

Kindness in the Classroom

Background / Evidence

What is Self-Regulation? In the simplest terms, self-regulation can be defined as the ability to stay calmly focused and alert. It involves elements of emotional control and self-control but it can't be reduced to only these elements. – Dr. Stuart Shanker

- [Calm, Alert, and Learning: Classroom Strategies for Self-Regulation by Stuart Shanker - https://self-reg.ca/self-reg/books/calm-alert-learning/](https://self-reg.ca/self-reg/books/calm-alert-learning/)
- <https://self-reg.ca/self-reg/> - The Mehrit Centre for Self-Regulation (Dr. Stuart Shanker) a great resource to understand self-regulation.
- <http://www.self-regulation.ca/> The Canadian Self-Regulation Initiative has resources and professional learning opportunities
- <http://www.edu.gov.on.ca/childcare/Shanker.pdf> - Calm, Alert and Happy: This article on self-regulation provides background information on what self-regulation is.
- http://www.yesnet.yk.ca/staffroom/self_reg.html - Search: Resources. This website provides professional development for teachers on a variety of concepts related to self-regulation.
- <https://www.franklinboe.org/cms/lib/NJ01000817/Centricity/Domain/1977/Teaching%20Kindergarten%20to%20Self-Regulate.pdf> - This resource provides information for kindergarten teachers interested in self-regulation.
- <http://www.toolsforkids.ca/products/take-five> - This is a resource for teachers to help students find the right balance to stay focused and alert.
- <http://www.toolsforkids.ca/alert-program> - This is a program developed by occupational therapists to help students develop self-regulation. Can be used on the class or with individual students.
- <file:///C:/Users/tmcisaac/Downloads/539-1-308-1-10-20170227.pdf> - This document provides strategies and classroom intervention that can promote self-regulation.

What is Self-Awareness? It is the ability to recognize one's own emotions and thoughts and their influence on behaviour. This includes being able to accurately assess one's strengths and limitations while maintaining a sense of confidence and optimism. – CASEL.Org

- <https://www.understood.org/en/friends-feelings/empowering-your-child/self-awareness/the-importance-of-self-awareness> - This webpage explains in a simple way what self-awareness is and why it's important. It is intended for children with learning and attention issues; however, the explanation applies to all.
- <http://www.parenttoolkit.com/topics/social-and-emotional> - Search term* Self-awareness. This website explains k-grade 9 self-awareness. It's designed for parents but can be applied to teachers.
- <https://www.edutopia.org/blog/8-pathways-metacognition-in-classroom-marilyn-price-mitchell> This article offers 7 strategies to improve metacognition – developing self-awareness of how students learn.
- <http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html> - Lesson plans for teaching self-awareness and self-advocacy developed out of the University of Oklahoma's Zarrow Center. This resource is for students that have disabilities.
- https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf These lesson plans focus on self-esteem; however they are designed for kids to understand their strengths which is part of self-awareness.

- <http://www.beaconlearningcenter.com/unitplan/unitplan.asp?ID=2975> These lesson plans were developed for first graders. They help kids understand their strengths.

What is Self-Compassion? In the simplest terms, self-compassion involves treating yourself with the same kindness, concern and support you would for someone you care about. – Dr. Kristin Neff

- http://greatergood.berkeley.edu/article/item/try_selfcompassion/ This article discusses/defines self-compassion.
- http://greatergood.berkeley.edu/article/item/self_compassion_for_teachers This article provides tips for teachers to practice their own self-compassion.
- <https://tlcinstitute.wordpress.com/2012/01/06/mindful-self-compassion-for-kids/> This article provides some practical exercises for teaching self-compassion to children.
- <https://www.edcan.ca/articles/caring-without-tiring/>

What is kindness? Kindness is a natural quality of the heart that is expressed through an act of good will and reflecting care for self and others. – Random Acts of Kindness.org

- <http://dalailamacenter.org/heart-mind-learning-project/phase-three/compassionate-and-kind> This article defines kindness/compassion and provides action ideas to promote being kind in the classroom.
- http://greatergood.berkeley.edu/article/item/three_ways_schools_kindness - This article highlights 3 things that schools can do to cultivate kindness.
- http://greatergood.berkeley.edu/article/item/4_ways_to_encourage_kindness_in_students - This article highlights 4 things that teachers can do to encourage kindness in students.
- <http://cityofkindness.org/portfolio/science-of-kindness/> - Research centers and articles on the science of kindness

Resources:

School Environments: Welcoming, Caring, Respectful, and Safe Schools

- <https://education.alberta.ca/safe-and-caring-schools/safe-and-caring-schools/everyone/tools-and-resources/>
- <https://education.alberta.ca/safe-and-caring-schools/whole-school-approach/everyone/other-sites/>
- <http://mcc.gse.harvard.edu/school-resources-for-promoting-caring-and-respect>
- http://mcc.gse.harvard.edu/files/gse-mcc/files/relationship_mapping_pitch_and_guide_0_0.pdf
- <https://www.schoolclimate.org/themes/schoolclimate/assets/pdf/practice/sc-brief-moral-social.pdf>
- <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/docs/redirecting-presenter-notes.pdf>
- <http://www.learnalberta.ca/content/insp/html/teacher/redirectingstudentbehaviour.pdf>
- <https://www.responsiveclassroom.org/reinforcing-reminding-and-redirecting/>

Classroom Routines

- <https://rak-materials.s3.amazonaws.com/cde/en/Building-Trust-In-The-Classroom.pdf>
- <http://staff.educ.ualberta.ca/olenka.bilash/Best%20of%20Bilash/buildingstudentrapport.html>
- <http://files.eric.ed.gov/fulltext/EJ976654.pdf>
- <http://www.wholeschooling.net/WS/WSPress/CommBldgMH.pdf>
- <http://www.tolerance.org/publication/classroom-culture>
- [https://startempathy.org/\(select resources/teacher-modeled-empathy-self-reflection-guide/](https://startempathy.org/(select%20resources/teacher-modeled-empathy-self-reflection-guide/)
- <https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels>
- <http://www.supportrealteachers.org/brain-breaks-and-class-based-activities.html>

Lesson Plans / Activity Ideas:

- <https://www.randomactsofkindness.org/for-educators>
- [Cooperative learning activities](#)
- <https://www.pinterest.com/explore/kindness-activities/>
- <https://www.scholastic.com/teachers/blog-posts/shari-carter/creating-culture-kindness-your-classroom/>
- <http://ripplekindness.org/wp-content/uploads/2015/04/Positive-thoughts-poster.pdf>
- http://startempathy.org/wp-content/uploads/2015/10/StartEmpathy_Toolkit.pdf
- http://rak-materials.s3.amazonaws.com/cde/en/RAK_grab_and_go_games.pdf
- http://rak-materials.s3.amazonaws.com/cde/en/RAK_kindness_bingo_cards.pdf

Evidence-based Programs:

- Self-Regulation Program – The Zones of Regulation – <http://www.zonesofregulation.com/index.html> (Program that uses cognitive behavioural approach to teach self-regulation.)
- MindUP – Program - <https://mindup.org/> (Program that works has shown student increases in self-regulation and emotional intelligence.)
- Social Thinking - <https://www.socialthinking.com/> (This organization’s mission is to help people develop their social competencies to better connect with others and live happier, more meaningful lives. There are a number of resources on the website. To find self-regulation click on products: by social thinking and skills: Self Regulation, Social Responsibility & Executive Functioning)
- Roots of Empathy - <http://www.rootsofempathy.org/> (This is an evidence-based classroom program that increases social/emotional competence, empathy and decreases bullying.)
- RULER - <http://ei.yale.edu/ruler/> (This is an evidence-based approach that helps schools integrate emotional intelligence into everyday practice.)
- The Fourth R - <https://youthrelationships.org/> (This program offers a few approaches to support healthy relationships, safe choices and student connection.)

Inquiry / Service Projects:

- R.J. Hawky Kindergarten Kindness Ninjas <https://blogs.rockyview.ab.ca/?s=kindness>
- Peace River High School “How can we show that our school supports equality and is supportive of the LGBTQ community?”
<http://www.peaceriverhigh.ca/view.php?action=object&id=21757&stream=Homepage%20News>
- Ideas to start your own kindness projects https://www.randomactsofkindness.org/for-canadian-educators#educator_resources

Books:

- Bucket filling books <http://www.bucketfillers101.com/>
- 9 Books Celebrating Acts of Kindness http://www.coffeecupsandcrayons.com/acts-of-kindness-books-for-kids/#_a5y_p=1435582
- Stories of Kindness in Children’s Books <http://www.the-best-childrens-books.org/stories-of-kindness.html>
- Books for students <http://materials.randomactsofkindness.org/cde/en/Books-List.pdf>

Videos:

- Colour Your World with Kindness - <https://www.youtube.com/watch?v=rwelE8yyYOU&feature=youtu.be>
- The Science of Kindness - <https://www.randomactsofkindness.org/the-science-of-kindness>

Videos (con't):

- Whole School Approach to Kindness - <https://www.youtube.com/watch?v=wfsPdFNQA10>
- We are Built to be Kind - <https://www.youtube.com/watch?v=SsWs6bf7tvI&list=PLE8F0F3tI6mXflm-Nnyl6YH4I9P9y6Hnh> (Background information from Dr. Keltner at Berkley)

Teachers Wellness / Self-Care:

- Social Work Tech – Self Care Plan <http://www.socialworktech.com/2011/05/25/making-a-self-care-plan/>
- <https://www.ucalgary.ca/wellbeing/files/wellbeing/self-care-starter-kit.pdf>
- https://www.ted.com/playlists/299/the_importance_of_self_care