



SANFORD
HARMONY[™]

Building Healthy Relationships
Among Students

Goals



Harmony is designed to set the stage for building positive relationships...

We CELEBRATE
one another



We
RESPECT
one other



I am
FOCUSED

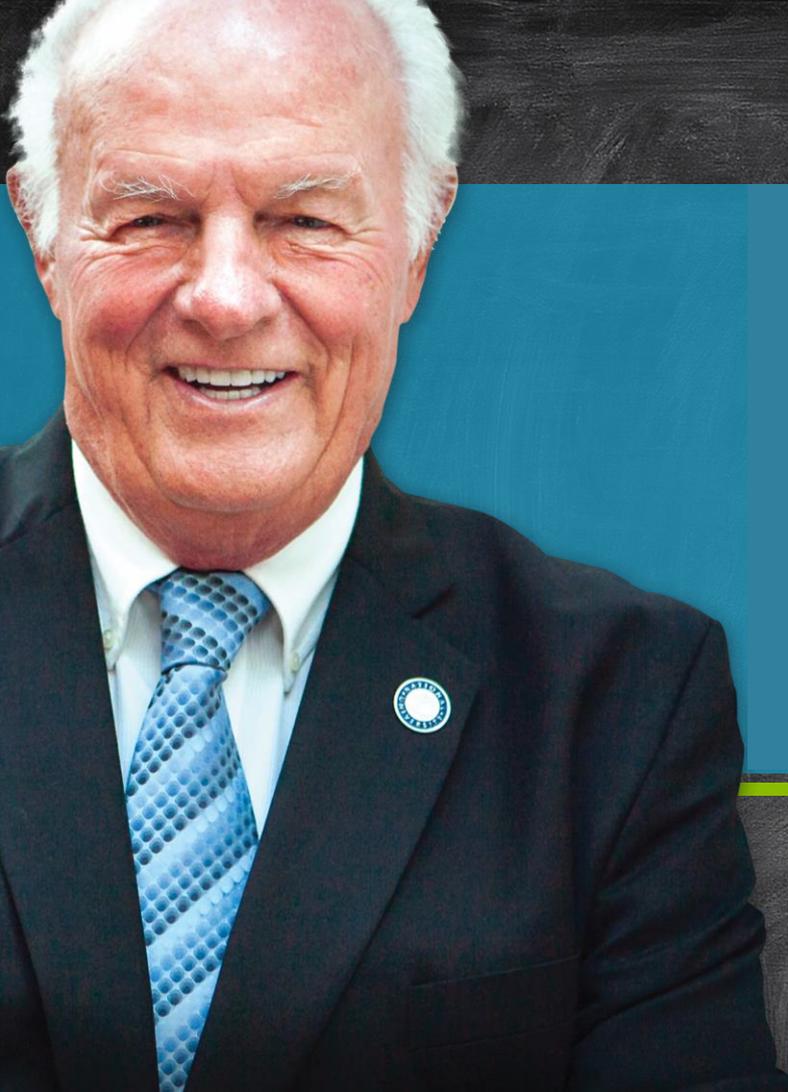


We
SOLVE
PROBLEMS



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™
AT
NATIONAL UNIVERSITY

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

Impact

Strengthens Learning Communities

Intentional

Relationship Building

Implementation

Flexible to Fit Program Needs

Alignment

CASEL SEL Competencies
District, State & National Initiatives



Teacher Toolkits

Strategies, Stories, Lessons & Activities
English & Spanish

Donor Based

Cost Free Teacher Kits & Training

Sanford Harmony is a CASEL SElect Program



Harmony CASEL Alignment Guide

Collaborative for Academic,
Social, and Emotional Learning



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

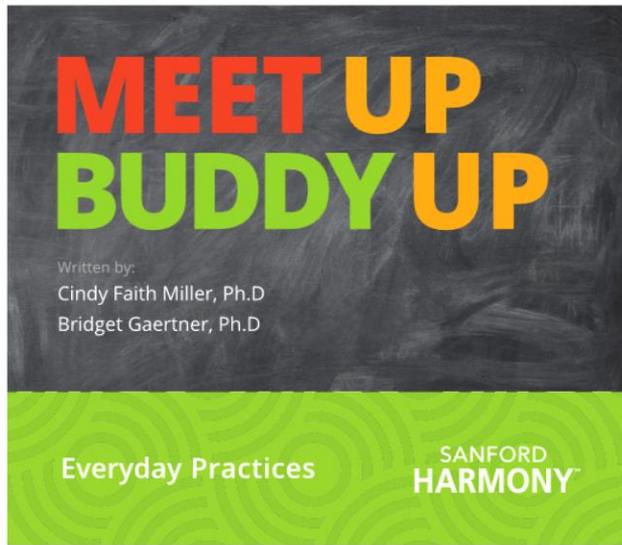
80-90% TIER 1 UNIVERSAL INTERVENTIONS

- 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.



**Establish
& Monitor
Harmony
Goals**

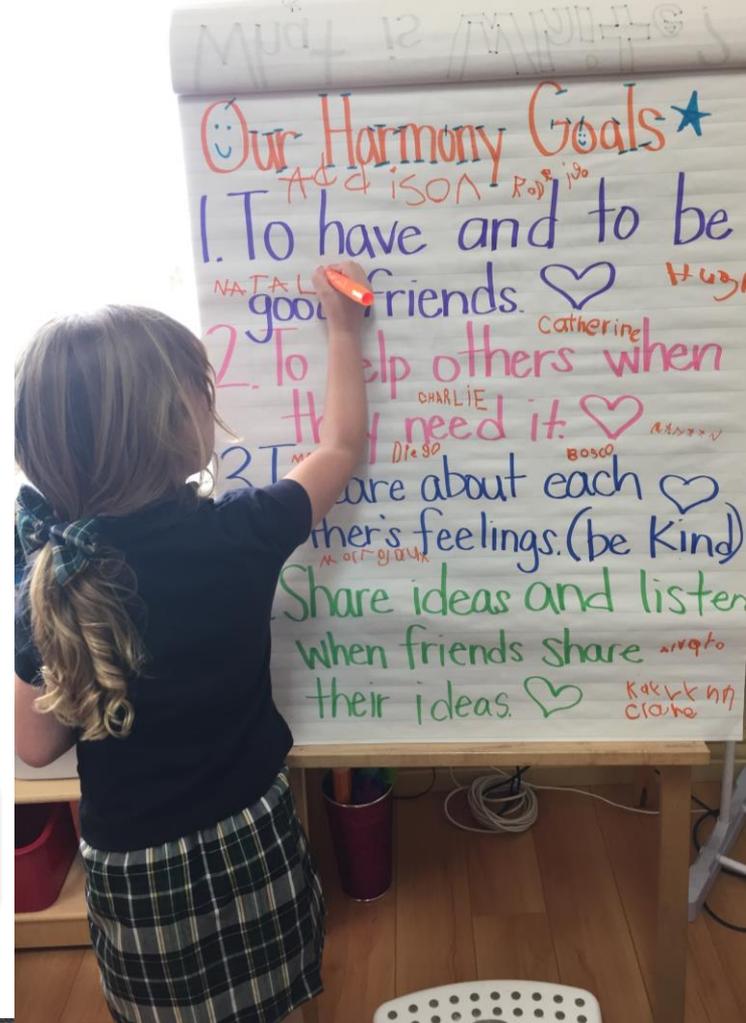
Why Harmony Goals?

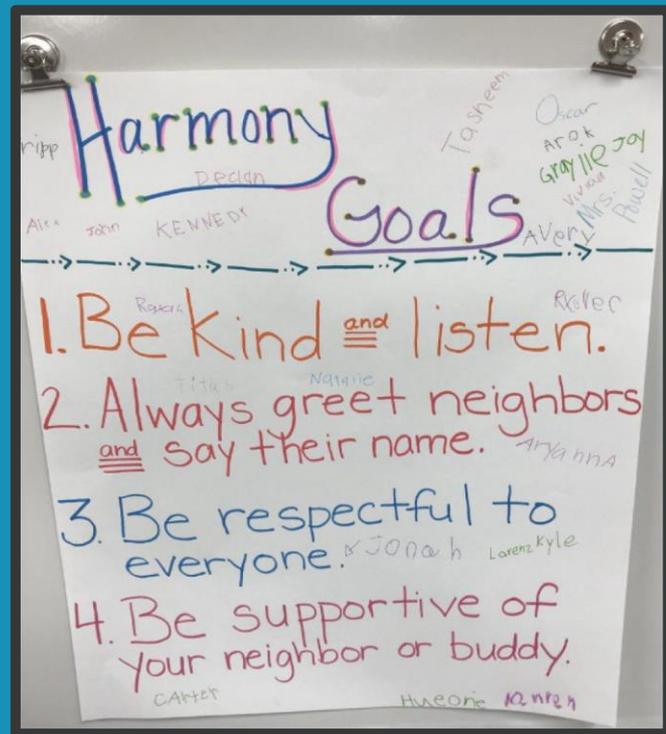
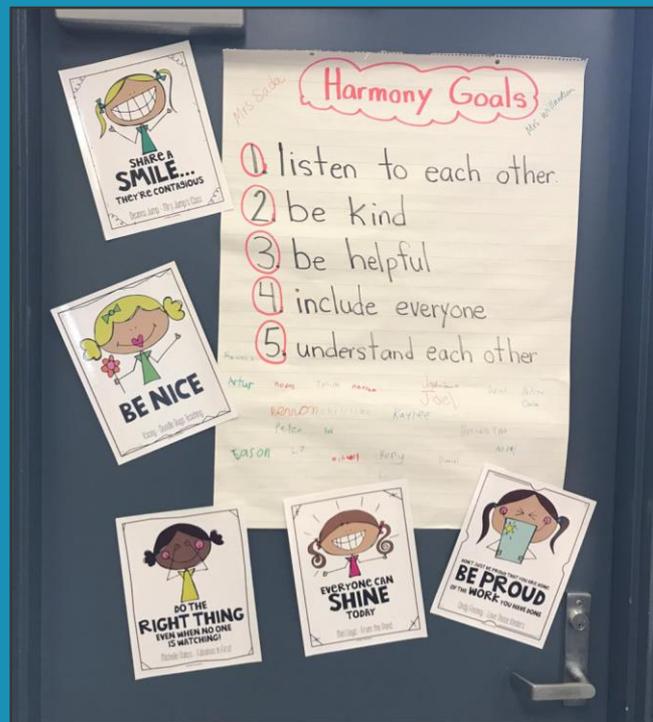
Establish community expectations for positive behavior

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**?

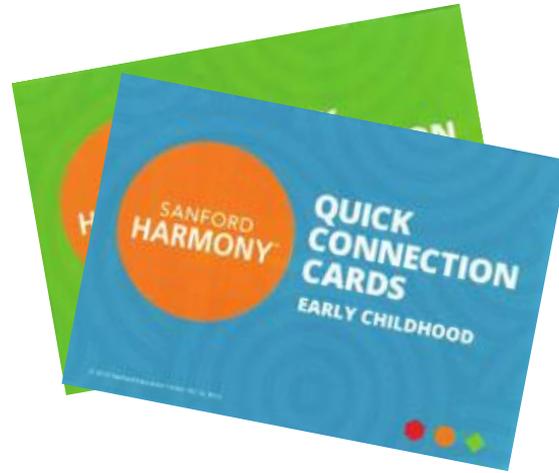
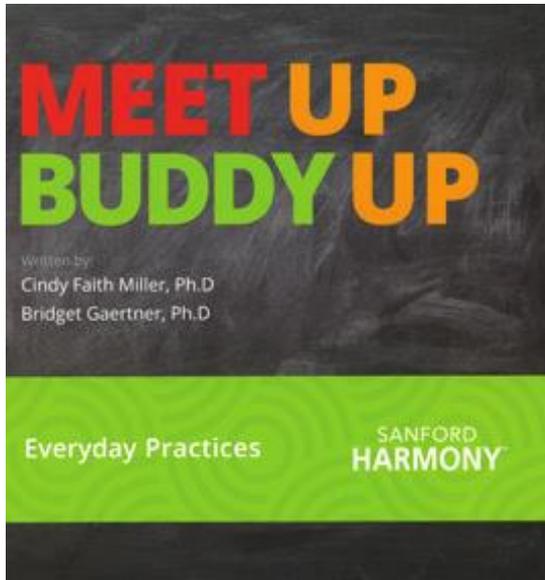
Brings together diverse peers who may not typically work with one another

Discover commonalities, differences, & talents

Promotes collaboration, caring, empathy

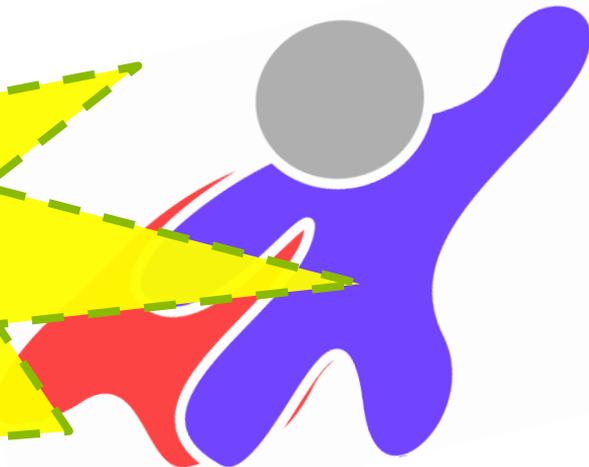


Buddy Up Tools



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.



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

WHAT IS YOUR FAVORITE BREAKFAST?

Who makes it and who eats it with you?



- Strengthens joint problem-solving and cooperation
- Ideal for Buddies.
- Perfect for active and creative times of the day

MADE YOU LAUGH

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

Let's Buddy Up!



Owen



Carrie



Molly



Raul



Sarah



Jaquie



Sean



Suzy



Bailey



Lizbeth



Marissa



Marco

Buddy Board



Buddy Up



Q

&

A



Meet Up

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**?





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**

1

Greet one another by name.

“Hi Carrie”
“Hi Sarah”



Peace!



High Five



¡Hola!

25 Ways to Say Hello

Online
Professional
Learning
Library



Yassus
GREEK



Nǐ Hǎo
MANDARIN



HOLA
SPANISH

1. Hello (English)
2. Ahoj (Czech)
3. Halo (Indonesian)
4. Cześć (Polish)
5. Hej (Danish)
6. Merhaba (Turkish)
7. Yassas (Greek)
8. Ciao (Italian)
9. Olá (Portuguese)
10. Hallå (Swedish)
11. Bonjour (French)
12. Aloha (Hawaiian)
13. Kon'nichiwa (Japanese)
14. Zdrastī (Bulgarian)
15. Namaste (Hindi)
16. Sawubona (Zulu)
17. Hola (Spanish)
18. Nǐ Hǎo (Mandarin)
19. Xin chào (Vietnamese)
20. Annyeonghaseyo (Korean)
21. Sveiki (Lithuanian)
22. Kaixo (Basque)
23. Hallo (German)
24. Hei (Finnish)
25. Hujambo (Swahili)

2

Sharing & Responding

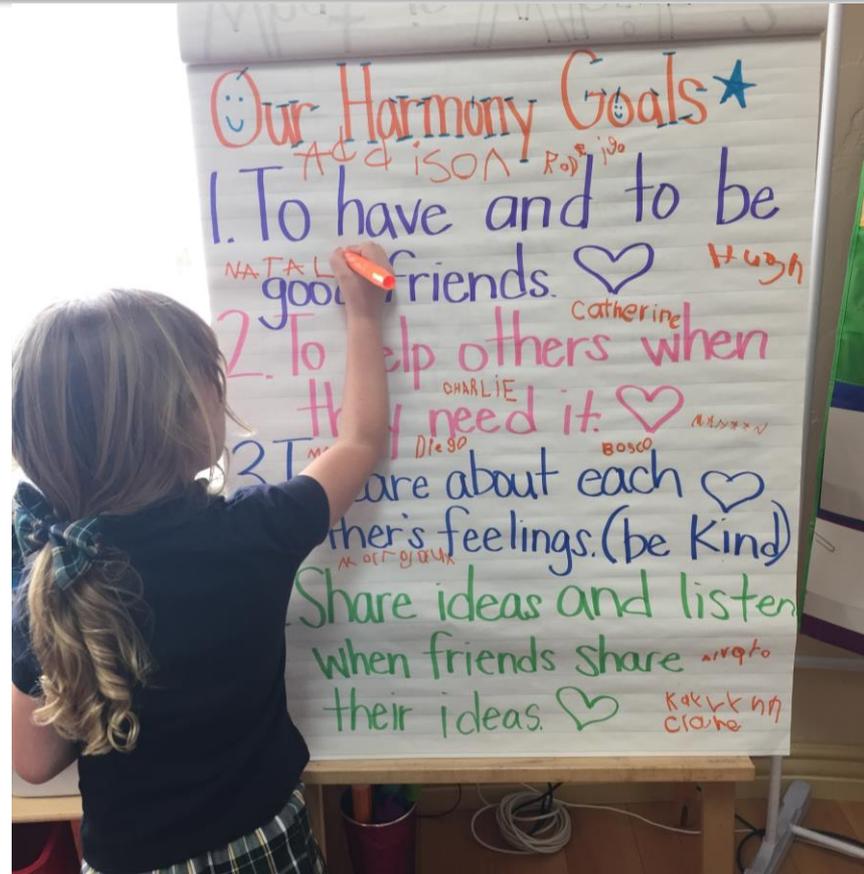


- Select 2 or 3 students to share.
- *“Do you have any questions or comments?”*

Community Check In

Monitor Harmony Goals

- 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.



Share **HIGHS**

Share **LOWS** & Problem Solve

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**:

- 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!



4

Meet Up Ends With a Quick Connection

Send a smile
around the
circle



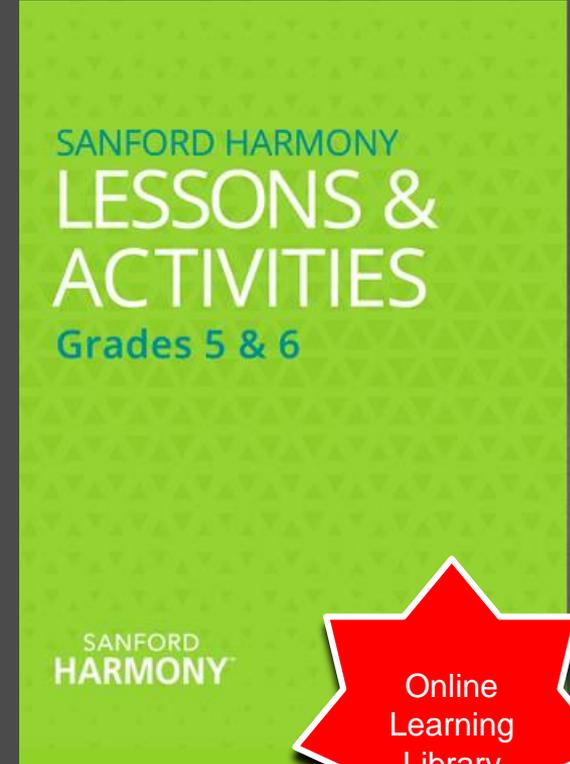
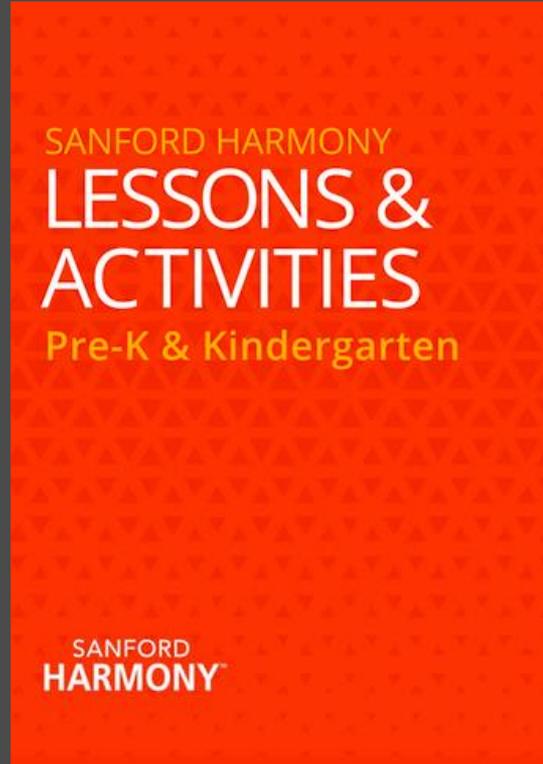
Meet Up



Harmony Units Build SEL Competencies



Stories, Lessons
& Activities



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

Online
Learning
Library

Grades 3 – 6

Small & Large Group Games

games align with
lessons & activities

role playing
& problem solving

peer pressure
stereotyping
understanding perspectives
bullying awareness



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



Lessons
and
Activities

SANFORD HARMONY
LESSONS &
ACTIVITIES

Pre-K & Kindergarten

UNIT 1

**DIVERSITY &
INCLUSION**

SANF
HARM

Pre-K & Kindergarten

SANFORD
HARMONY

TK & Kindergarten Diversity and Inclusion

Online
Learning
Library



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.

Unit 1 – Diversity & Inclusion - 4th, 5th-6th

The Things We Have in Common

1.2

4th Grade

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.

SANFORD HARMONY™

What month were you born? <input type="radio"/>	In what country were you born? <input type="radio"/>	What languages do you speak? <input type="radio"/>	What is your favorite flavor of ice cream? <input type="radio"/>	What job do you want to have when you're an adult? <input type="radio"/>
Do you have a pet? <input type="radio"/>	Have you ever broken a bone? <input type="radio"/>	What is your favorite hobby? <input type="radio"/>	What is your favorite movie? <input type="radio"/>	What is your favorite restaurant? <input type="radio"/>
Do you have any brothers or sisters? <input type="radio"/>	What is your favorite food? <input type="radio"/>	Do you play any sports? <input type="radio"/>	Have you ever been nervous before? <input type="radio"/>	Have you ever gotten in trouble? <input type="radio"/>
Have you ever been to a concert? <input type="radio"/>	What TV character would you like to meet? <input type="radio"/>	What scares you? <input type="radio"/>	What is your favorite school subject? <input type="radio"/>	Who is your favorite music artist or band? <input type="radio"/>

Commonalities Game

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.

Game Board

SANFORD HARMONY™

INSTRUCTIONS

- Put a mark 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

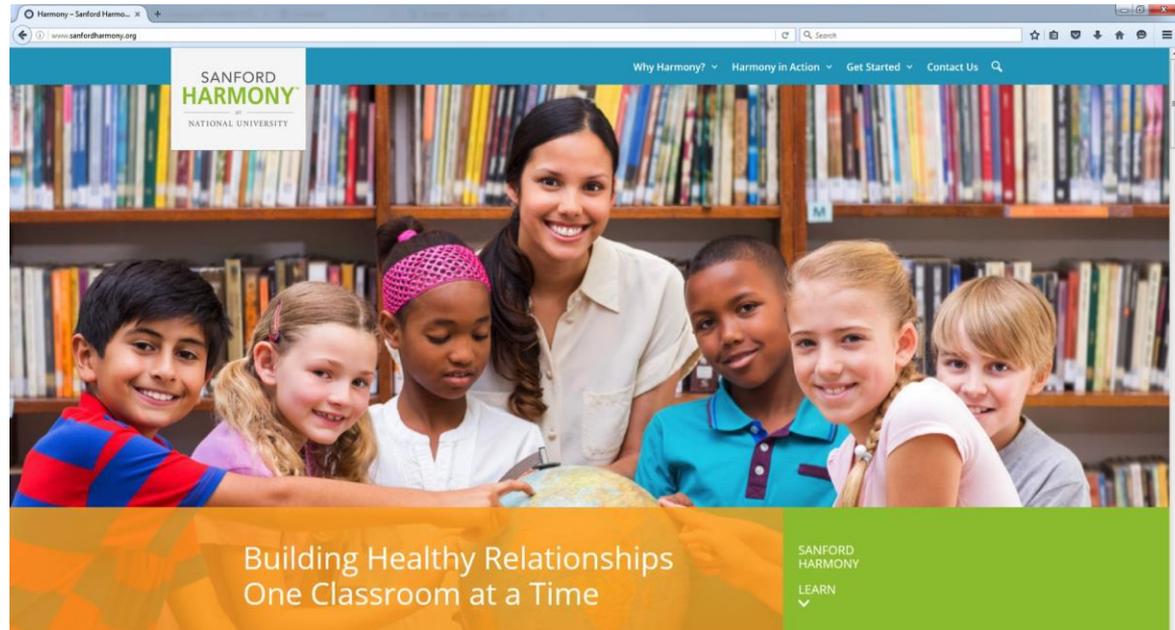
www.sanfordharmony.org/pll

User: SanfordHarmony Password: harmony1234

• Training & Resources

• Harmony Kits

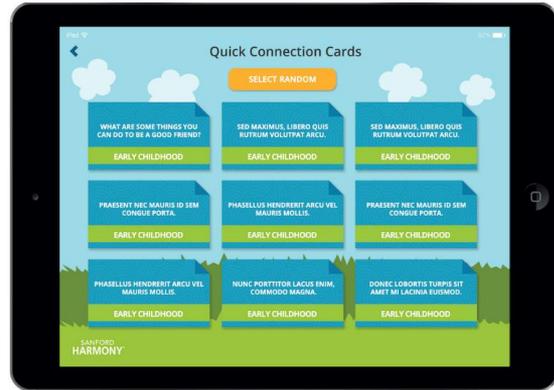
• Video Teaching Modules



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



Download the
Sanford SEL App
for your tablet!



Next Steps

1

Visit the Harmony On-line PLL

2

Review the Video Teaching Modules

3

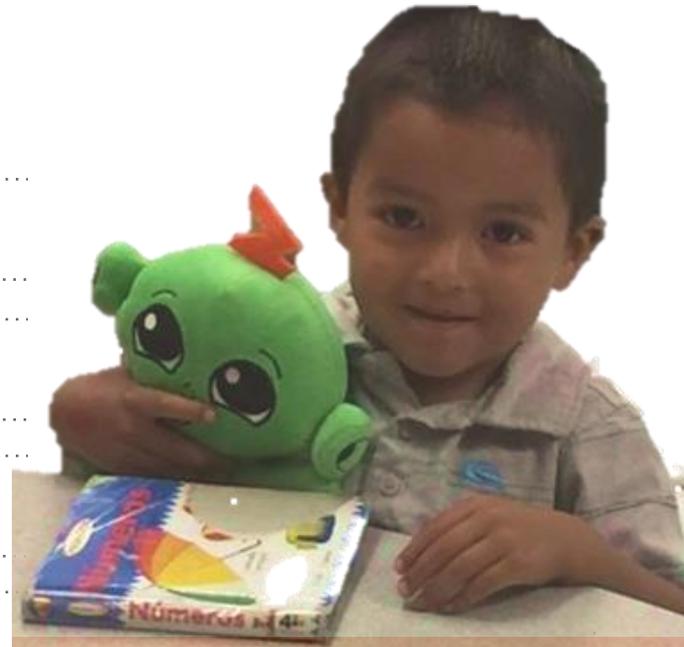
Establish Harmony Goals

4

Begin Meet Up & Buddy Up

5

Learn about the Sanford Programs



Thank You!





@SanfordHarmony

Amy Griswold
agriswold@nu.edu



**SANFORD
INSPIRE™**

**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 logo for the Sanford Institute of Philanthropy is an orange rectangle with the text "SANFORD INSTITUTE of PHILANTHROPY™" in white, sans-serif font. The word "of" is smaller and lowercase. The background of the entire image is a photograph of five diverse professionals in a modern office setting with large windows, engaged in a discussion. One man is holding a tablet, and another woman is holding a clipboard.

SANFORD
INSTITUTE of
PHILANTHROPY™

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**



*Because Every Child
Needs a Champion*