



**Creating a Culture of Acceptance and Kindness in a Challenging World:
It All Starts in Your Early Childhood Program**



presented by **Jacky Howell, MA**

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**Jacky Howell, MA
Consultant, Presenter,
Author**

azspire@gmail.com

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WAITING FOR YOU

--Bev Bos

***We've been waiting for you to come to
this place,
Waiting for you to come to this place,
Wherever you're from,
We're glad that you've come.
We've been waiting for you to come to
this place.***





"The children look to us to set the tone for caring and learning, and they copy what we do. If we listen to them, they listen to each other. If we value them and support, encourage, and celebrate what they do, they will do the same for each other.

If we encourage risk taking and accept approximations, they do the same for themselves and for others.

If we are learners in the classroom, they become learners, too.

A positive caring and learning community generates from our positive ways throughout the day.

It matters that we greet everyone as they come in, help a child pick up the crayons she has dropped, and listen carefully to stories from home...

When we are positive, the children are positive.

When we demonstrate attitudes of caring along with the skills, strategies, and content of learning, we become the bonded adult whom the children emulate and look to for assurance that this classroom is a physically, psychologically, and emotionally a safe place in which to take risks.

—Bobbi Fisher

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JOY of the UNEXPECTED



<https://www.youtube.com/watch?v=RpUrshCNVKE>





Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins. And it's up to you to make that happen. Empathy is a quality of character that can change the world."

— Barack Obama

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POLL



KINDNESS:

RAK defines kindness as a natural quality of the heart, expressed through an act of good will and reflecting care for self and others.
Kindness means being friendly, generous or considerate to ourselves and others through words and actions.



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EMPATHY:

when you empathize with someone you try to see and feel the world for his or her perspective.
Your primary feelings are more related to the other person's situation than your own.



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If I see and experience kindness everyday. It is more likely that kindness becomes a huge part of who I am as I grow up.

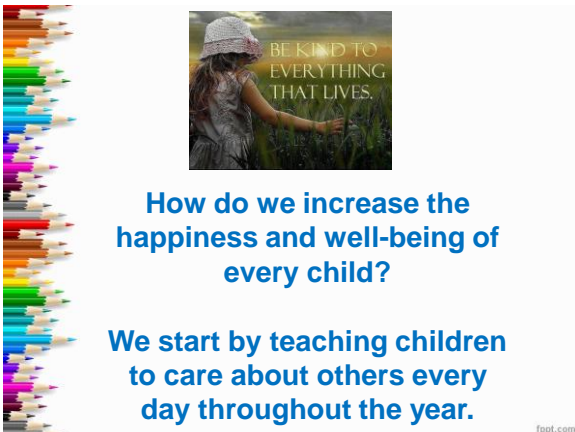
www.easypeasykids.com.au

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Martin Richard lost his life when the second of two bombs exploded near the finish line of the Boston Marathon in 2013. This 8-year-old boy believed in peace and kindness, values he proudly displayed on a poster he made at school.

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How do we increase the happiness and well-being of every child?

We start by teaching children to care about others every day throughout the year.

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EMOTIONAL LITERACY
Recognize and understand the feelings and needs of self and others...

MORAL IDENTITY--values
Adopt caring values that guide integrity and activate empathy to help others

PERSPECTIVE TAKING
Step into other's shoes to understand another person's feelings, thoughts and views

INSPIRATION
Use literature, films, and emotionally charged images as a source of inspiration to feel with others

****Michele Borba, Ed.D.**

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EMOTIONAL LITERACY
Recognize and understand the feelings and needs of self and others...



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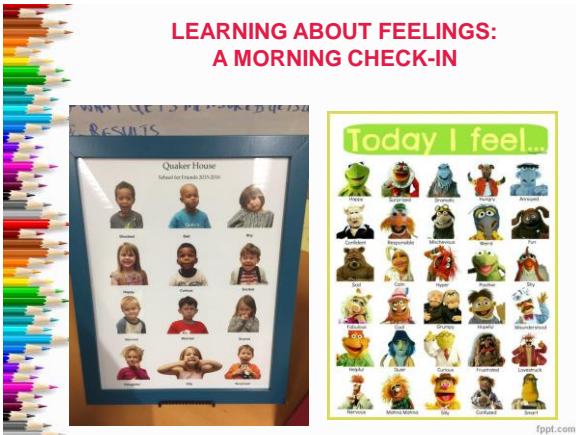


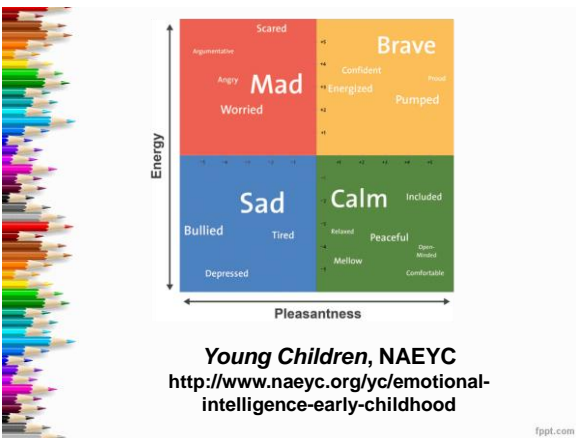
BECOME AN EMOTIONS COACH
--Self-Regulation: children learn to manage strong emotions and reduce personal stress



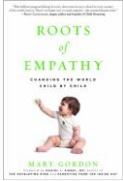
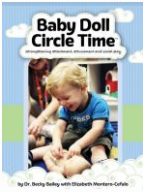
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BABY DOLL CIRCLE TIME



CARING FOR BABY DOLLS



LEARNING ABOUT BABIES

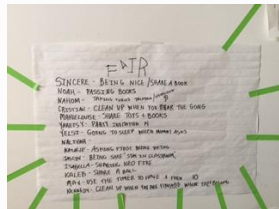


LEARNING LANGUAGE OF KINDNESS



WHAT WE SAY...

LEARNING LANGUAGE OF KINDNESS



WHAT WE SAY...

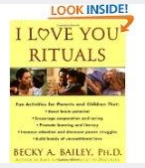
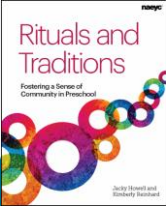

INTENTIONAL RITUALS CREATE CONNECTIONS

“Kindness is a skill that can be practiced over time...like riding a bike.... (We) learn it so well it becomes automatic (Roeser 2014)



I LOVE YOU RITUALS

A wonderful woman lived in a shoe.
 She had so many children
 She knew exactly what to do.
 She held them, she rocked them,
 She tucked them in bed,
 "I love you, I love you",
 Is what she said.
 --Becky Bailey

**Peter Peter pumpkin eater
 Had a friend he liked to greet
 Treated her with kind respect
 And in the morning hugged her neck.**

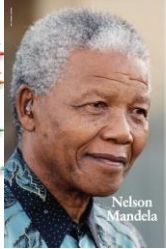



**IN YOUR WORK WITH CHILDREN,
 WHEN DO YOU SEE KINDNESS AND
 EMPATHY EXPRESSED??**




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MORAL IDENTITY--VALUES

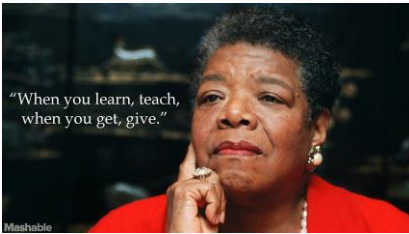


What can one person do?

INSPIRATION
Pass It On.
VALUES.COM 107.7.2010/1212

Adopt caring values that guide integrity and activate empathy to help others

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WHAT KIND OF ROLE MODELS ARE WE?

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SHARING OF YOU!!!



PLAYMATE
Playmate come out and play with me.
And bring your dollies three,
climb up my apple tree,
Call down my rain barrel.
Slide down my cellar door.
And we'll be jolly friends.
Forevermore!

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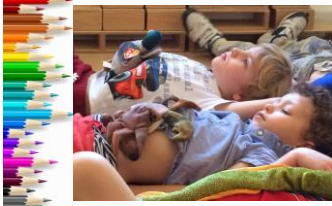
BASKETBALL



PUPPETS AS PALS!



MINDFULNESS-MOMENT OF SILENCE



BREATHING BUDDIES



PRACTICING DEEP BREATHING





Books on Kindness and Empathy

Jerry Pinkney

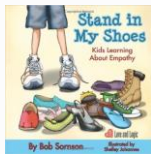


Bob Samson

Edward van de Vendel



Kathryn Otoshi




Rana DiOrio

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ENVIRONMENTS THAT INVITE



EMBRACING DIVERSITY

--Practicing Kindness: increasing a child's concern about the welfare and feelings of others



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PERSPECTIVE TAKING

Step into other's shoes to understand another person's feelings, thoughts and views




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"It's not all about me, it's about me AND you!"



Fostering Empathy

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CONNECTIONS TO OTHERS

FRIENDSHIP GROUPS


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**WORKING ON THE PLAYGROUND—
GIVING TO OTHERS**



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WHEN WE HELP EACH OTHER



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WE CONNECT AND GROW TOGETHER



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CREATE A SAFE SPACE



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CARING FOR A PET



"Children taught to extend justice, kindness, and mercy to animals become more just, kind, and considerate to others."

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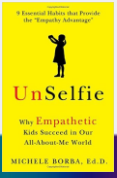
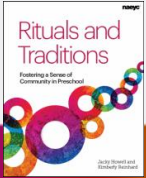
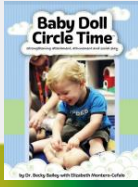


RESOLVING CONFLICTS





EMPATHY....



INSPIRATION

Use literature, films, activities, real role models, and images as a source of inspiration to feel with others

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In working with little children, I see on a daily basis the "seeds of goodness" Roser referred to and continue working with teachers on ways we can make those seeds take root and grow strong with our preschool children. As Roser says in the lecture, we do want to create "experiences where children feel intrinsically that it feels good to do good and how do we help them practice and generate that virtue of kindness..."



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CREATING A SCHOOL FAMILY: CLASSROOM JOB BOARD



STAR PERSON

GOOD IDEA PERSON



HELP YOU FEEL BETTER PERSON



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TAKE TIME FOR CONVERSATIONS





SHARED PROJECTS—CREATING A CLASSROOM KINGDOM!

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CREATING MEANINGFUL TRADITIONS

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HOW DO WE “DOCUMENT” KIND AND EMPATHETIC BEHAVIORS?

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A WORLD FILLED WITH KINDNESS

<https://www.youtube.com/watch?v=uaWA2GbenJU>



THANK YOU FOR ATTENDING THE SESSION!

YOU CAN REACH ME AT:

Jacky—azspire@gmail.com

**JACKY CAN COME TO YOU FOR PRESENTATIONS
AND CONSULTING!!!**

