Editor’s Message

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](http://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](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](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](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

There are 191 pins on [Pinterest](https://www.pinterest.com) 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](http://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://www.restorativejustice.org/programme-place/02practiceissues/schools-1) [http://greatergood.berkeley.edu/article/item/can_restorative_justice_keep_schools_safe](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://www.mindfulschools.org/) [http://mindfulnessinschools.org/](http://mindfulnessinschools.org/) [http://ucsdcfm.wordpress.com/tag/mindful-schools/](http://ucsdcfm.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.randomacts ofkindness.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


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.

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

Confessions of a Former Bully
Tracy Ludwig
Dragonfly Books; 2012

Mockingbird
Kathryn Erskine
Puffin; 2011

Jumonia
Kevin Henkes
Greenwillow Books; 2012

Dear Bully:
70 Authors Tell their Stories
Carrie Jones, Megan Kelley Hall
Harper Teen; 2011

Benny and Omar
Eoin Colfer
O’Brien Pr; 2001

Bill’s New Frock
Anne Fine
Egmont Books Ltd; 2007

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

Dreamwalker
Isobelle Carmody
Lothian Books; 2000

**Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.”**

– Alfred Adler

*All can be found at [www.amazon.com](http://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 a 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.


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

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<tr>
<th>The Greater Good Science Center Summer Institute for Educators 2015</th>
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<tr>
<td>A six-day retreat for education professionals on the science of social-emotional learning.</td>
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<td>Clark Kerr Campus, UC Berkeley</td>
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<td>Friday, June 26—Wednesday, July 1, 2015</td>
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<td>$2200, which includes tuition, lodging, meals, &amp; materials.</td>
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<td>Partial scholarships are available</td>
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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.


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<tr>
<th>23rd International Childhood Education Symposium</th>
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<td>March 15 – March 19, 2015</td>
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Also being held this year:
- Literature, Language and the Arts, March 15 – 19, 2015
- Women and Education, March 22 – 26, 2015
- Environment, Climate Change and Global Warming, July 22 – 25, 2015
- Critical Public Issues, July 22 – 25, 2015

Visit: [www.oxfordroundtable.co.uk](http://www.oxfordroundtable.co.uk)

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<th>2015 CTAUN CONFERENCE</th>
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<td>January 30, 2015</td>
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<td>at the United Nations in NYC</td>
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<td>The United Nations at 70 – Making a Difference.</td>
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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


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<th>New England League of Middle Schools</th>
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<td>Fall Literacy Event:</td>
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<td>Essential Literacy Instruction for Middle School Teachers</td>
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<td>December 8, 2014 and January 7, 2015</td>
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<td>Wyndham Andover, Boston</td>
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<td>Andover, MA</td>
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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.

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<th>34th Annual Conference</th>
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<td>March 23 &amp; 24, 2015</td>
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<td>RI Convention Center/Omni Hotel, Providence, RI</td>
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Visit: [http://www.nelms.org/pages/conferences/learn_teach/literacy.html](http://www.nelms.org/pages/conferences/learn_teach/literacy.html)
[http://www.nelms.org/pages/conferences/annual/annual.html](http://www.nelms.org/pages/conferences/annual/annual.html)

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<th>Responsive Classroom:</th>
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<td>One-day workshops</td>
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- Responsive Classroom Sampler
- Overview for Administrators
- Bullyproof Your Classroom
- Responding to Misbehaviors

Visit: [http://www.responsiveclassroom.org/workshops-institutes](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).

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**Education leads to enlightenment. Enlightenment opens the way to empathy.**

**Empathy foreshadows reform.”**

Derrick A. Bell
### December
1. World AIDS Day  
   [www.worldaidsday.org/](http://www.worldaidsday.org/)
2. International Day for the Abolition of Slavery  
   [www.timeanddate.com/holidays/un/international-day-abolish-slavery](http://www.timeanddate.com/holidays/un/international-day-abolish-slavery)  
   [www.national-awareness-days.com](http://www.national-awareness-days.com)
3. International Day of Disabled Persons  
4. Human Rights Day  
5. International Migrants Day  
   [www.timeanddate.com/holidays/un/international-migrants-day](http://www.timeanddate.com/holidays/un/international-migrants-day)

### January
19. Martin Luther King Day of Service  
   [www.mlkday.gov](http://www.mlkday.gov)  
   [www.teachingheart.net/happymlkbooks.html](http://www.teachingheart.net/happymlkbooks.html)
19-23. No Name-Calling Week  
   [www.nonamecallingweek.org](http://www.nonamecallingweek.org)
27. International Holocaust Remembrance Day  

### February
February is Black History Month  
[www.blackpast.org/](http://www.blackpast.org/)  
[www.tolerance.org/exchange/riding_rosa](http://www.tolerance.org/exchange/riding_rosa)  
[www.inmotionaame.org](http://www.inmotionaame.org)  
2-6. National Green Week Kickoff  
   [www.greeneducationfoundation.org](http://www.greeneducationfoundation.org)
   [www.randomactsofkindness.org/kindness-ideas](http://www.randomactsofkindness.org/kindness-ideas)
19. Chinese New Year: Year of the Wood Ram  
16. Presidents’ Day  
   [http://www.scholastic.com/teachers/unit/presidents-day-activities.html](http://www.scholastic.com/teachers/unit/presidents-day-activities.html)

### March
March is Music In Our Schools Month  
[www.learningfromlyrics.org](http://www.learningfromlyrics.org)  
8. International Women’s Day  
   [www.internationalwomensday.com](http://www.internationalwomensday.com)
22. World Water Day  
   [http://www.unwater.org](http://www.unwater.org)

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

### May
May is Asian-Pacific American Awareness Month  
[www.nps.gov/history/nr/feature/asia/](http://www.nps.gov/history/nr/feature/asia/)
5. Cinco de Mayo  
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. |
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“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