



# Compassionate Classrooms

*A framework for Social and Emotional Learning*

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A handprint shape is formed by a collection of small, rectangular paper scraps in various colors and patterns, including greens, yellows, oranges, and purples. A single pink heart is placed in the center of the handprint. The background is a light, textured surface.

# Stretch & Breathe

*Connection with self*



# Learning Objectives:

- ♥♥ Understand the meaning of compassion
- ♥♥ Explore Kind Mind's framework of social and emotional learning
- ♥♥ Practice and discuss ways we can cultivate compassion in ourselves and with children





## Reflection & Discussion: What is compassion?

♥ Groups of 2-3 people

♥ 3-5 minutes discuss

♥ Large Group share

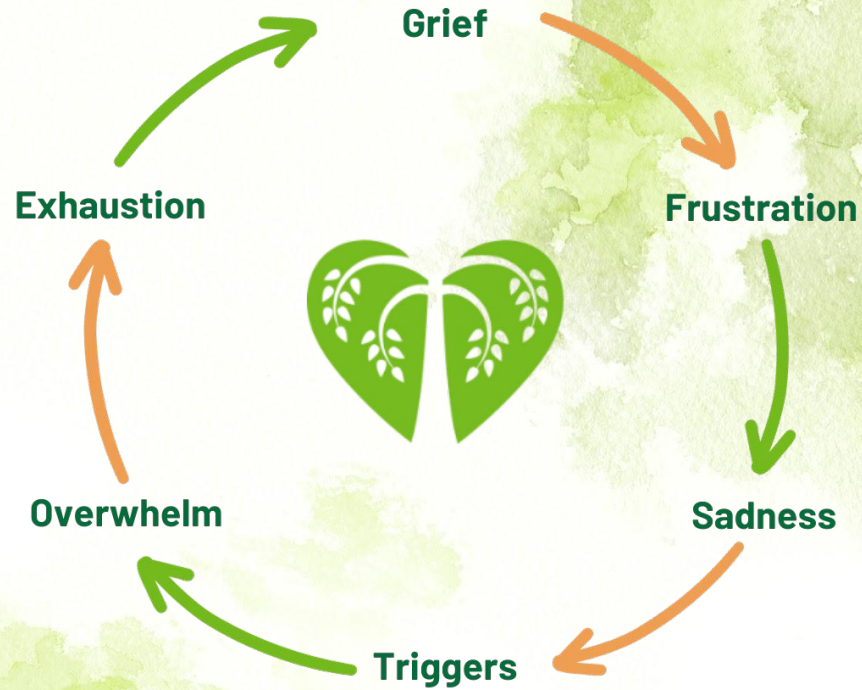


**Compassion** is when we recognize suffering in ourselves and in others, and take action to relieve that suffering.

How is compassion is different from **kindness** or **empathy**?



# We experience various degrees of suffering in life...





# We need to cultivate compassion.

*Today we will practice and discuss*



- **Recognize suffering** (emotional awareness)
- **Take action** (embody & access healthy tools)
- **Relieve suffering** (acceptance & resilience)

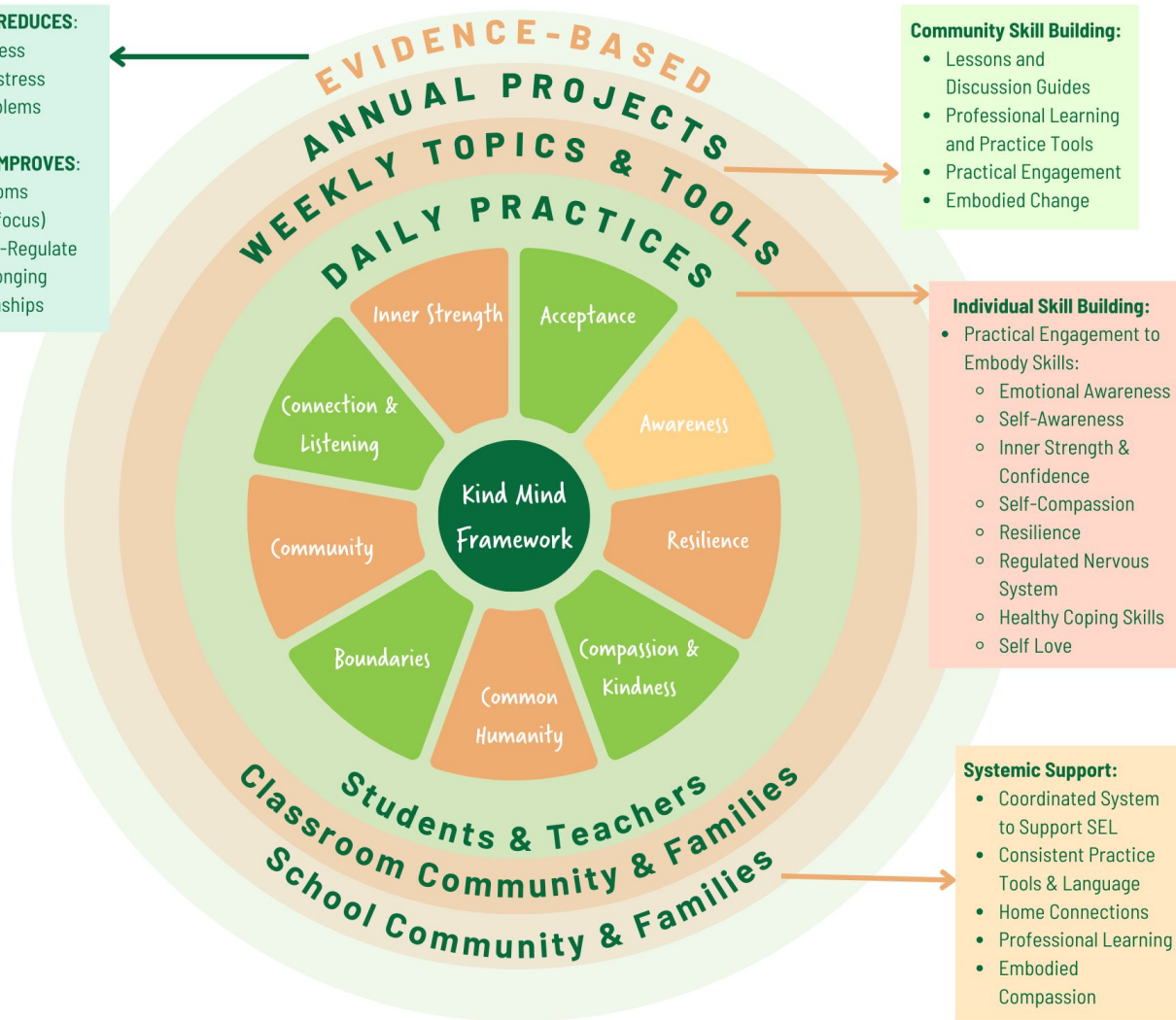
**This is the foundation of Kind Mind's framework for social-emotional learning and wellness.**

**SIGNIFICANTLY REDUCES:**

- Anxiety & Stress
- Emotional Distress
- Conduct Problems

**SIGNIFICANTLY IMPROVES:**

- ADHD Symptoms (impulsivity, focus)
- Ability to Self-Regulate
- Sense of Belonging
- Peer Relationships







## Emotional Awareness

Our ability to recognize emotions, thoughts, and feelings and choose to be present with them.

***Cultivate with mindfulness and intention.***



# Practice: Mindful Breathing & Heart Connection

♥ Guided Practice

♥ 3 minute to reflect how you feel >> ***write, draw, think, feel***

# In the classroom

## Daily Rhythm

♥♥ Daily/Weekly connection and reflection

- Breathe, Heart Connection, Emotional Check-in

♥♥ Visual Cues and Tools

♥♥ Tips:

- Consistent and routine practice
- Invitational sharing - not forced
- Draw / Write to decompress and build interoceptive awareness
- No need to fix, just listen





# Embody & Access Healthy Tools

*To regulate and build empathy*

**Practice to embody skills and build self-efficacy = EMOTIONAL RESILIENCE**



# In the classroom

to help students embody emotional resilience

## Morning

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- Settle & breathe
- Emotional check-in
  - *share, write, draw*

## Transitions

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- Breathwork
- Quiet activity
  - *draw, write, sensory, creative*

## Dismissal

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- Connection practice:
  - *Weekly connections, journal, gratitude, audio, etc.*

# Acceptance

*One action step - relief from suffering*

**YOUR ROLE** is to allow the time and space to process and to listen without fixing.

- This builds inner strength (not fear) of our most difficult experiences and emotions.
- Being with what feels uncomfortable takes practice.







# Practice: Compassionate Listening

*to support emotional regulation and conflict resolution*

- ♥♥ Groups of 2 - Identify **Listener** and **Speaker**
- ♥♥ 3 minutes for Speaker to share a recent struggle or frustration
- ♥♥ Switch Roles
- ♥♥ Written Reflection (if time 3 minutes)
- ♥♥ Large Group Share

# Debrief: Compassionate Listening

*to support emotional regulation and conflict resolution*

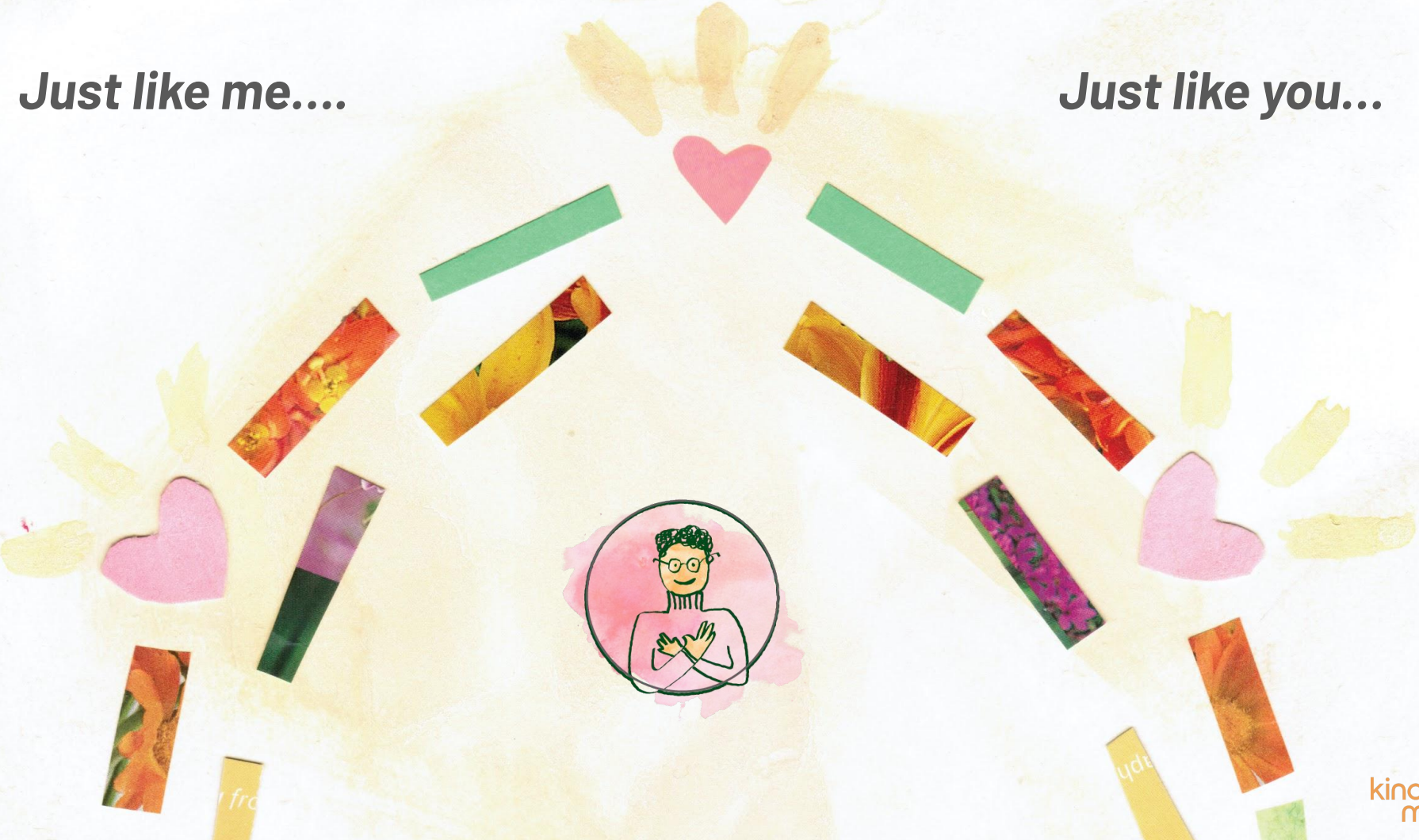
♥♥ What did it feel like and what did you notice in both roles?





**Just like me....**

**Just like you...**





**QUESTIONS?**

# How did we do?



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