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Harmony in Out of School Time

CASEL SELect Program

Building Healthy Relationships Among Students

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National University System

Presenters:

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Today's Agenda

Feelings Check

What is SEL and Why it is Needed?

Establish Daily Practices for Out of School Time

Harmony Lessons & Activities and the Online Learning Portal and APP

Let’s do a quick emotions check.

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

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Changing the world one relationship at a time

We celebrate one another

We respect one other

I am focused

We solve problems

I am included

What is Social and Emotional Learning?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

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Source: www.casel.org

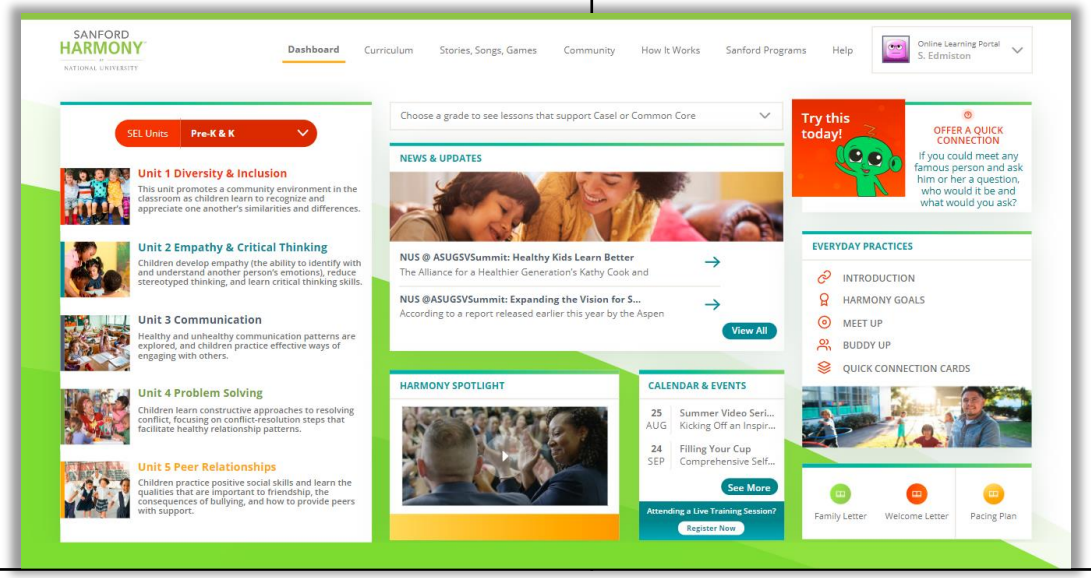
Let’s share

What is your favorite board game? Is it the same as an adult as when you were a child?

Put your answers in the chat box and read what others are saying too☺

Program Structure

Everyday Practices (Strategies)		Lessons	
Meet Up	Aka: circle time, community meeting, check in	Lessons & Activities	1 – 2 whole or small group sessions per week
Monitor Harmony Goals	A component of Meet Up		
Buddy Up	Weekly Buddy pairs meet to practice SEL skills and build relationships		



Harmony Goals

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

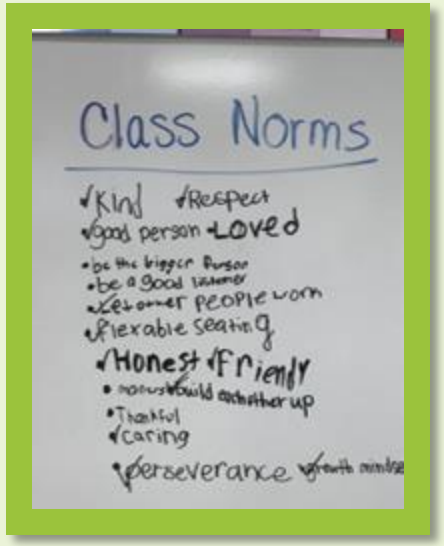
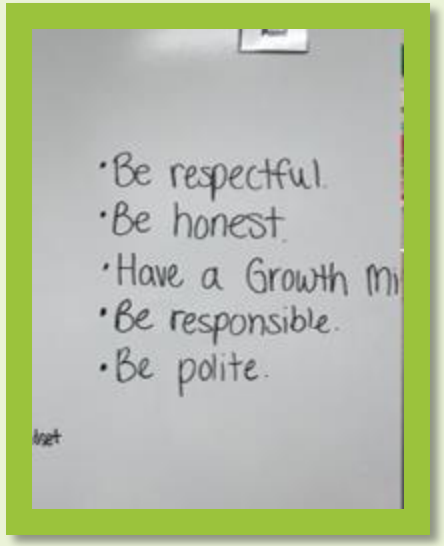
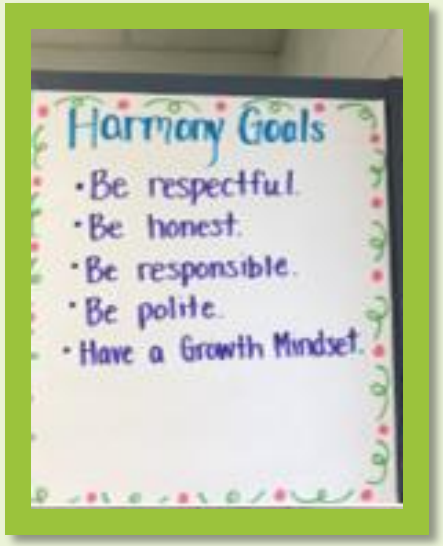
Promote democracy: respect, kindness, fairness & equity

Build prosocial behaviors: sharing, helping, teamwork

Provide structure and stability

Other ideas?

Create Harmony Goals

Discuss ideas for how students want to interact with each other	Synthesize ideas into 3 – 5, positively phrased goals	Record, sign, display and share goals	Monitor, discuss and revise goals as needed
			

Harmony Goals and Distance Learning

Establish community expectations for positive behavior

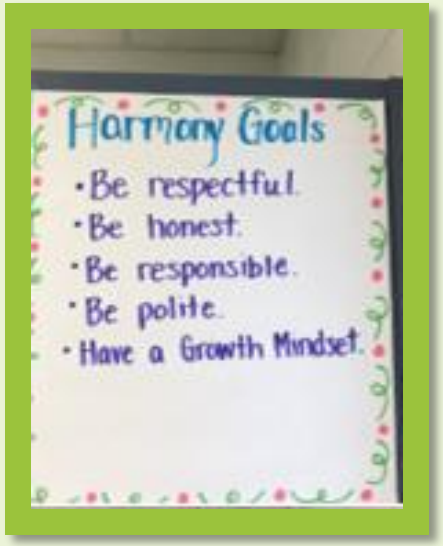
Example:

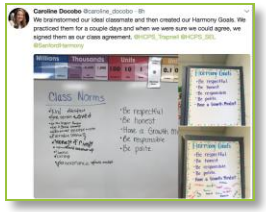
Use the icons and chat box for positive encouragement of classmates

Follow the speaker with your eyes

Come to class prepared to learn

Create Harmony Goals at Home

Discuss ideas for how family members want to interact with each other	Synthesize ideas into 3 – 5, positively phrased goals	Record, sign, display and share goals	Monitor, discuss and revise goals as needed
Be kind Share Respect others space Be helpful Be polite Practice patience	Be respectful Be helpful Be Patient		



Harmony Goals Reflection

What is your plan for establishing Harmony Goals?

How will you involve your students?

What materials do you need?

Where will you display Harmony Goals?

Meet Up

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

Time: 5-15 minutes

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

- Gather students in a circle.
- Begin Meet Up with a welcome routine or greeting.

2 SHARING & RESPONDING

- Choose one or two students to share.
- Allow the student who has shared to call on two or three peers to respond or ask pertinent questions.

3 COMMUNITY CHECK-IN

Monitor Harmony Goals
Highs & Lows
Solve Problems

- Choose one or two students to share a "high" or "low" related to the community.
- Discuss how each "high" or "low" relates to the Harmony Goals.
- Problem-solve as a group.

4 QUICK CONNECTION

- Close Meet Up with a predictable and fun routine that encourages community building.
- Use your Quick Connection cards for ideas.

Meet Up and Distance Learning

- Do a non-verbal greeting
- Ask a few students to share
- Ask students to write in concerns and address them during the meeting
- Close with a song

Engagement for Meet Up and Distance Learning

- Have students suggest Spirit Days
  - Pajama Day
  - Wear Your Favorite Color Day
  - Funny Hat Day
  - Crazy Hair Day

Meet Up – When?

Use with Children, Families, & Staff:

Whole group Meet Up

Small group Meet Up

Problem solving

Staff meetings

Family events

Buddy Up

Buddy Up offers an opportunity to bring students together who may not otherwise socialize.

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How does Buddy Up 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

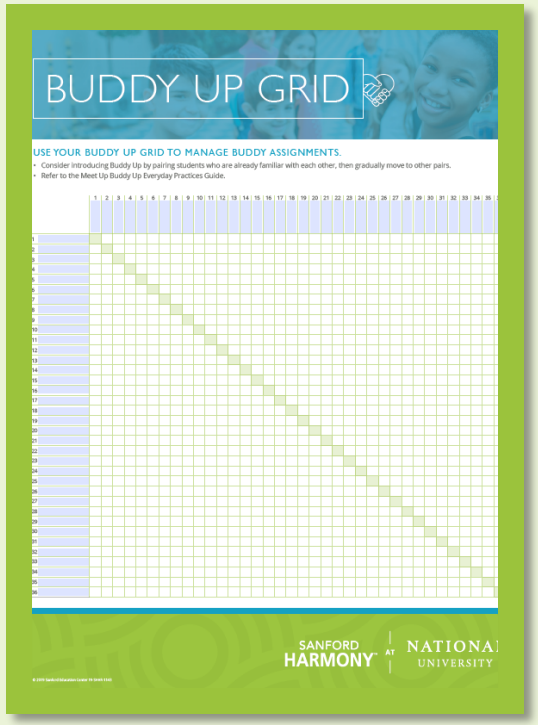
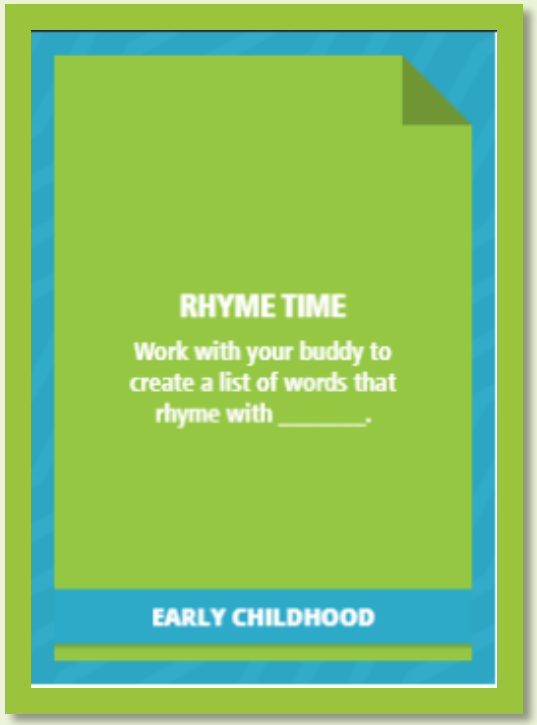
Buddy Up

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

Allows students to discover commonalities, differences and talents

Promotes collaboration, caring and empathy

Buddy Up Steps

Introduce Buddy Up	Assign Weekly Buddies	Maintain a Buddy Tracker	Select and facilitate activities
			

Visit the Online Learning Portal for more suggestions and direction.

Buddy Boards

Follow us on Pinterest!

Sample Buddy Boards

Quick Connection Cards

Community Builders
Class discussions and activities designed to bring peers together as a community to work and play as a team

Collaborations
Buddy activities that promote joint problem-solving, collaboration, and cooperation.

Conversations
Discussion questions that allow buddies to get to know one another and explore commonalities and differences.

Community Builders	Collaborations	Conversations
EARLY CHILDHOOD PreK – 2nd Grade **SILENT ORDER** Everyone is randomly assigned a number and then must line up in order without talking.	**EARLY CHILDHOOD** PreK – 2nd Grade **FRIENDSHIP ART** Paint or draw a friendship mural with your buddy. Materials: Large paper, crayons, markers or paint.	**EARLY CHILDHOOD** PreK – 2nd Grade What is something that you have done that made you feel brave?
UPPER GRADE 3rd – 6th Grade **CLAP, SLAP, SNAP** One person starts as the leader and creates a clap, slap, snap pattern for the whole group to follow. Switch leaders and repeat.	**UPPER GRADE** 3rd – 6th Grade **BOWTIE BUDDIES** Using only one hand each, tie a piece of ribbon into a bow with your buddy. Materials: Ribbon	**UPPER GRADE** 3rd – 6th Grade "Today you are you, that is truer than true. There is no one alive who is youer than you." -Dr Seuss What has made you feel proud?

Quick Connection Conversation

If you opened your door to a surprise tomorrow morning, what would you want to be there?

Share out in chat box

Quick Connection: Collaborations

- Take your Buddy on an imaginary Nature walk
- Using a pipe cleaner and sheet of foil, create a creature together
- Create a Buddy Handshake

Emotional Intelligence shows up in our relationships through the behaviors below.

Buddy-Up– Conversations, Collaborations, Community Builders:

- ✓ *Communication skills*
- ✓ *Compromise*
- ✓ *Cooperation*
- ✓ *Problem solving*
- ✓ *Collaboration*
- ✓ *Teamwork*
- ✓ *Respect*
- ✓ *Patience*

- ✓ *Taking turns*
- ✓ *Participation*
- ✓ *Creativity/Imagination*
- ✓ *Conversation*

- ✓ *Compassion*
- ✓ *Manners*
- ✓ *Negotiating*
- ✓ *Discussion*
- ✓ *Tolerance*
- ✓ *Conflict resolution*

- ✓ **Critical thinking**
- ✓ **Eye contact**
- ✓ **Engagement**
- ✓ **Focus**
- ✓ **Inclusion**
- ✓ **Encouragement**
- ✓ **Decision making**

- ✓ *Self awareness*
- ✓ *Interaction*
- ✓ *Self confidence*
- ✓ *Relationship skills*
- ✓ *Following directions*

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Sanford Harmony Game Room App

Sanford Harmony has launched a new gaming app – so that parents, teachers and students can access Harmony games and Quick Connection Cards on their iOS and Android devices – quickly and easily.

This app includes:

- Quick Connection Cards
- Harmony Games in an exciting digital format
- Unlockable tokens
- 'Favorite' system for teachers and parents
- Spanish version of games and cards

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Download the Harmony Game Room app today!

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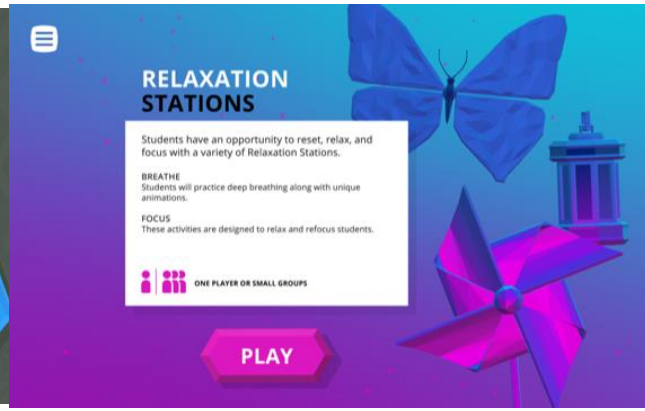
Sanford Harmony Game Room App



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Download the Harmony Game Room app today!

Staff Buddy Up

Choose a Peer as an Accountability Buddy during this unsettling time.

Check in on each other

Send emails/texts of support

Buddy Up Preparation

- How will you implement Buddy Up?
- How will you introduce Buddy Up to your students?

Write down a few ideas

Lessons & Activities

Direct instruction of SEL skills

Can be taught in small group, whole class or Buddy pairs

Diversity & Inclusion
Empathy & Critical Thinking
Communication
Problem Solving
Peer Relationships
Focus Themes

Lessons and Activities

All Units feature:

- Goals & Objectives
- Research and Relevance
- Lessons and Activities
- Home School Connections

Special Features	
Pre K to 2nd Grades	3rd to 6th Grades
Zappazipplezenzoozery (a.k.a."Z")	Games
Treehouse Friends	Scenarios
Storybooks	Reader's Theater
Activities	Worksheets

Unit & Lesson Structure

SEL Units | **Grades 5 & 6**

Unit 1 Diversity & Inclusion

This unit focuses on promoting three skills: emotion understanding, empathy and flexible thinking. It helps students become aware.

Unit 2 Empathy & Critical Thinking

This unit focuses on promoting three skills: emotion understanding, empathy and flexible thinking. It helps students become aware.

Unit 3 Communication

This unit focuses on promoting three skills: emotion understanding, empathy and flexible thinking. It helps students become aware.

Unit 4 Problem Solving

This unit focuses on promoting three skills: emotion understanding, empathy and flexible thinking. It helps students become aware.

Unit 5 Peer Relationships

This unit focuses on promoting three skills: emotion understanding, empathy and flexible thinking. It helps students become aware.

Lessons

3.1 – Name That Communication Blooper!

Students learn communication roadblocks (Communication Bloopers) by identifying them in a role-play game.

3.2 – The Communicator

Students participate in a game to illustrate the connections among their thoughts, feelings, and actions.

3.3 – Communication in the Environment

Students identify Communication Bloopers and Boosters in their environment.

3.4 – Collaboration in Action

Students practice using Communication Boosters and avoiding Communication Bloopers in a cooperative learning activity.

Lessons Designed for Out of School Time

SEL Units | **Out of School Time Lower Grades**

Unit 1 Diversity & Inclusion

This unit promotes a community environment in the classroom as children learn to recognize and appreciate one another's similarities and differences.

Unit 2 Empathy & Critical Thinking

Children develop empathy (the ability to identify with and understand another person's emotions), reduce stereotyped thinking, and learn critical thinking skills.

Unit 3 Communication

Healthy and unhealthy communication patterns are explored, and children practice effective ways of engaging with others.

Unit 4 Problem Solving

Children learn constructive approaches to resolving conflict, focusing on conflict-resolution steps that facilitate healthy relationship patterns.

Unit 5 Peer Relationships

Children practice positive social skills and learn the qualities that are important to friendship, the consequences of bullying, and how to provide peers with support.

Choose a grade to see lessons that support Casel or Common Core

NEWS & UPDATES

National University to be Renamed Sanford National University...
The historic renaming to Sanford National University honors

NUS @ ASUGSVSummit: Healthy Kids Learn Better
The Alliance for a Healthier Generation's Kathy Cook and

View All

HARMONY SPOTLIGHT

CALENDAR & EVENTS

5 FEB	Leadership Session Training Webinar: Le...
6 FEB	Online Learning Po... Training Webinar: O...
7 FEB	Q&A Coaching Training Webinar: Q...

See More

Try this today!

OFFER A QUICK CONNECTION

What special belonging do you hope to keep your whole life?

EVERYDAY PRACTICES

- INTRODUCTION
- HARMONY GOALS
- MEET UP
- BUDDY UP
- QUICK CONNECTION CARDS

Family Letter | Welcome Letter | Pacing Plan

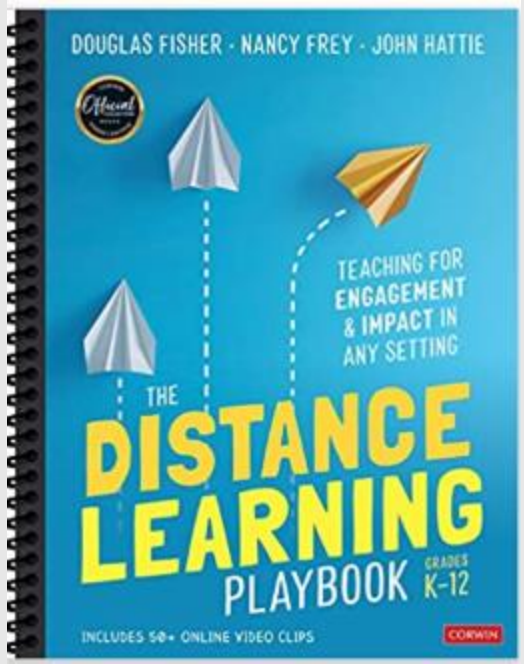
Lessons & Activities - Exploration

sanfordharmony.org

What can I do next week?

- Read a Harmony Storybook
- Do “All About Me” presentations (start with yourself)
- Greet each student by name when they arrive
- Track communication with all students

WHAT resources are available?



Center for Academic, Social & Emotional Learning

www.casel.org

Yale Center for Emotional Intelligence

www.ycei.org

Sanford Inspire – Free resources for Professional Development

www.sanfordinspire.org

Sanford Harmony - No cost SEL program for PK-6th grade

www.sanfordharmony.org

Wrap Up

3 - Things you'll do right away

2 - Questions, comments or suggestions

1 - Key take-away

Please reach out for support or any questions you have while using this program

Contact your Ambassador

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763-297-0561

Thank you!

Thank you for attending and for all you do to support children and SEL

Visit us at SanfordHarmony.org