



A CURRICULUM OF HOPE
FOR A PEACEFUL WORLD

A Curriculum of Hope for a Peaceful World Newsletter

VOLUME XXVIII
ISSUE 3
FALL 2014

Editor's Message

**"Empathy
May be
the
single most
important
quality
that
must be
nurtured
to
give peace
a fighting
chance."**

**— ARUNDHATI
RAY**

Empathy is a critical component of safe, caring, and respectful learning environments. Students who have empathy are less likely to tease or bully others because they have the ability to see things from another person's point of view. They can put themselves in another person's shoes and feel what the other person is feeling or experiencing. Empathy leads to trust, tolerance and the feeling of connectedness with the diversity of human kind. Thus, ensuring students have empathy is part of what successful teachers do. They create classroom environments that develop their students' interpersonal skills and build emotional literacy. Students learn to listen, communicate, work cooperatively, and solve problems. This learning is consciously infused to everyday life in the classroom—in how teachers' teach.

Studies show that children are more likely to develop empathy when their emotional needs are met at home. (Barnett, 1987). This includes knowing that they can count on their parent or caregiver, and that parents/caregivers help their child in dealing with negative emotions. The reality is that not all children have families that give this support, and this may be especially true for children who live in poverty.

We know that poverty can impact a child's ability to learn and often is a factor in the social, emotional, and behavioral problems students demonstrate in school. In fact, according to the National Center for Children in Poverty, 22% or 16 million children in the United States are living in poverty.

Under stress, the brain triggers a surge in cortisol, a hormone that produces the "fight or flight" response and inhibits the ability to absorb new information and to connect emotionally with others. Stressed children are anxious, tuned-out, emotionally volatile, and have diminished energy, stamina, and memory. The result is a vicious cycle: Students experiencing trauma at home come to school unprepared to learn and unable to forge trusting relationships, leaving them more isolated and subject to failure, which further increases stress levels.

Lennon Flowers

Unleashing Empathy: How Teachers Transform
Classrooms with Emotional Learning; April 2014

The implications are two-fold. First, educators must have empathy for their students and must recognize the social and emotional needs students bring to the classroom. Secondly, especially for those students who are living in poverty, we need to consciously teach the interpersonal skills needed to be successful in the classroom and in life. This issue will explore both and give you resources and ideas to teach your students to care through words and actions.

Janice McKusick
Editor



Resources and Ideas

According to an article in *Boston's Natural Awakenings Magazine*, August 2014, researchers at California State University found that teens who feel **gratitude** are more likely to meet with success in school, and less likely to use drugs and alcohol. Lead author Giacomo Bono, Ph.D., a psychology professor at California State University-Dominguez Hills, stated, "These findings suggest that gratitude may be strongly linked with life skills such as cooperation, purpose, creativity and persistence." He continued, "More gratitude may be precisely what our society needs to raise a generation that is ready to make a difference in the world."

Help your students to understand what it means to put yourself in **someone else's shoes**, and to learn the kinds of behaviors that show that they understand someone's feelings.

www.tolerance.org/lesson/developing-empathy

Gwen Dewar, Ph.D., gives 10 **researched-based tips for parents** (and they are very applicable to classrooms) to teach empathy in her article "*Teaching empathy: Evidence-based tips for fostering empathy in children.*" - See more at: <http://www.parentingscience.com/teaching-empathy-tips.html>

Jigsaw learning is a strategy where groups of students become experts in one piece of the content, and then the groups are mixed up to allow students to teach others and learn from the "experts." Visit <http://www.edutopia.org/blog/empathy-lesson-plan-life-skill-joe-hirsch> to find out more about the power of using jigsaw learning in your classroom.

An idea from <http://kidshealth.org/classroom/3to5/personal/growing/empathy.pdf> has students help the President grant an "**Empathy Award**" to a public figure (past or present) who has demonstrated empathy through words and actions. Visit the site to find out more and to find other activities for students in grades 3—5.



**"NEVER LOOK DOWN ON anybody
UNLESS you're HELPING HIM UP."**

— JESSE JACKSON



**"THE opposite OF anger
IS NOT CALMNESS.
It's empathy."**

— MEHMET OZ

There are 191 pins on **Pinterest** regarding empathy!

How do you teach kids to **self-regulate**? Tracy Mercier, in the Fall 2014 *Responsive Classroom Newsletter*, uses positive time-out as a strategy for teaching students who become frustrated to calm themselves with hopes of teaching students to apply the strategies to difficult parts of the day without having to remove themselves to a break area. Read her article at www.responsiveclassroom.org/article/time-out-teaching-self-regulation.

More and more schools are adopting **restorative practices** to deal with behavior problems and solve conflicts—and as a means to significantly reduce the number of suspensions or expulsions. It helps students to come up with meaningful reparations for their wrongdoing while challenging them to develop empathy for one another through "talking circles". These practices help students to work cooperatively and to put themselves in someone else's shoes. They solve problems using three questions: "What happened?" "Who has been affected?" and "What can be done to repair the harm?" Learn more at <http://www.restorativejustice.org/programme-place/02practiceissues/schools-1> http://greatergood.berkeley.edu/article/item/can_restorative_justice_keep_schools_safe

Mindfulness is being used in hundreds of schools in 48 states in the U.S. to help students learn to identify their feelings and cope with classroom stressors that lead to frustration and anger. The benefits include improved emotional regulation and better focus. The practice can also be a powerful coping mechanism for students who experience trauma in economically disadvantaged urban areas. Find out more at: <http://www.mindfulschools.org/> <http://mindfulnessinschools.org/> <http://ucsdcm.wordpress.com/tag/mindful-schools/>

More Resources and Ideas

'Random Acts of Kindness Week' is the second full week of February. Schools across the country are starting afterschool clubs to give students the opportunity to do nice things for others, within their school community and for the community at large—including animal shelters. Project ideas for students in preschool through college can be found at <http://www.randomactsofkindness.org/kindness-project-ideas>.

The Great Kindness Challenge takes place from January 26—30th, 2015. It is one school week devoted to performing as many acts of kindness as possible, choosing from a checklist of 50 suggestions. When you register your school (free) you can download the Acts of Kindness Toolkit and Checklist. <http://www.greatkindnesschallenge.org/School/event.html>

See Barb Shelby's webpage for hundreds of **ideas for random acts of kindness** just for kids, including puzzles, games, activities for families and poems.

<http://www.kidactivities.net/category/Random-Acts-of-Kindness.aspx>

Check out **Kids for Peace**—The Great Kindness Challenge Video at <http://www.youtube.com/watch?v=cd1xml8GB1Y>



5 Ways to Be Kind

from American Profile Magazine

- ◆ Invite someone sitting alone to join you.
- ◆ Hold the door open for a stranger.
- ◆ Write an unsigned thank you note to thank a hard worker for all he/she does.
- ◆ Show empathy to a friend who is struggling.
- ◆ Let someone in front of you in line.

Southern Poverty Law Center's Teaching Tolerance has a new online tool to help teachers implement common core literacy standards. **Perspectives for a Diverse America** is a literacy-based curriculum that connects anti-bias social justice content with the rigor of the Common Core Standards. Once you register on the site you identify an essential question, choose a text, and select tasks and strategies. The tasks and strategies include vocabulary development, reading comprehension, discussion, persuasive writing, and social action. The central texts are non-fiction essays and speeches, literature, songs, video clips and maps. It is designed to be used with any age group.

perspectives.tolerance.org

Teaching Tolerance's educational kits and subscriptions to its magazine are FREE to classroom teachers, librarians, school counselors, school administrators, professors of education, youth directors at houses of worship and employees of youth-serving nonprofit organizations. Here are two:

America's Civil Rights Movement: A Time for Justice

In *A Time for Justice*, four-time Academy Award-winning filmmaker Charles Guggenheim captured the spirit of the civil rights movement through historical footage and the voices of those who participated in the struggle.

Bullied: A Student, a School and a Case That Made History

Grades 6—8 and 9—12

Bullied is a documentary film that chronicles one student's ordeal at the hands of anti-gay bullies and offers an inspiring message of hope to those fighting harassment today. It can become a cornerstone of anti-bullying efforts in middle and high schools.

RESOLVE to be tender WITH the young,
 COMPASSIONATE WITH the aged,
 SYMPATHETIC WITH the Striving
 and tolerant WITH the Weak and Wrong.
 Sometime in your Life, you WILL Have been ALL OF these."
 Gautama Buddha



Resources

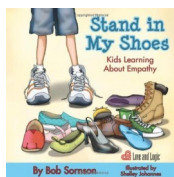
For Elementary

Stand In My Shoes:

Kids Learning about Empathy

Bob Sornson, Ph.D.

Love and Logic Press; 2013

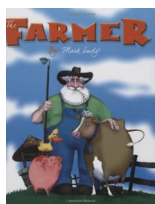


The Farmer

Mark S. Ludy

Green Pastures Publishing, Inc.;

1999

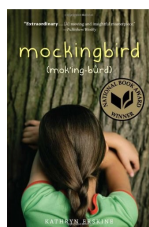


For Middle School

Mockingbird

Kathryn Erskine

Puffin; 2011



Dear Bully:

70 Authors Tell their Stories

Carrie Jones, Megan Kelley Hall

Harper Teen; 2011

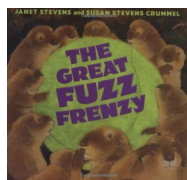


The Great Fuzz Frenzy

Janet Stevens

HMH Books for Young Readers;

2005



How to Heal a Broken Wing

Bob Graham

Candlewick; 2008



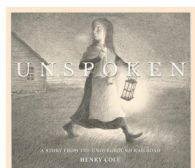
Unspoken

A Story From the Underground

Railroad

Henry Cole

Scholastic Press; 2012



Jumonia

Kevin Henkes

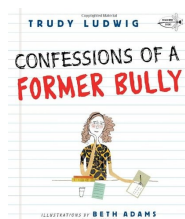
Greenwillow Books; 2012



Confessions of a Former Bully

Tracy Ludwig

Dragonfly Books; 2012

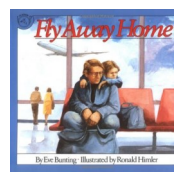


Fly Away Home

Eve Bunting

HMH Books for Young Readers;

1993

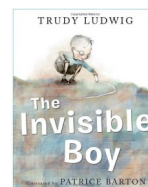


The Invisible Boy

Trudy Ludwig

Knopf Books for Young Readers;

2013



Bully

Laura Vaccaro Seeger

Roaring Brook Press; 2013



Benny and Omar

Eoin Colfer

O'Brien Pr; 2001



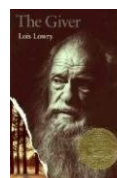
The Giver

Lois Lowry

HMH Books for Young

Readers;

Rep Mti edition 2014



Empathy is

Seeing

With the eyes

of another,

Listening

With the ears

of another and

Feeling

With the heart

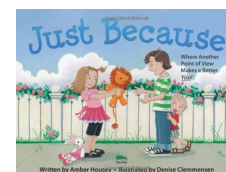
of another."

— ALFRED ADLER

Just Because

Amber Housey

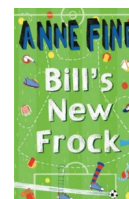
Ferne Press; 2011



Bill's New Frock

Anne Fine

Egmont Books Ltd; 2007



Dreamwalker

Isobelle Carmody

Lothian Books; 2000



All can be found at www.amazon.com.

Peacemakers At Work

*The **Buddy Bench** movement has spread all over the world. Here is the story of Christian, a true peacemaker at work. Visit his site to learn more.*

"In the spring of 2013, when Christian was in first grade, there was a possibility that his family was going to move to Germany. When they were looking at a website for a school overseas, Christian saw picture of a special bench on the playground. He asked about it and liked what he heard. He thought it would be a really great thing to have on the playground at his current school, Roundtown Elementary. He knew that there were some kids who felt lonely at recess and he thought this would put an end to that! He told his teacher and his principal about it and they thought it was a great idea! Since it was the end of the school year, the principal said he would look into it over the summer and they would get it in place in the fall.

In the end, Christian didn't move to Germany, so he was able to stay at Roundtown. Sure enough, his principal researched it and let Christian help pick out the bench in the fall! After the buddy bench arrived, Christian gave a presentation to the school board to explain it. Before it was placed on the playground, Christian spoke in front of his whole school at a community morning meeting to explain the buddy bench and show a video about it that he made with his principal. The kids loved it and were very excited for the bench to be placed on the playground!

The local newspaper did a story on the buddy bench and it caught the attention of the Huffington Post. From there it was picked up by NBC and other media outlets. Christian has heard from students and adults across the country who love this idea and want to do the same thing at their schools! He is so excited by this and is eager to see the buddy bench movement spread. He is happy to help spread the word in any way that he can!"

buddybench.org

"It's Nice to be iMportant, but it's More iMportant to be Nice."

– AUTHOR UNKNOWN



Brave Bridge-Builders

From www.theparentscircle.com

"The Parents Circle - Families Forum (PCFF) is a joint Palestinian Israeli organization of over 600 families, all of whom have lost a close family member as a result of the prolonged conflict. Joint activities have shown that the reconciliation between individuals and nations is possible and it is this insight that they are trying to pass on to both sides of the conflict. Moreover, the PCFF has concluded that the process of reconciliation between nations is a prerequisite to achieving a sustainable peace. The organization thus utilizes all resources available in education, public meetings and the media, to spread these ideas. The PCFF was established in 1995 - by Mr. Yitzhak Frankental and several bereaved Israeli families. In 1998 the first meetings were held with a group of Palestinians families from Gaza who identified with the call to prevent further bereavement through dialogue, tolerance, peace and reconciliation. The connection with the group in Gaza was cut off as a result of the second Intifada. From 2000 the PCFF expanded to include Palestinian families from both the West Bank and East Jerusalem. These new members have substantially influenced the activities of the PCFF and shaped the character and functioning of the organization. The Parents Circle - Families Forum is registered as an association and is managed jointly by the professional staff, Israelis and Palestinians working in two offices: the Palestinian in El'ram and the Israeli in Ramat Ef'al, Tel Aviv. Although the PCFF has no stated position on the political solution of the conflict, most of its members agree that the solution must be based on free negotiations between the leadership of both sides to ensure basic human rights, the establishment of two states for two peoples, and the signing of a peace treaty. The historic reconciliation between the two nations is a necessary condition for obtaining a sustainable peace treaty."

Caring For Our Planet

The **LEAF Anthology for Urban Environmental Education** supplies urban high school teachers with lessons and projects that will prompt students to think deeply about and act on environmental and sustainability issues. Resources are also available for middle school teachers.

<http://www.nature.org/about-us/careers/leaf/resources-for-teachers/leaf-anthology-of-urban-environmental-education.xml>

Vinegar, baking soda and lemon juice continue to be effective natural, and inexpensive, cleaning products. Vinegar can be mixed with water and put into a spray bottle to be used to clean counter tops, sinks, and bathtubs. However be careful, as vinegar that is not diluted can eat away tile grout. Full strength vinegar can be used to clean toilet bowls. Vinegar is a natural fabric softener—use 1/2 cup in the rinse cycle in place of fabric softeners. Baking soda, as well as being a deodorizer, can be used to scrub surfaces, and also as fabric softener. Lemon juice dissolves soap scum, and can also be used to clean brass and copper. Mix a cup of olive oil with 1/2 cup of lemon juice to create hardwood furniture polish. Try lemon juice to treat stains on clothes. Remember to always try any cleaner on a hidden area first. Visit <http://www.realsimple.com/home-organizing/cleaning/all-natural-cleaning-solutions> to find a list of 66 all-natural cleaning solutions, including uses for toothpaste, cooking oil, and salt.

Millions of Mexican free-tailed bats that for 10,000 years have made their summer home in a cave in Bracken, Texas, are assured a safe place to give birth and raise their young, as a plan to build 4,000 homes has been replaced by a plan to conserve the land. In October, the San Antonio City Council agreed to protect the 1,500 acre property from all development, now and in the future. The city, as well as private and public partnerships will purchase the property thus protecting the habitat for many species of animals.

<http://www.care2.com/causes/victory-worlds-largest-bat-colony-protected-from-development.html>

The Ugly Animal Preservation Society is an awareness campaign that uses comedy to bring attention to animals like the pig-nosed frog, which may otherwise have trouble getting funding. The UAPS holds live events, where a combination of London comics and scientists discuss one ugly endangered animal of their choice. At the end of the show, the audience votes to decide which of those animals will become the mascot for each individual chapter of the UAPS. They don't directly donate money; instead, the aim is to raise awareness, with the hopes that it will eventually lead to donations elsewhere. <http://uglyanimalsoc.com/>

Kids for Saving Earth is a great resource for educators looking for ideas to get students involved in earth-saving actions. <http://www.kidsforsavingearth.org/>

**"We have two ears and one mouth
so that we can listen twice as much
as we speak."
– Epictetus**



Global Peace Roundtable

The Curriculum of Hope for a Peaceful World Committee hosted a "Global Peace Roundtable: Worldwide Educational Initiatives" breakout session at the Delta Kappa Gamma International Convention in Indianapolis on July 31, 2014. Sixteen Delta Kappa Gamma members from ten countries participated in the roundtable discussion. The countries participating were Germany, Costa Rica, Estonia, Great Britain, Mexico, Canada, Japan, Norway, Sweden, and the United States. They shared initiatives that promote peace and educate global citizens in their respective countries. They shared common themes such as helping children value other children and the need to integrate or imbed peace education in other subject areas. The participating teachers expressed that teaching the attributes of caring, respect, responsibility, and compassion and skills such as critical thinking, creative thinking, and conflict resolution are essential elements to educating global citizens to live in a culture of peace.

The participants sent written copies of their presentations to the committee. The papers are posted on the Connecticut DKG website at <http://www.deltakappagamma.org/CT/>. We hope that many will read the papers and share our hopes for a peaceful world for future generations.

Opportunities

The Greater Good Science Center Summer Institute for Educators 2015

A six-day retreat for education professionals
on the science of social-emotional learning
Clark Kerr Campus, UC Berkeley
Friday, June 26—Wednesday, July 1, 2015
\$2200, which includes tuition, lodging, meals, & materials.
Partial scholarships are available

Hear some of the world's leading experts on how to cultivate social and emotional well-being within ourselves and our students. In addition to lectures, participants will engage in deep self-reflection, thought-provoking discussions, and strategy sessions.

Visit:

http://greatergood.berkeley.edu/news_events/event/summer_institute_educators_2015#

23rd International Childhood Education Symposium

March 15 – March 19, 2015

Harris Manchester College in the University of Oxford, Oxford, England.

Also being held this year:

Literature, Language and the Arts, March 15 – 19, 2015

Women and Education, March 22 – 26, 2015

Issues in Childhood Education, July 19 – 22, 2015

Environment, Climate Change and Global Warming, July 22 – 25, 2015

Critical Public Issues, July 22 – 25, 2015

Religion, Women and History, July 26 – 29, 2015

www.oxfordroundtable.co.uk

2015 CTAUN CONFERENCE

January 30, 2015

at the United Nations in NYC

The United Nations at 70 – Making a Difference.

You will learn how the UN was founded and what has changed over these seventy years as the UN has adapted to each succeeding decade and what the future holds as it goes forward with new goals for “2015 and beyond.”

Visit www.teachun.org for more information and registration materials

<http://www.ctaun.org/>

New England League of Middle Schools NELMS and Keys to Literacy

Fall Literacy Event:

Essential Literacy Instruction for Middle School Teachers

December 8, 2014 and January 7, 2015

Wyndham Andover, Boston

Andover, MA

You can attend one or both workshops and learn how to apply instructional strategies needed to develop comprehension, close reading, and content and argument writing.

34th Annual Conference

March 23 & 24, 2015

RI Convention Center/Omni Hotel,
Providence, RI

Visit:

http://www.nelms.org/pages/conferences/learn_teach/literacy.html

<http://www.nelms.org/pages/conferences/annual/annual.html>

Responsive Classroom:

One-day workshops

- Responsive Classroom Sampler
- Overview for Administrators
- Bullyproof Your Classroom
- Responding to Misbehaviors

Visit <http://www.responsiveclassroom.org/workshops-institutes> to register for these workshops to be held in Oakland, CA (February 6th), Enfield, CT (March 6th) and Madison, WI (March 18th).

Education Leads to enlightenment. Enlightenment opens the Way to empathy.

Empathy ForeShadows reForm.”

Derrick A. Bell



Calendar

"YOU CANNOT do a KINDNESS too SOON, For you NEVER KNOW

WHEN it WILL be too Late."

– RALPH WALDO EMERSON

December

- 1 World AIDS Day
www.worldaidsday.org/
- 2 International Day for the Abolition of Slavery
www.timeanddate.com/holidays/un/international-day-abolish-slavery
www.national-awareness-days.com
- 3 International Day of Disabled Persons
www.un.org/disabilities
- 10 Human Rights Day
www.un.org/en/rights
- 18 International Migrants Day
www.timeanddate.com/holidays/un/international-migrants-day

January

- 19 Martin Luther King Day of Service
www.mlkday.gov
www.teachingheart.net/happymlkbooks.html
- 19-23 No Name-Calling Week
www.nonamecallingweek.org
- 27 International Holocaust Remembrance Day
<http://www.cute-calendar.com/event/international-holocaust-remembrance-day/6987-world.html>

February

- February is Black History Month
www.blackpast.org/
www.tolerance.org/exchange/riding-rosa
www.inmotionaame.org
www.cnn.com/EVENTS/black_history/index.html
- 2-6 National Green Week Kickoff
www.greeneducationfoundation.org
- 9-15 Random Acts of Kindness Week
www.randomactsofkindness.org/kindness-ideas
- 19 Chinese New Year: Year of the Wood Ram
<http://www.apples4theteacher.com/holidays/chinese-new-year/>
http://www.herongyang.com/chinese/festivals/new_year.html
- 16 Presidents' Day
<http://www.scholastic.com/teachers/unit/presidents-day-everything-you-need>
<http://www.nea.org/tools/lessons/presidents-day-activities.html>

March

- March is Music In Our Schools Month
www.learningfromlyrics.org
<http://www.nea.org/tools/lessons/51007.htm>
<http://musiced.nafme.org/events/music-in-our-schools-month/>
- 8 International Women's Day
www.internationalwomensday.com
- 22 World Water Day
<http://www.unwater.org>

April

- 7 World Health Day
www.who.int/world-health-day/en/
- 15 Yom HaShoah Day of Remembrance of the Holocaust
www.ushmm.org
- 19-25 National Environmental Education Week
www.eeweek.org
- 22 Earth Day
www.earthday.net
- 24 Arbor Day
www.arborday.net
www.arbordayfarm.org
www.stateforesters.org/

May

- May is Asian-Pacific American Awareness Month
www.nps.gov/history/nr/feature/asia/
- 5 Cinco de Mayo
<http://larryferlazzo.edublogs.org/2009/04/10/the-best-sites-for-teaching-learning-about-cinco-de-mayo/>





Curriculum of Hope for a Peaceful World

Newsletter Subscription Information

Dear Readers,

It is that time of year when we ask each one of you for your continued support. We greatly appreciate those of you who are subscribers and patrons. Your dedication to our peace efforts and generosity toward our monetary needs are vital to our continued work on several projects. We have made the move this year to digital subscriptions to our newsletter. This adjustment has saved on paper and postage, helping us be more environmentally and fiscally responsible.

This Newsletter is sent to over 1,200 individuals and organizations in 22 countries and it is often distributed onward to others. The creation and mailing process are done by dedicated volunteers. Copying is done willingly by our State Executive Secretary. The cost of paper, toner and labels is borne by Alpha Kappa State, CT which also contributes 25% of the proceeds from their annual fund raiser. All other expenses are covered by subscriptions and contributions. Additionally, we are blessed with 25 patrons whose generosity has helped to sustain us throughout the years. As we move into our 29th year of continuous printing, we expect to double our distribution via the Internet and through the efforts of forwarders. If you know of schools or individuals who would benefit from our publication, please let us know. Our Newsletter can always be found online, <http://www.deltakappagamma.org/CT/hopenews.php>.

Please indicate your wishes on the form below and mail to Jeanne Morascini, 9 Old Willimantic Rd., Columbia, CT 06237. Current email subscribers will continue to receive the newsletter until you request to be removed. Any questions or comments, contact Jeanne at Jemora@aol.com or 1-860-228-9293.

_____ Please renew my postal mail subscription.
My check for \$8.00 payable to Curriculum of Hope for a Peaceful World is enclosed

_____ I would like to be a Patron for Peace to support your work.
Any amount of \$20 or more is greatly appreciated.

_____ If you are not currently receiving a PDF version, and would like to be on our subscriber's list, send your email address to Linda Shea, Subscription Manager hshea@snet.net. Please indicate if you are changing from postal.

_____ Please remove my name from your mailing list.

Name _____

"IF you See Someone Without a SMile, give them one of yours."

- DOLLY PARTON



**"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



Our newsletter can be found online at www.deltakappagamma.org/CT/hopenews.php.

If you would like to receive a PDF version by email, please contact

Linda Shea

Subscription Manager

hshea@snet.net

Curriculum of Hope is a Standing Committee of Alpha Kappa State of The Delta Kappa Gamma Society International.
Our intent is to promulgate resources and information, not to endorse products.

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