

***How Perspective-Taking Nurtures Kindness, Empathy, and Justice in ECE***  
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**WEBSITES AND ARTICLES**

<https://www.randomactsofkindness.org/> “Our mission is to change schools, the workplace, families *and society* through kindness. We work toward that goal by creating free content that promotes kindness toward others & teaches important kindness skills to kids.”

<http://www.schoolclimate.org/> -- Our goal is to promote positive and sustained school climate: a safe, supportive environment that nurtures social and emotional, ethical, and academic skills.

<https://mcc.gse.harvard.edu/> -- Welcome to the Making Caring Common Project, where we seek to help educators, parents, and communities raise children who are caring, respectful, and responsible toward others and their communities.

<http://www.rootsofempathy.org/> --Roots of Empathy's mission is to build caring, peaceful, and civil societies through the development of empathy in children and adults.

<https://mindup.org/> --MINDUP is the evidence based, CASEL accredited social emotional literacy program of the Hawn Foundation built upon neuroscience, positive psychology, mindful awareness training and optimism.

<https://www.mindandlife.org> -- Mind and Life's work operates in an array of rigorous fields—neuroscience, psychology, education, medicine, ethics, religion, the humanities—and is always guided by the Institute's larger mandate to alleviate suffering, cultivate kindness and compassion, and advance human flourishing.

<http://dalailamacenter.org/> -- "Educating the heart" is the Center's tag line. The Center will provide a learning environment that cultivates mindfulness: the integration of mind, body, and spirit. It will encourage heightened awareness within of our inner potential through diverse practices of art. And it will provide a venue for creative interpretation of the world's many wisdom traditions.

<https://greatergood.berkeley.edu/> --The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.

<http://www.communitykindnessmovement.com/> --resources on creating community kindness

<http://www.happiness-project.com/>--happiness ideas!

<http://www.teachkind.org> --humane education ideas for K-12

<http://www.kindspring.org/> -information on “small acts that change the world”

<http://www.karmatube.org/index.php> --WATCH be inspired and ACT!

<http://www.dailygood.org/> --news that inspires

<http://www.actionforhappiness.org/> --taking action for a happier world

<https://www.passiton.com/> -- The goal of The Foundation for a Better Life is to offer inspirational messages to people everywhere as a contribution toward promoting good values, good role models and a better life.

<http://heartmindonline.org/> -resources for educating the heart and the mind

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<http://www.rootsofaction.com/> --Research-based resources for PARENTS, SCHOOLS, and COMMUNITIES who want to impact the positive growth and development of children and teenagers.

<https://startempathy.org/> --Start Empathy, an initiative of Ashoka, is a community of individuals and institutions dedicated to building a future in which every child masters empathy.

<https://ripplekindness.org/> --a heart-centered primary and elementary school curriculum.

<https://www.mindful.org/what-if-schools-taught-kindness/> --article

[https://greatergood.berkeley.edu/article/item/seven\\_ways\\_to\\_foster\\_empathy\\_in\\_kids](https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_empathy_in_kids) --article

<http://www.teachingforchange.org/> -- provides teachers and parents with the tools to create schools where students learn to read, write and change the world.

<https://www.learningforjustice.org/> --resource for educators around social justice and anti-bias resources for educators

<https://socialjusticebooks.org/about/> --multicultural and social justice books for children, YA and educators

<https://www.rethinkingschools.org/index.shtml> --resources and information addressing urban schools, particularly issues of race and more.

<http://thekulturekidz.com/> --resources for black history

<http://www.edchange.org/multicultural/> --variety of multicultural ideas and issues

<https://nameorg.org/> --national association for multicultural education

<https://www.theprivilegeinstitute.com/> -- WPC is a conference that examines challenging concepts of privilege and oppression and offers solutions and team building strategies to work toward a more equitable

<http://www.languagecastle.com/> --resources for educators working with linguistically diverse children

<https://coloursofus.com/> --multicultural books for children and more!!

<https://www.edutopia.org/blog/film-festival-kindness-empathy-connection> --great playlist of videos!

<https://www.thekindnessrocksproject.com/> --learn more about the kindness rocks projects

<https://empatico.org/> --connect around the world with pen pal classes

<https://dey.org/> --Our mission is to work for a just, equitable, and quality early childhood education for every young child,

<https://abolitionistteachingnetwork.org/> --Abolitionist Teaching Network's mission is to develop and support those in the struggle for educational liberation by utilizing the intellectual work and direct action of Abolitionists in many forms.

<https://native-land.ca/> --through maps and blog, discover the native lands where you are living

<https://www.peaceripples.com/single-post/2018/05/23/How-Moral-Elevation-Creates-Ripples> --article on moral elevation

<https://diversebookfinder.org/> --identify and explore multicultural picture books

## BOOKS

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- Brown, Brene´. *Dare to Lead: Brave Work, Tough Conversations, Whole Hearts*. Random House, 2018.
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- Crepeau, Ingrid and M. Ann Richards, *A Show of Hands: Using Puppets with Young Children*, Redleaf Press, 2003.
- Derman-Sparks, Louise. Julie Olsen Edwards and Catherine M. Goins. *Anti-Bias Education for Young Children and Ourselves*. 2020.
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- Gordon, Mary. *Roots of Empathy: Changing the World Child by Child*. The Experiment, 2009.
- Howell, Jacky, Makai Kellogg, Magy Youssef, and Sabina Zeffler. *Reflection, Perspective-Taking and Social Justice: Stories of Empathy and Kindness in the Early Childhood Classroom*. Redleaf Press, 2024**
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- Jablon, Judy and Nichole Parks. *11 Simple Rules to Create Thriving Communities for Children*. Leading for Children, 2022.
- Langworthy, Sara E. PhD. *Bridging the Relationship Gap: Connecting with Children Facing Adversity*. Redleaf Press. 2015.
- Lee, Ingrid Fetell. *Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness*. Little, Brown and Spark, 2018.
- Murray, Carol Garboden. *Illuminating Care: The Pedagogy and Practice of Care in Early Childhood Communities*. Exchange Press, 2021
- Pelo, Ann and Margie Carter. *From Teaching to Thinking*. Redleaf Press, 2018.
- Porter, Susan Eva Phd. *Bully Nation: Why America’s Approach to Childhood Aggression is Bad for Everyone*. Paragon House, 2013.
- Scholastic, *Mind Up Curriculum: Brain-Focused Strategies for Learning—and Living, Grades PreK-2*. Scholastic, 2011.
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Szalavitz, Maia and Bruce Perry, M.D., PhD. *Born for Love: Why Empathy is Essential and Endangered.* William Morrow, 2010.

Tominey, Shauna. *Creating Compassionate Kids: Essential Conversations to Have with Young Children.* W.W.Norton, 2019.

Zaki, Jamil. *The War for Kindness: Building Empathy in a Fractured World.* Crown, 2019.

[www.makaisecee.wordpress.com](http://www.makaisecee.wordpress.com) - Makai's Early Childhood Equity Endeavors

Book: Black Lives Matter at School pre-order site: <https://bookshop.org/books/black-lives-matter-at-school-an-uprising-for-educational-justice/9781642592702>

Book: What We Believe: A Black Lives Matter Principles Activity Book- <https://blog.leeandlow.com/2020/10/01/what-we-believe-a-black-lives-matter-principles-activity-book/>

Black Lives Matter at School: [blacklivesmatteratschool.com](http://blacklivesmatteratschool.com)

DC Area Educators for Social Justice Early Childhood and Elementary Resources for BLM Week of Action: <https://www.dcareeducators4socialjustice.org/black-lives-matter/resources/young-children#13>

Mindfulness Resources:

- MINDUP Curriculum (Scholastic)
- Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens, by Susan Kaiser Greenland (Author)
- Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by [Eline Snel \(Author\)](#), Myla Kabat-Zinn (Reader)
- A Handful of Quiet: Happiness in Four Pebbles, by [Thich Nhat Hanh \(Author\)](#)
- Happy Teachers Change the World: A Guide for Cultivating Mindfulness in Education, by [Thich Nhat Hanh \(Author\)](#), [Katherine Weare \(Author\)](#)
- The Miracle of Mindfulness: An Introduction to the Practice of Meditation, by [Thich Nhat Hanh \(Author\)](#), [Vo-Dinh Mai \(Illustrator\)](#), [Mobi Ho \(Translator\)](#)
- Falling Awake: How to Practice Mindfulness in Everyday Life, by [Jon Kabat-Zinn \(Author\)](#)
- Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education), by [Patricia A. Jennings \(Author\)](#), [Daniel J. Siegel M.D. \(Foreword\)](#)
- The Way of Mindful Education: Cultivating Well-Being in Teachers and Students (Norton Books in Education) 1st Edition by [Daniel Rechtschaffen \(Author\)](#), [Jon Kabat-Zinn PhD \(Foreword\)](#)
- Teach, Breathe, Learn: Mindfulness in and out of the Classroom, by [Meena Srinivasan \(Author\)](#)
- <https://www.tarabrach.com/guided-meditations/>
- <http://self-compassion.org/category/exercises/>
- <https://www.mindful.org/magazine/>