and expectations
- Creates a sense of belonging
- Builds inclusion, teamwork, and community
- Enhances communication, collaboration and group problem solving
- Fosters empathy and understanding
Meet Up Steps

1. Greetings
2. Sharing & Responding
3. Community Check-in:
   - Monitor
   - Harmony Goals
   - Highs & Lows
   - Problem Solve
4. Quick Connection
Greet one another by name.

“Hi Carrie”
“Hi Sarah”

¡Hola!

Peace!

High Five
# 25 Ways to Say Hello

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<tr>
<td>1.</td>
<td>Hello (English)</td>
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<td>3.</td>
<td>Halo (Indonesian)</td>
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<td>Kaixo (Basque)</td>
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<td>23.</td>
<td>Hallo (German)</td>
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<td>24.</td>
<td>Hei (Finnish)</td>
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<tr>
<td>25.</td>
<td>Hujambo (Swahili)</td>
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Sharing & Responding

• Select 2 or 3 students to share.
• “Do you have any questions or comments?”

No Significant learning occurs without a significant relationship.
Dr. James Comer
Review the Harmony Goals.

Students share examples of **HIGHS**: how they are meeting the goals.

Students share examples of **LOWS**: how they have not met a goal.

Students work together to **PROBLEM SOLVE** and provide solutions that will lead to meeting goals.
Empower Students to Share

Share **HIGHS**

- Who has been *kind* to you? How have they been *kind*?
- Who can share an example of great *listening*?
- What could we say to *encourage* another student?

Share **LOWS** & **Problem Solve**

**Share LOWS:**

- Nobody wanted to sit with me during nutrition.

**PROBLEM SOLVE:**

- We could find a bigger table.
- Will you sit with us tomorrow?
- I’m sorry, I didn’t know you wanted to sit with us!
Meet Up Ends With a Quick Connection

Send a smile around the circle
Meet Up

Q & A
Harmony Units Build SEL Competencies

Stories, Lessons & Activities

Online Learning Library
Harmony Themes

Build SEL Competencies
Grade Level Harmony Units

Lessons & Activities

Goals & Objectives
Research & Relevance
Stories, Lessons, Activities, Games
Home School Connections
APPENDIX: Posters, Visuals, Games
Pre-K – 2nd Grade
Meet Z and the Treehouse Friends!

5 Storybooks match the 5 units
Lessons & Activities
Harmony app shares stories
Games align with lessons & activities

Role playing & problem solving

Peer pressure stereotyping understanding perspectives bullying awareness

Grades 3 – 6
Small & Large Group Games

Online Learning Library
UNIT 1: Diversity & Inclusion

Building Our Communities

Discover shared characteristics, experiences, and interests, explore how each person is unique, and build a sense of community.

1.1 Getting to Know Each Other
1.2 Discovering Commonalities
1.3 Learning from Diversity
1.4 Building Community
TK & Kindergarten
Diversity and Inclusion

1. Meet Z
2. Finding Things in Common
3. Celebrating Diversity
4. Belonging Together
Diversity

Everyone is a little bit different and that makes us interesting and unique.

We are all different and can learn from and do many new things together.

Let’s create an Awesome Us picture!
Create a Community Name & Motto

Students develop a common identity by working together to develop a classroom name and motto.

Materials: Appendix p. 140
The Things We Have in Common

What do you have in common with your Buddy? How are you different?

When we take the time to get to know one another, we discover what we have in common.

Commonalities Game

Game Board
INSTRUCTIONS

- Put a mark in the circle below each question if you and your buddy have the same answers.
- After completing all questions, ask your buddy more questions about the things you did not have in common.

What month were you born?
In what country were you born?
What languages do you speak?
What is your favorite flavor of ice cream?
What job do you want to have when you're an adult?

Do you have a pet?
Have you ever broken a bone?
What is your favorite hobby?
What is your favorite movie?
What is your favorite restaurant?

Do you have any brothers or sisters?
What is your favorite food?
Do you play any sports?
Have you ever been nervous before?
Have you ever gotten in trouble?

Have you ever been to a concert?
What TV character would you like to meet?
What scares you?
What is your favorite school subject?
Who is your favorite music artist or band?
Explore the Harmony Professional Learning Library

www.sanfordharmony.org/pll

User: SanfordHarmony     Password: harmony1234

- Training & Resources
- Harmony Kits
- Video Teaching Modules
Sanford SEL Mobile App

Storybooks
Buddy Up Pairs
Harmony Goals
Quick Connection Cards

Apple iPad iOS 8.0 or later
Android 4.1 and beyond
Next Steps

1. Visit the Harmony On-line PLL
2. Review the Video Teaching Modules
3. Establish Harmony Goals
4. Begin Meet Up & Buddy Up
5. Learn about the Sanford Programs

Thank You!
Meet Up

Q & A
@SanfordHarmony

Connect with Sanford Harmony.
Inspired students in every classroom, every year.

On-Demand Modules provide educators with the knowledge, skills, and mindsets to improve their practice and inspire their students.
The Sanford Institute of Philanthropy’s educational programs empower nonprofit professionals to improve their fundraising skills in the areas of Cause Selling, Marketing, Fundraising Strategies and Relationship Building.
Congratulations to the 51 Inspiring Educators representing every state and D.C. who received a $10,000 Sanford Teacher Award™

Because Every Child Needs a Champion