

The Butterfly Effect

Helping Parents and Students develop
Awareness, Acceptance, Compassion and Empathy
in Our School and Community

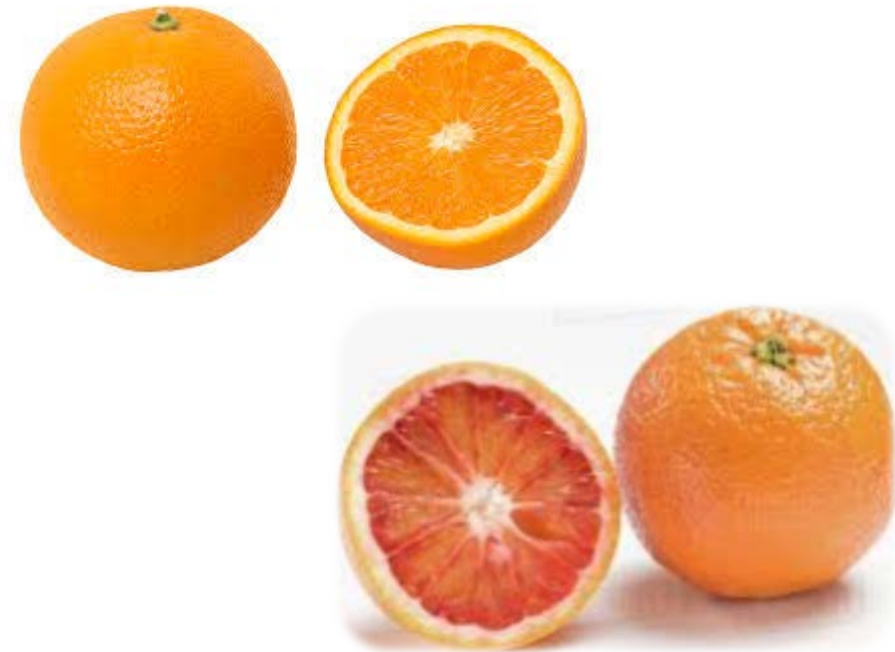


Harbor Hill Dessert with the Principal

Jessica Kemler

November 19, 2019

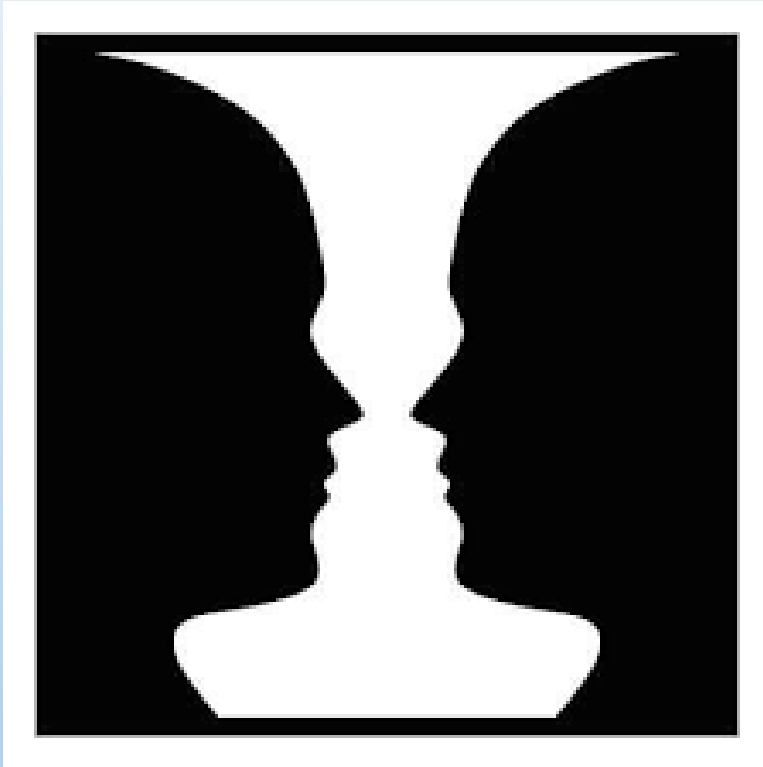
Re-thinking Diversity



Diversity is no longer that we look different on the outside and are the same on the inside.

Diversity is that we are similar on the outside and different on the inside.

Perspective



Perception

Scenario

Bad kid

Disrespectful

Lazy

Mean

Bully

Scared

Worried

Excluded

Frustrated

Disappointed

Unsupported

Lonely

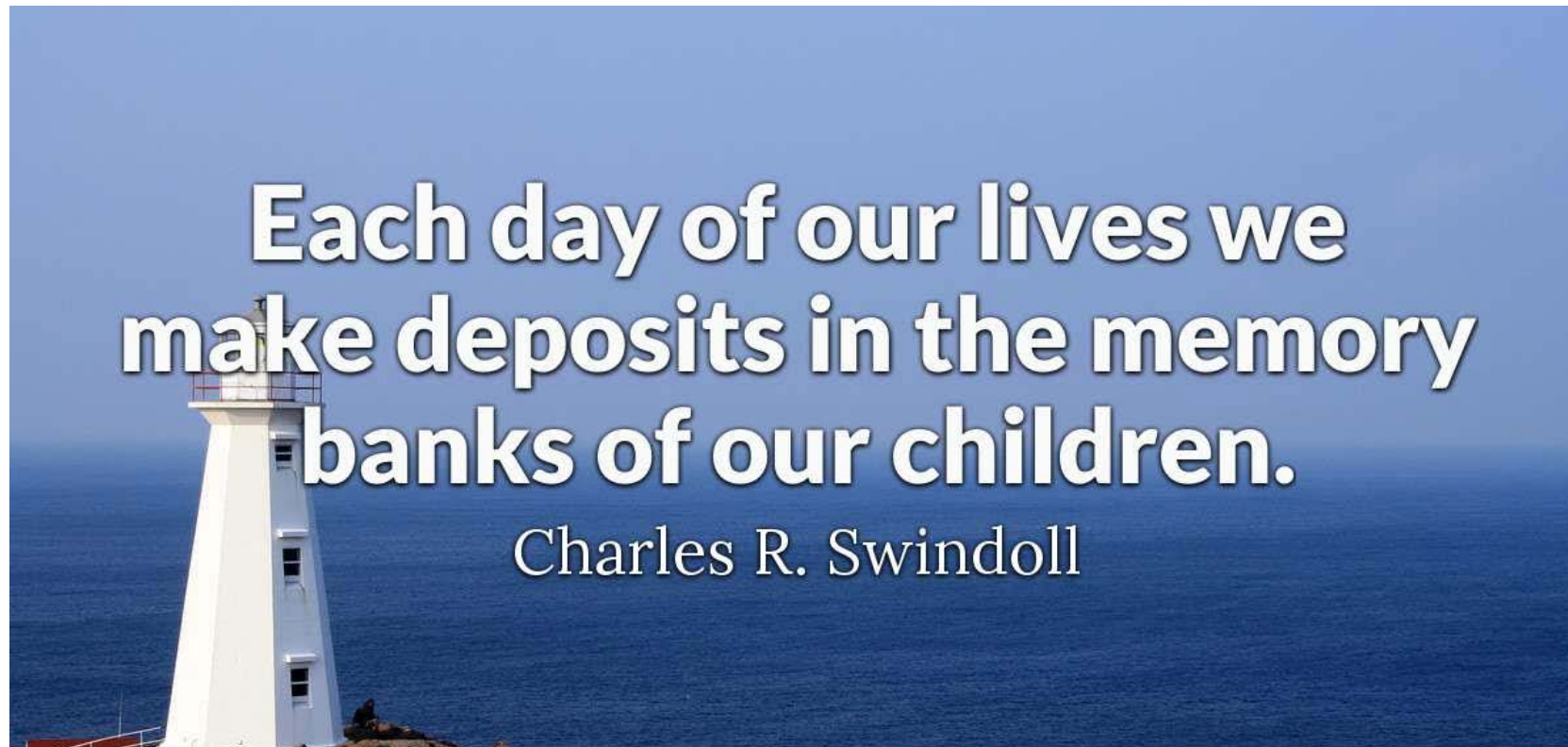
Perspective is the lens in which we view the world.

Perception is how that lens shapes what we see.



WHEN YOU LOOK
AT A FIELD OF
DANDELIONS, YOU
CAN EITHER SEE A
HUNDRED WEEDS,
OR A THOUSAND
WISHES.

Our perspective often becomes the perspective of our children.
Our perception often becomes the perception of our children.



Our perspective should always be based on the assumption that every child is doing the best they can!

Why do our students struggle with behavior/emotional regulation?



Disrupted Flight

Barriers to Smooth Landings



- Biological
- Environmental
- Disabilities
- Disparities in Social-Emotional Development and Maturity
- Lagging skills

A challenging behavior is most likely to occur...
“when the demands being placed on a kid exceed his capacity to respond adaptively.”

Dr. Ross W. Greene
Lost at School

It's not that they don't want to –
it's that they can't!

Monarch butterflies **can't fly** unless they **can** warm their muscles to 55°F. They **can't** even crawl below 41°F.

AWARENESS

Self-Awareness

- What are my strengths?
- What are my weaknesses?
- What's hard for me?
- What's easy for me?
- What type of learner am I?
- What type of communicator am I? (How do I communicate with others? How do I need others to communicate with me?)

Awareness of Others

- Observe (Be non-judgmental)
- Seek to understand
- Don't let emotions control your behavior



ACCEPTANCE

- Acceptance is seeing reality for what it is, even when you don't like it.
- Acceptance is a choice.
- We need to teach students to advocate for themselves. To be okay with being different. To accept what they need, understanding that it may be different than what someone else needs.



iamacceptance.org

Speaker and mental health advocate, Hakeem Rahim, founded I Am Acceptance in 2016 to ignite the conversation of mental health and wellness. An alumnus of Harvard University and two masters degrees from Columbia University, Hakeem dedicates his life to educating the community on mental health and wellness as well as sharing his own experiences with mental illnesses to inspire individuals to seek help.

Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it.



Michael J. Fox

COMPASSION

Self-Compassion

We have to be able to accept ourselves, faults and all, before we can accept the faults of others.

We have to be able to forgive ourselves, before we can forgive others.

We have to be able to love ourselves, before we can love others.

**If you want others to be happy,
practice compassion. If you want
to be happy, practice compassion.**

Dalai Lama

We can't heal
the world today,
but we can begin
with a voice
of compassion,
a heart of love,
an act of kindness.

mary davis

“TOO OFTEN WE
UNDERESTIMATE THE
POWER OF A TOUCH, A
SMILE, A KIND WORD, A
LISTENING EAR, AN
HONEST COMPLIMENT,
OR THE SMALLEST ACT OF
CARING, ALL OF WHICH
HAVE THE POTENTIAL TO
TURN A LIFE AROUND.”
— LEO BUSCAGLIA

EMPATHY



The Difference Between Compassion and Empathy

Compassion is the ability to feel for another living being. **Empathy** is the ability to not only understand another's feelings, but also to become one with that person's distress... to put yourself in their shoes and imagine **what** they're going through in that situation.



"Nothing is more important
than
empathy for another
human being's suffering.
Not a career.
Not wealth.
Not intelligence.
Certainly not status.
We have to feel for one
another
if we're going to survive
with dignity."



~ Audrey Hepburn~

Giving Our Children Wings (tools) to Soar

- Be a positive role model
- Mental Health Supports
 - In School: Ms. S., Psychologist; Mrs. Lomot, Social Worker
 - Outside – resource list can be provided
- Skills/Strategies
 - Mindfulness: Take 5
 - Zones of Regulation
 - STOPP
 - Growth Mindset – The Power of Yet
 - Developing Flexibility (Plan A, B, C)

Monarch butterflies travel over 2,000 miles when migrating south to warmer climates, often traveling more than 100 miles a day.



Changing the lens of our conversations with our kids...

- Awareness
 - Practice perspective taking “put yourself in someone else’s shoes): I wonder how Michelle was feeling in that situation. How would you have felt? What do you think you would have done (differently)?
- Acceptance
 - Everyone has a bad day, or makes a mistake. Making a mistake doesn’t make Michelle a bad person. In fact, she is someone that could especially use a friend like you!
- Compassion
 - Wow. That must have been so hard for Michelle to hear that she wasn’t able to go out to recess. I wonder if she was embarrassed in front of the class and disappointed she couldn’t be with her friends?
- Empathy
 - Have you ever been in a situation when you felt disappointed and/or embarrassed? How did you react? Have you ever reacted in a way that you regretted later?

Be the change you want to see in the world...

-Mahatma Gandhi

