



SANFORD
HARMONY[™]
— AT —
NATIONAL UNIVERSITY

Building Healthy Relationships Among Students

Harmony is designed to set the stage for **positive relationships** throughout a lifetime...

We **HELP**
one another



We
RESPECT
one other



I am
FOCUSED



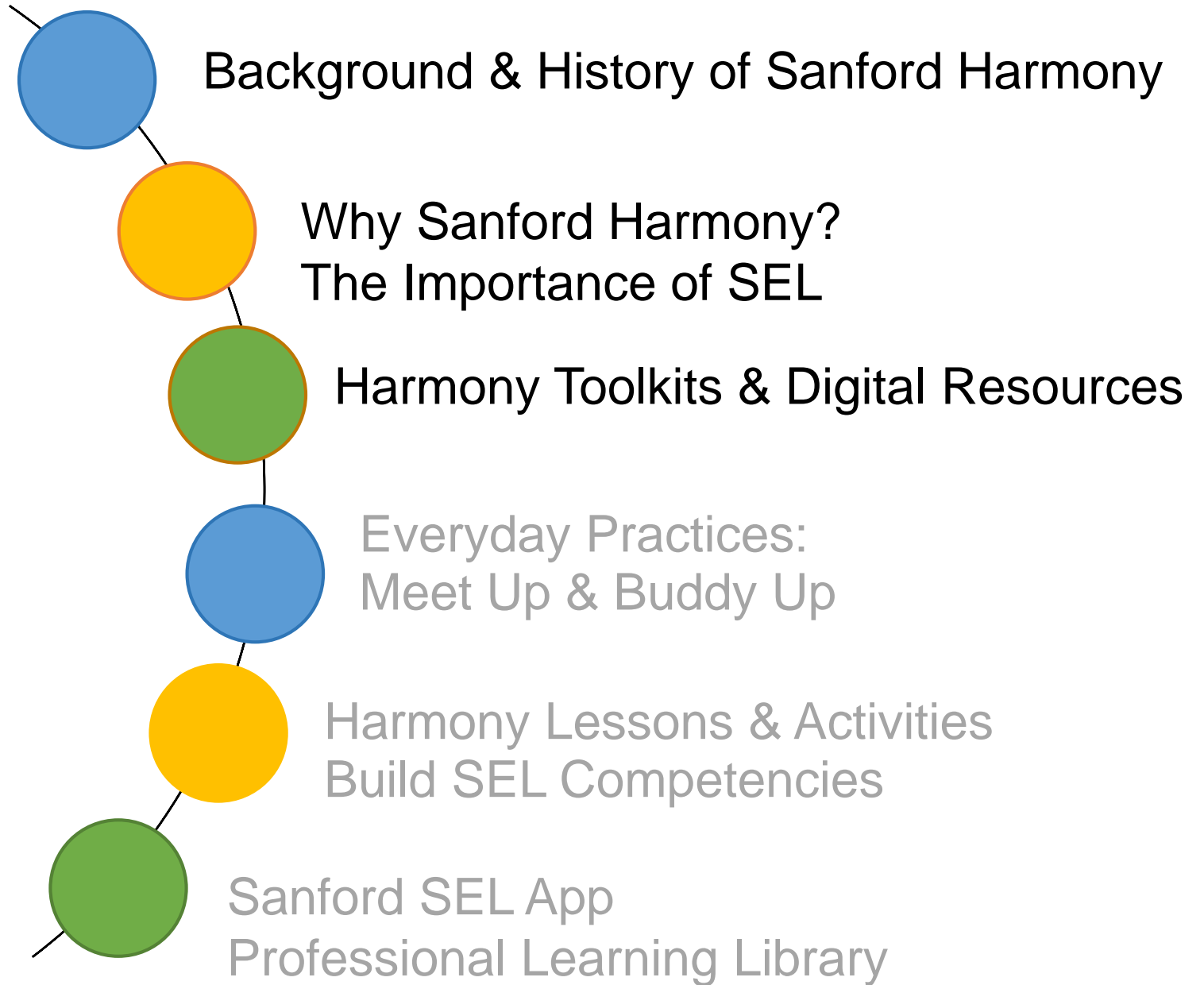
We
SOLVE
PROBLEMS



I am
INCLUDED



Agenda:

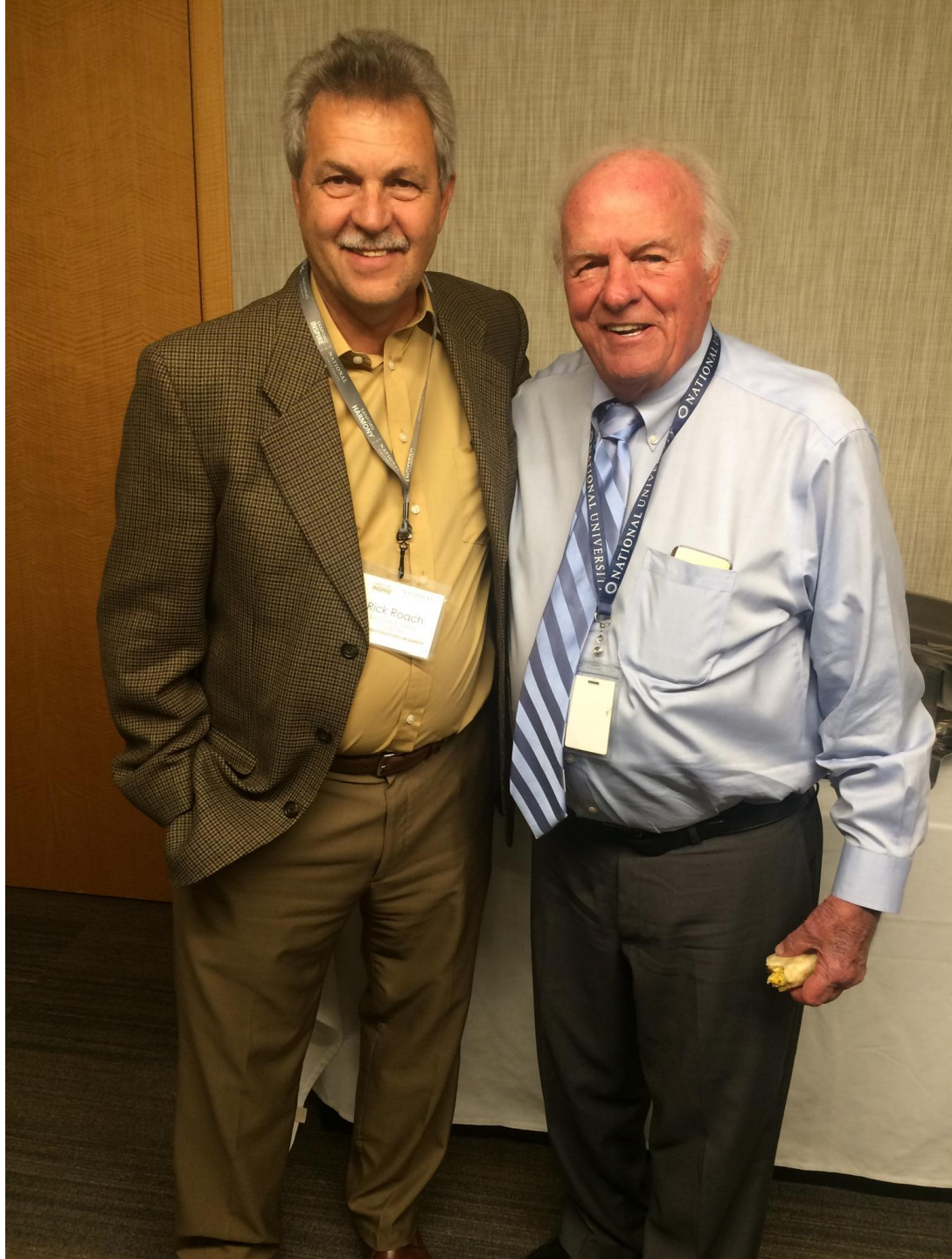




“Sanford Harmony is transforming the lives of children in classrooms each and every day, creating the foundations of a healthier, more collaborative society.”

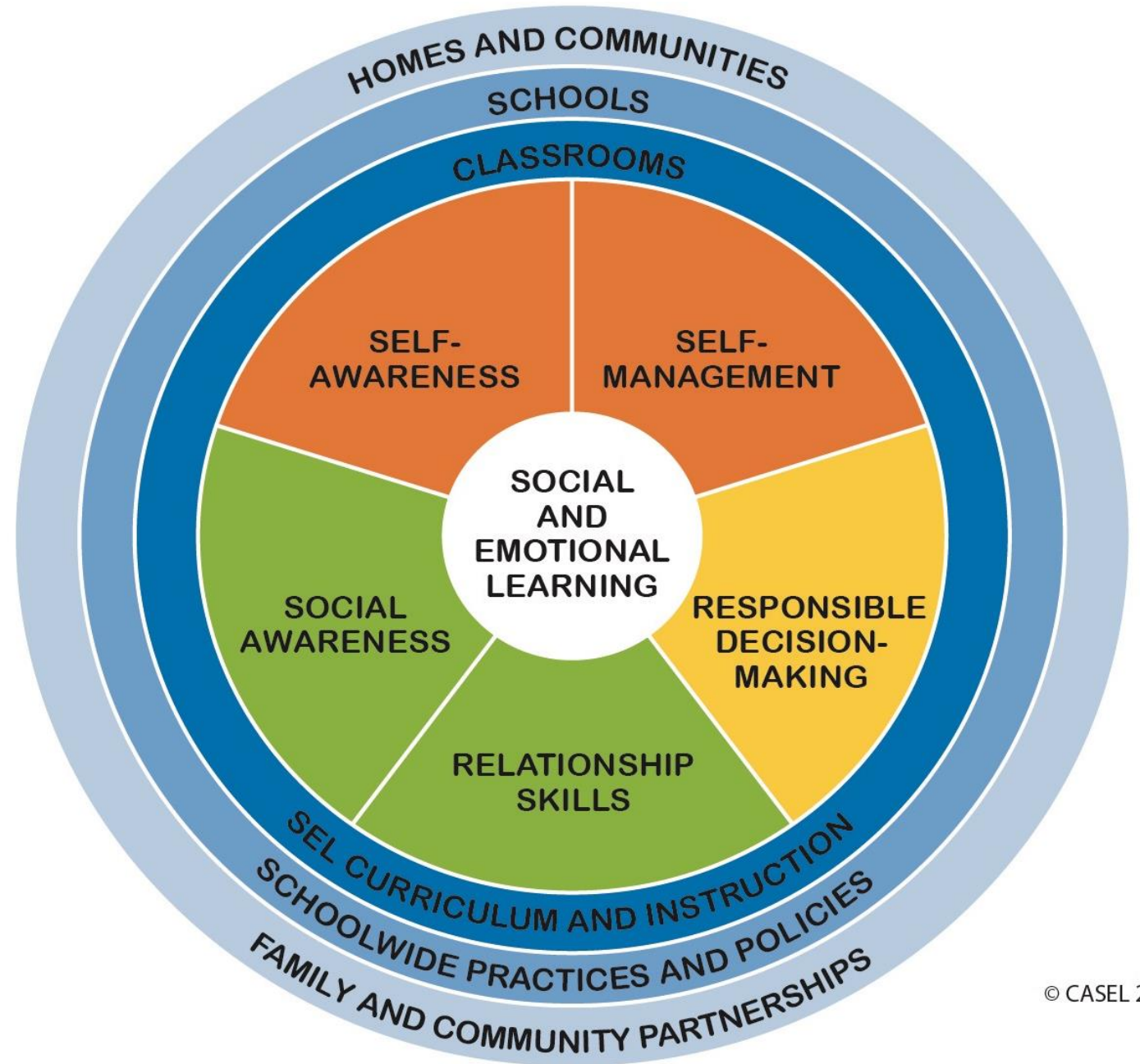
- T. Denny Sanford

SANFORD
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AT
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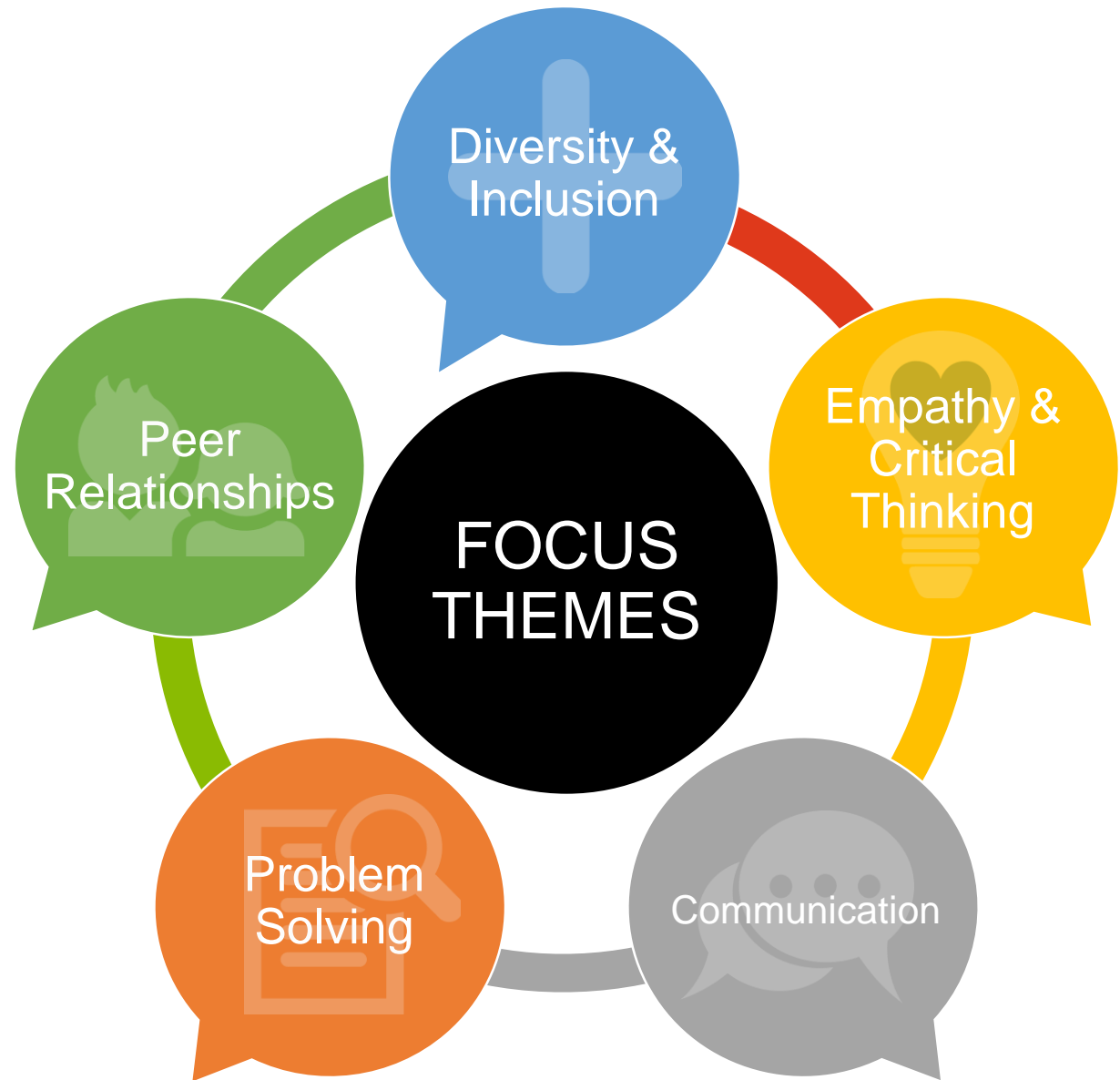
Sanford Harmony is a CASEL SElect Program

*Collaborative for Academic,
Social, and Emotional Learning*



Harmony Themes

Build
SEL
Competencies



Children Who Participate in SEL Programs Demonstrate Improved:

Classroom Behavior

Ability to Manage Stress

Ability to Manage Depression

Attitude About Themselves

Understanding of Others

Connection to School



Social
Emotional
Learning

Sanford Harmony

Researched and Developed by Arizona State University

Ongoing Research with Johns Hopkins University



Strong **INCREASE**

Solid **DECREASE**



WILBERT'S ELEMENTARY SCHOOL

CHARTER

Why Harmony ?

Impact

Strengthens Your Learning Community

Intentional

Relationship Building

Alignment

CASEL SEL Competencies

Harmony Toolkits

Strategies, Lessons, Activities,
Stories, Songs & Games

Flexibility

Scheduling & Student Needs

Resources

Sanford SEL App
Online Professional Learning Library



Consider the **diversity**
and **unique characteristics**
of your **students**.



Essential Question:

*How do we build **healthy relationships** and a **supportive community** among diverse students that foster a positive climate essential to social emotional development and academic success?*



Supporting Restorative Practices through Harmony

Restorative Practices

Emphasis on Respect and Relationships

Impact of Words and Actions

Group Communication

Accountability

Positive Strategies to Deal with Conflict

Harmony Goals & Strategies

Build Healthy Relationships

Develop Understanding and Regulation of Self & Other's Needs and Emotions

Promote Connection, Communication, Collaboration

Emphasize Responsibility

Practice Problem Solving

Meet Up

Teacher Toolkits...

1

Guide to Everyday Practices: Meet Up & Buddy Up

2

Quick Connection Cards

3

Grade Level Lesson & Activity Manuals

4

Pre-K – 2nd Storybooks

5

Pre-K & K - Plush Z

6

Buddy Time Sing-Along MP3

Online
Professional
Learning
Library

Harmony in Our Classrooms



CASEL
SElect
Program

Harmony Components

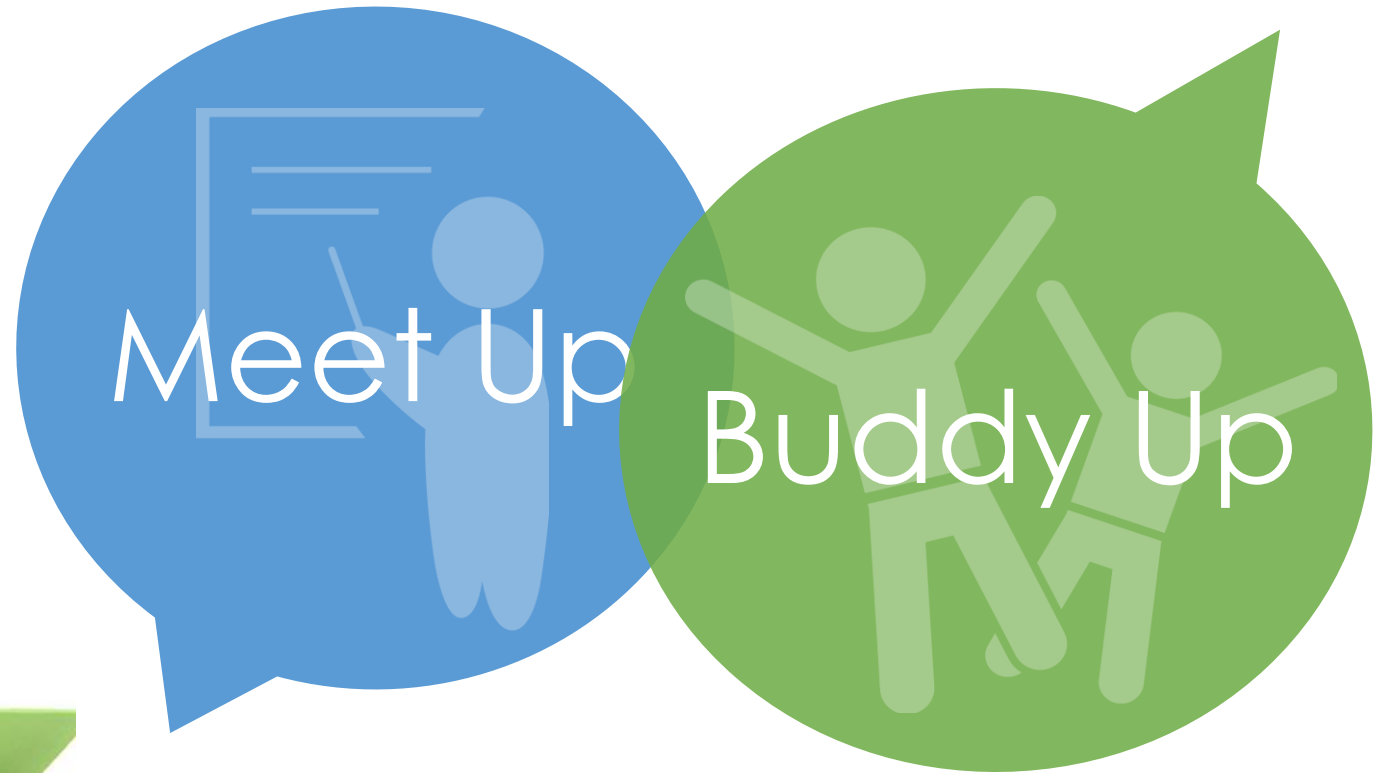
Everyday
Practices

Lessons
&
Activities



Everyday Practices

Intentional Strategies Build Healthy Relationships





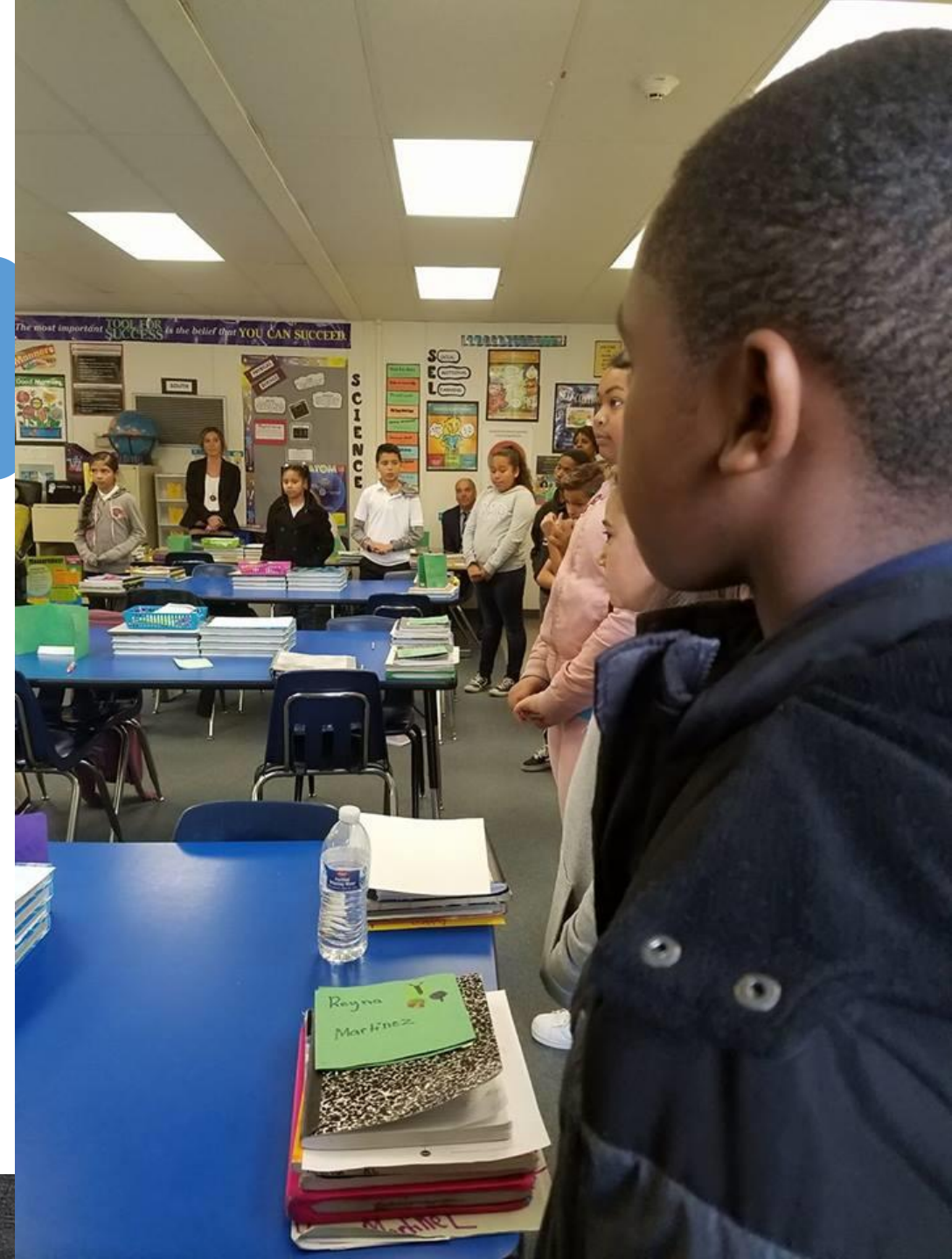
Meet Up

Meet Up

What is Meet Up?

Students meet daily in a **circle** to greet one another, share, monitor Harmony Goals, solve problems, and engage in **community building** activities.

Time: 5 -15 minutes



Meet Up

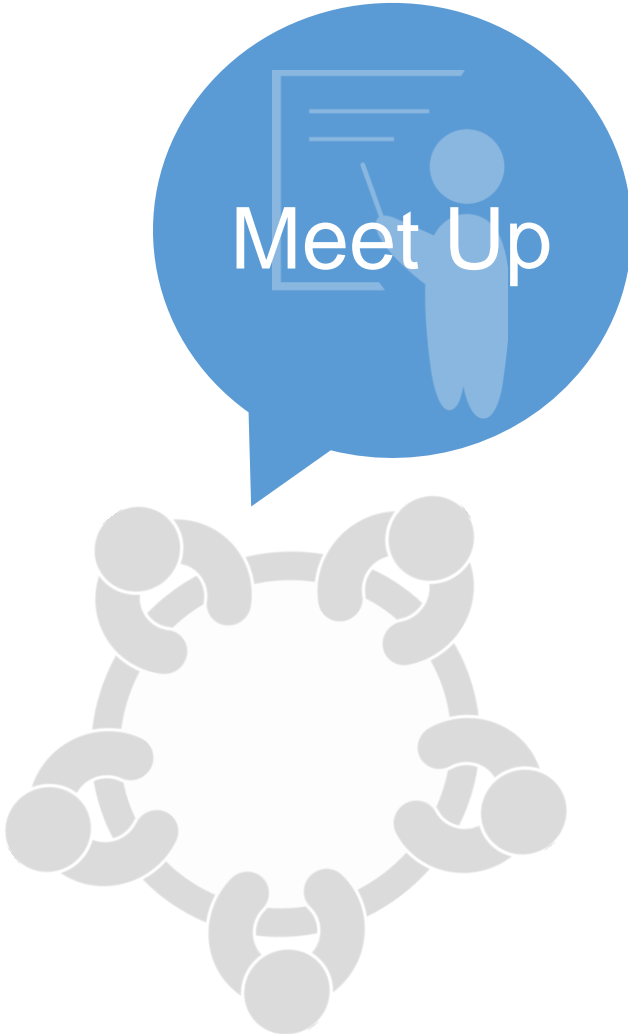
In Circles...



We express ourselves in ways we rarely do otherwise.
The perspectives, facts, and **stories** shared in circles
cultivate empathy and influence behavior.

Costello, Watchel and Watchel, 2010

Why Meet Up?



Promotes Community
Perfect for Assembly or Grade Level Groups

Reinforces Listening & Respectfully Responding

Enhances Communication and Collaboration

Practices Problem Solving

Meet Up Materials

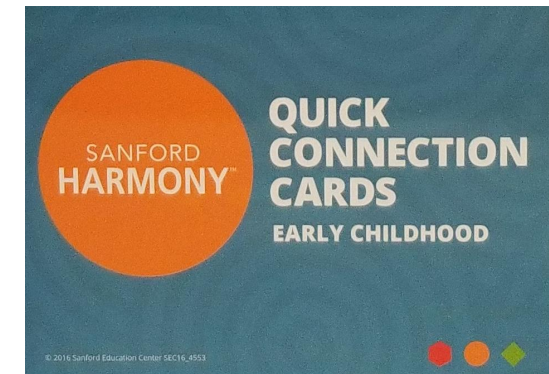
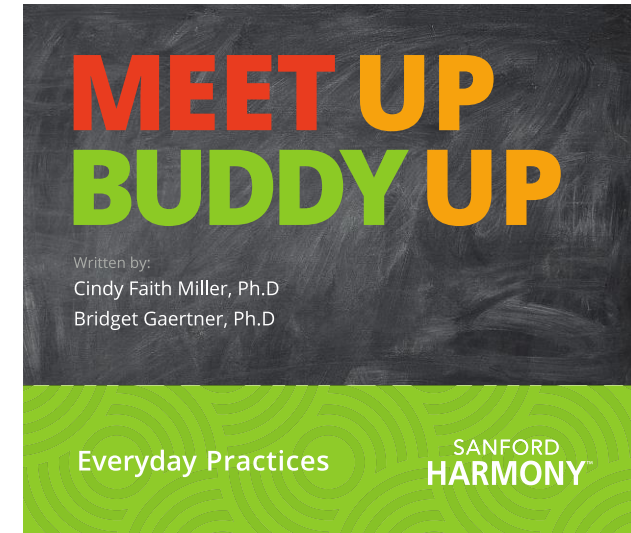
Meet Up & Buddy Up
Everyday Practices Guide

Quick Connection Cards

Harmony Goals Chart

Meet Up Agenda

Buddy Time Sing Along



Reflect on what positive traits or virtues are important for success.

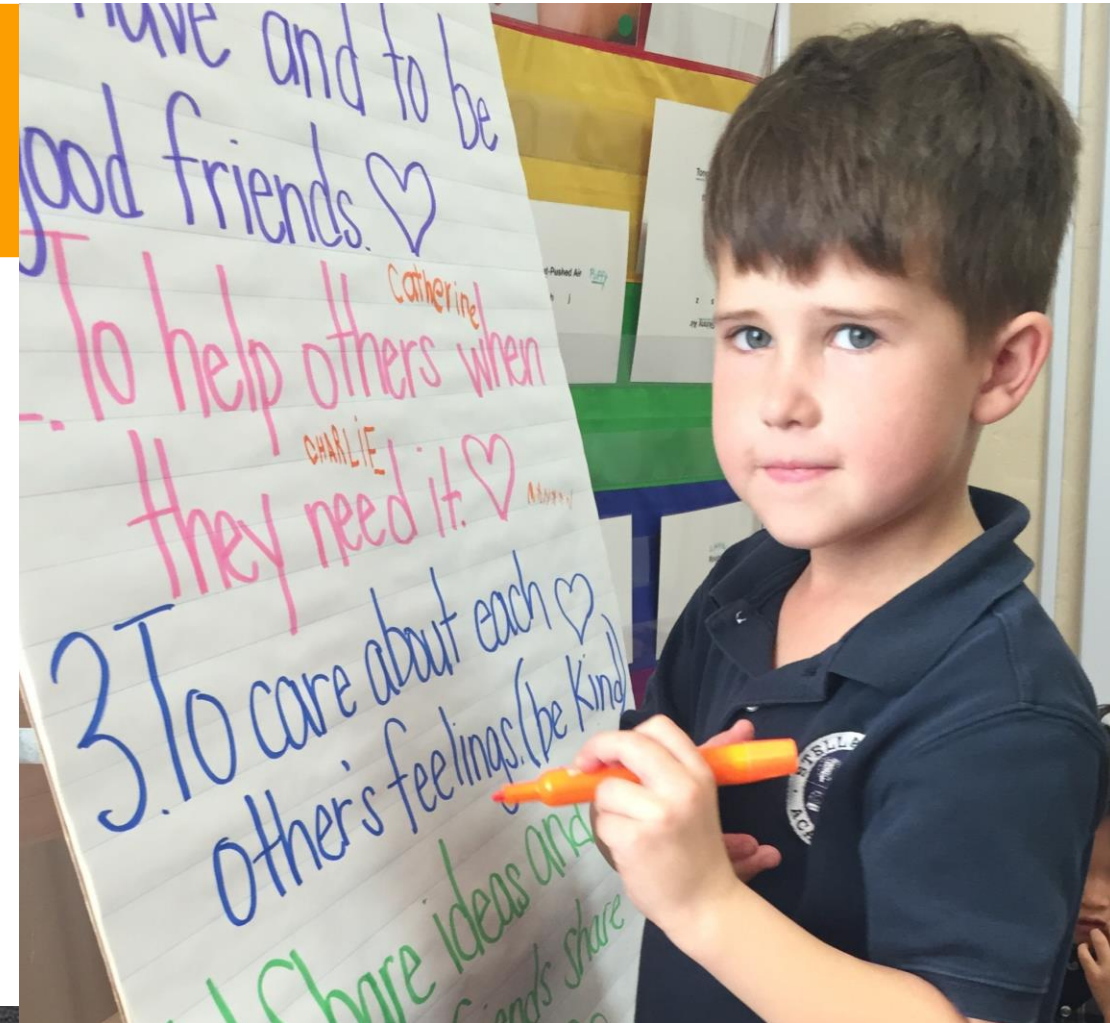
If I could spend a day teaching students one trait, what would it be?

Write down your **one word** answer on a post-it.

First Meet Up Session

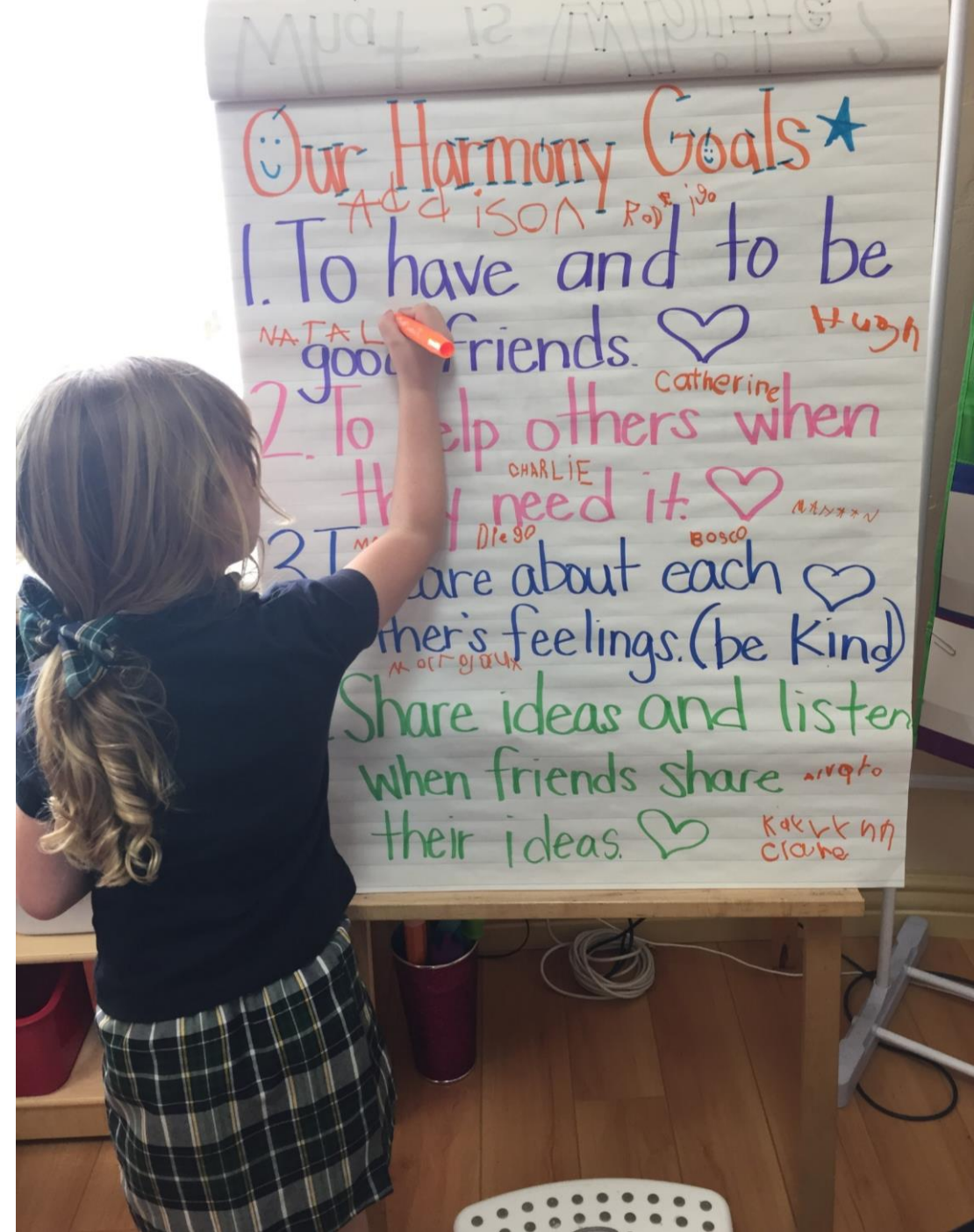
Establish Harmony Goals

1. Discuss what goals are and why is it important to set goals.
2. Work together as a group to establish 3-5 goals.
3. Create a class Harmony Goals chart.



Harmony Goals

- How do we want to be treated?
- How should we interact with one another?
- How can we help one another?
- How do we make sure our community is a safe and supportive place to learn?



1

Greet one another by name.

“Hi Carrie”
“Hi Sarah”



Peace!



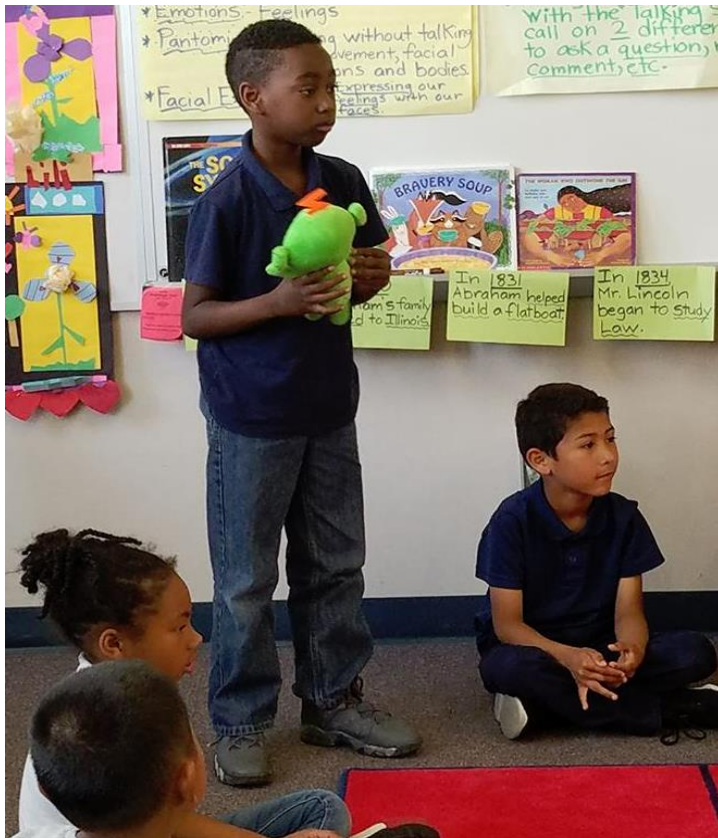
High Five



¡Hola!

2

Sharing & Responding



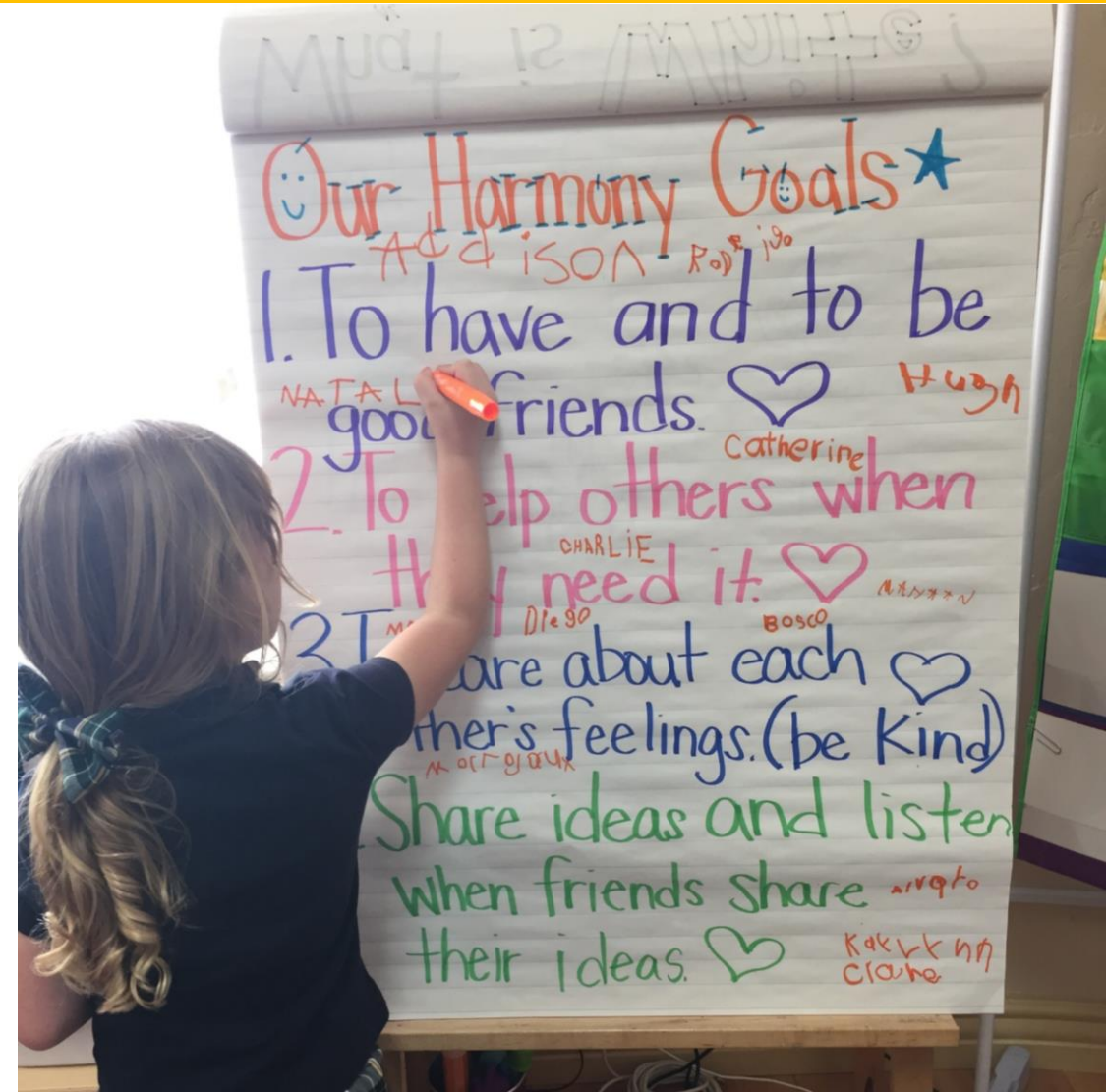
Sharing and Responding



Community Check In Monitor Harmony Goals

Examples...

1. Encourage our classmates.
2. Take time to understand others.
3. Listen to each other.
4. Include everyone.
5. Be helpful.

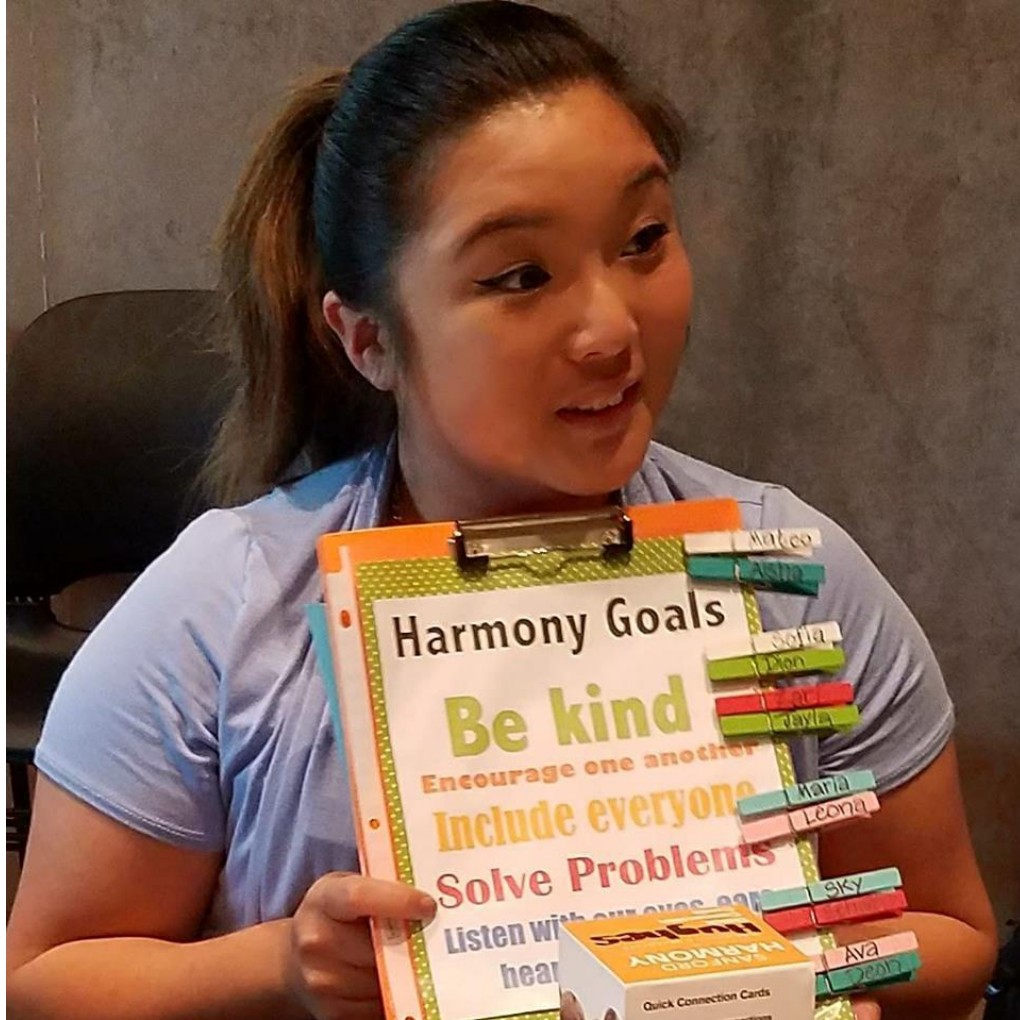


3

Share Examples of Highs & Lows Solve Problems



Examples: Highs & Lows



How have we been kind?

How have we shown empathy?

Who have you encouraged?

Have we all been listening to one another?

Is there a problem that we need to solve?

4

Meet Up Ends With a Quick Connection

- Sing a song
- Pass a high five
- Do the wave





Meet Up

1

Greetings

2

Sharing &
Responding

3

Monitor
Harmony
Goals

Highs & Lows
Solve Problems

4

Quick
Connection





Buddy Up

Buddy Up

How does it work?

Students are paired with a different Buddy each week and engage in brief activities and discussions using Quick Connection Cards.

Time: 5-10 minutes



Why Buddy Up?

Brings Together Diverse Peers Who May Not Typically Work with One Another

Identifies Commonalities
Celebrates Differences

Promotes Collaboration, Caring, Empathy



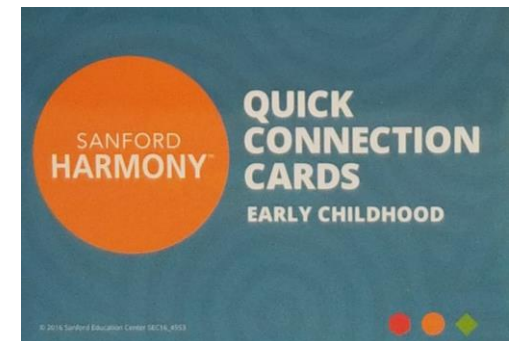
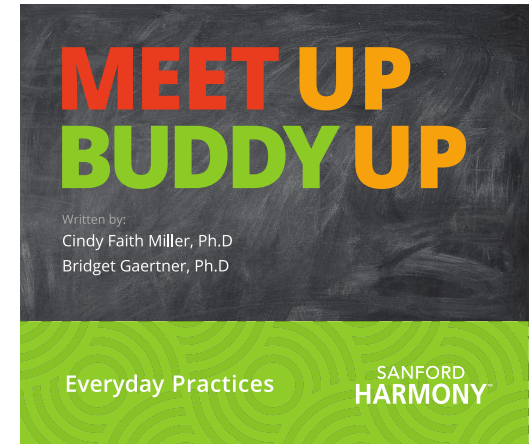
Buddy Up Materials

Meet Up Buddy Up
Everyday Practices Guide

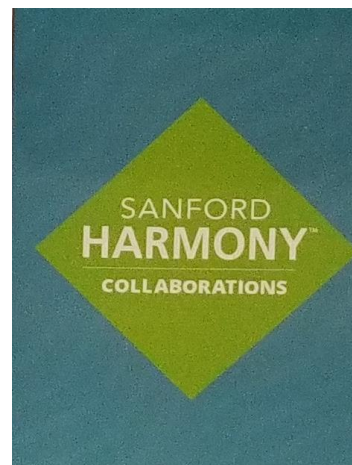
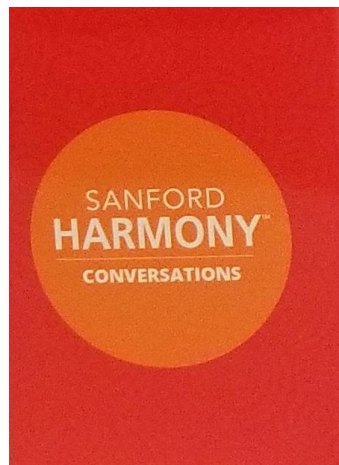
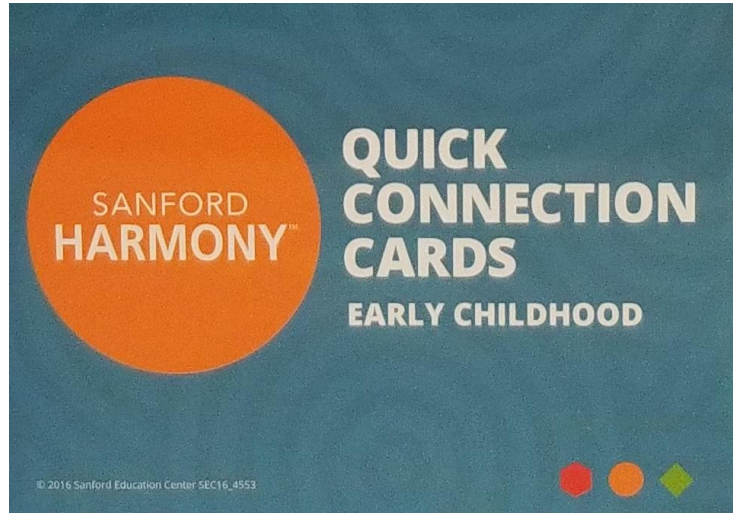
Quick Connection Cards

Buddy Up Chart

Buddy Time Sing Along



Quick Connection Cards



Conversations
Buddy Up

Collaborations
Buddy Up

Community Builders
Meet Up

Let's Buddy Up!



Owen



Carrie



Molly



Raul



Sarah



Jaqué



Sean



Suzy



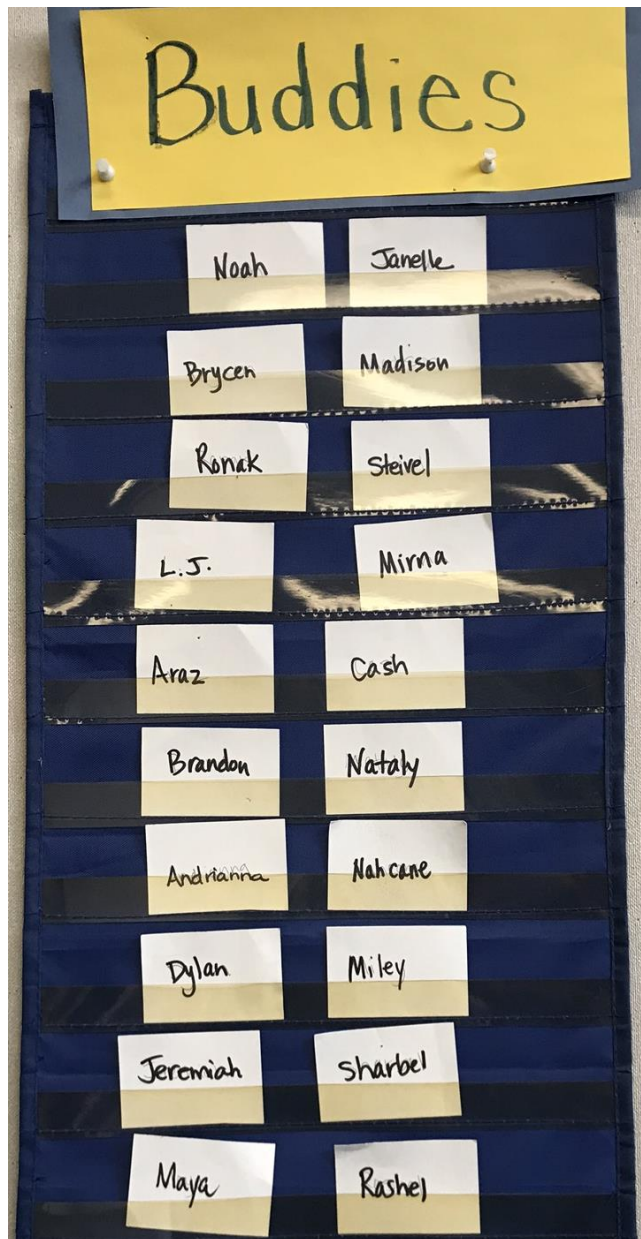
Bailey



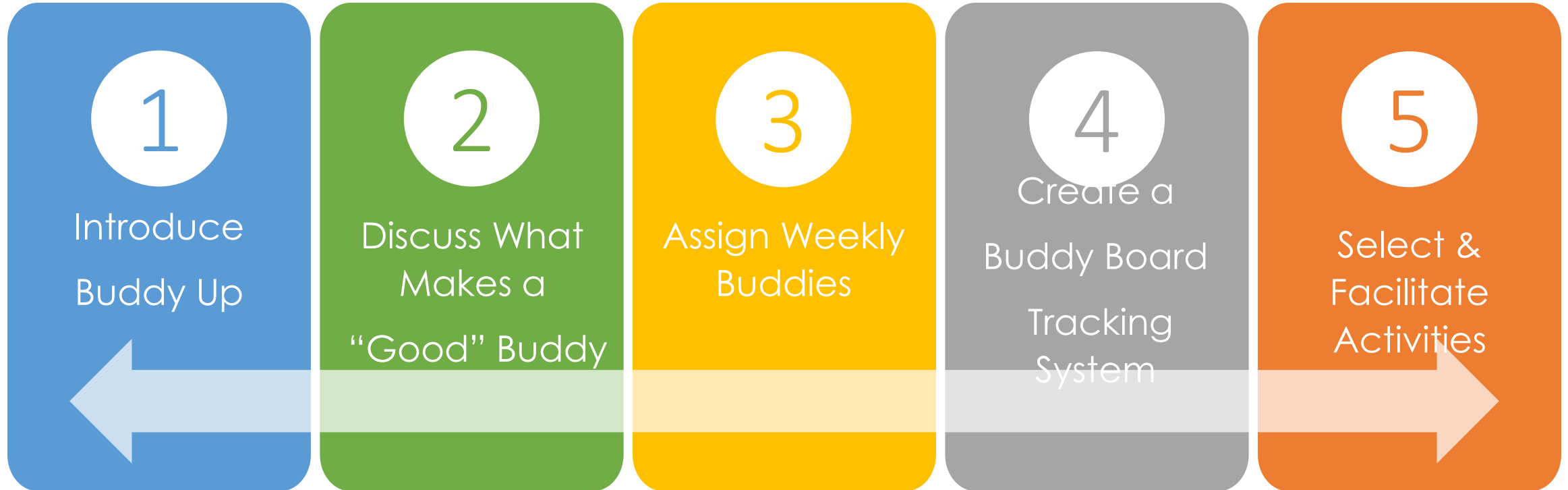
Lizbeth



Marissa Marco



Your Role: Buddy Up



Let's Buddy Up...

Quick Connection Card - collaborations

Make up a
handshake
with your
buddy



Combine
your names
to make
one Buddy
name.

Quick Connection

If you could spend
the day with anyone,
who would it be?

What would you do?

Quick Connection Cards





SANFORD HARMONY
**LESSONS &
ACTIVITIES**
Pre-K & Kindergarten

SANFORD
HARMONY™

Grade Level Harmony Units



Resources:

- *Harmony Scope and Sequence*
- *CASEL Alignment*



Pre-K – 2nd Grade Meet Z and The Treehouse Friends!

5 Storybooks Match the 5 Units

Discussions, Activities, Lessons

Pre-K – 2nd Buddy Time Sing
Along

Pre-K & K - Plush Z



Unit Features

Goals & Objectives

Research & Relevance

Home School Connections

Key Concepts & Vocabulary

Lessons, Activities, Extensions



Lessons
& Activities



Harmony Lesson Design

- 1 Read & Discuss:** Before, During, After Reading
- 2 Explore & Practice:** The Activity
- 3 Set the Stage:** Discussion & Connections
- 4 Facilitate the Activity:** Directions
- 5 Wrap it Up** Reflections
- 6 Extensions & Activities** Integration

UNIT 1: Diversity & Inclusion

Discover shared characteristics, experiences, and interests, explore how each person is unique, build sense of community within the classroom.

1.1 Getting to Know Each Other

1.2 Discovering Commonalities

1.3 Learning from Diversity

1.4 Building Community



TK & Kindergarten

1.3 Learning From Diversity

Awesome Us Collages & Pictures



***Diversity** means that everyone is a little bit different and what makes us interesting and unique.*

We are all different and can learn from and do many new things together.

Let's create an **Awesome Us** picture.

4th Grade

1.2 The Things We Have in Common



Let's Play the Commonalities Game!

Share a Commonalities game card with your Buddy.

Mark the items you have in common.

Were you surprised with what you have in common? How are you different?

What assumptions did you make about your Buddy?

UNIT 2: Empathy & Critical Thinking

Promote empathy and understanding in the classroom by increasing emotional awareness and expanding thought flexibility.

Lessons
and
Activities

2.1 Recognizing Feelings

2.2 Predicting Feelings

2.3 Explaining Feelings

2.4 Having Empathy

2.5 Understanding Stereotypes about People

2.6 Understanding Stereotypes: Objects, Activities & Roles

2.7 Understanding that People Can Change



UNIT 3: Communication

Develop and practice positive and successful communication skills, that promote comfort, self-confidence, and respect when children communicate with others.

3.1 Listening to Others

3.2 Responding to Others

3.3 Being Assertive



1st and 2nd Grade

3.1 Listening and Responding to Others Communication Do's and Don'ts Cards (P. 215)

Look at the person speaking	Sing, hum, or make noise	Give each person a turn to talk	Keep my body still
Talk over the person speaking	Nod my head to show that I hear what is said	Wait quietly for my turn to speak	Think about what I want to say
Ask questions if I don't understand	Look away from the speaker	Think about what the speaker is saying	Pay attention to the person speaking

UNIT 4: Problem Solving

Focus on developing children's ability to resolve conflicts and to work cooperatively and collaboratively with others.

4.1 Identifying Problems

4.2 Solving Problems

4.3 Cooperating

4.4 Recognizing How Behaviors Affect Others



1st and 2nd Grade

4.1 Identifying Problems

The Sleep Under

Have you ever disagreed with your friends about what you wanted to do together?

What did you do about the problem?

It's okay to feel differently...but it's important to talk to one another so that you understand the problem and find a solution together.



UNIT 4: Grades 5-6 Problem Solving Approaches



OWL

Solution Finder



SHARK

Conflict
Controller



TURTLE

Conflict
Avoider



UNIT 5: Peer Relationships

Promote attitudes and behaviors that are critical for maintaining positive and supportive peer relationships.

5.1 Caring for Others

5.2 Being Inclusive

5.3 Apologizing and Forgiving

5.4 Reflecting and Connecting



TK & Kindergarten

5.1 Caring for Others

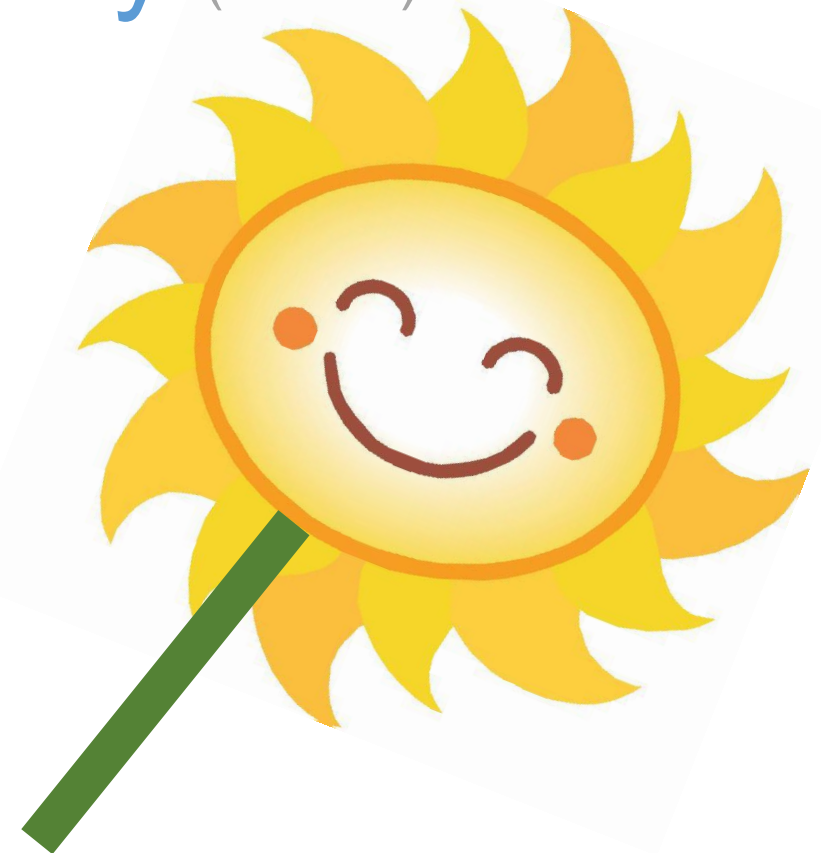
Brighten Someone's Day (P. 182)



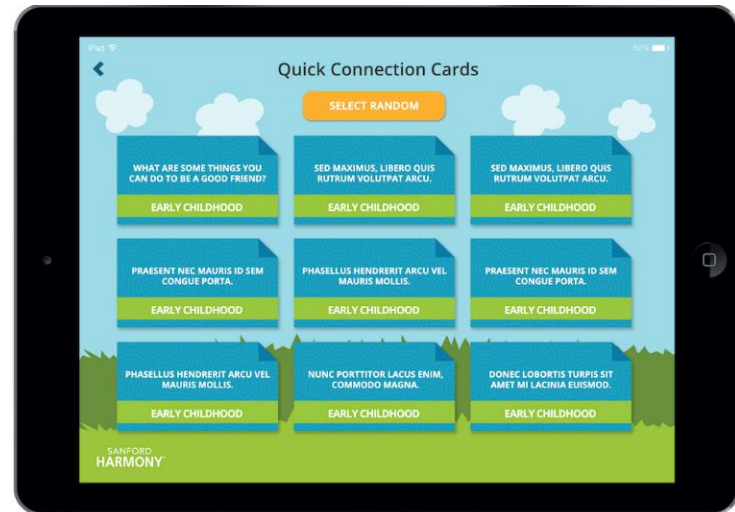
Model and practice giving compliments and showing gratitude.

Create a **Sunshine Stick** to give compliments and brighten someone's day.

Pass the **Sunshine Stick** around the circle during Meet Up.



Sanford Harmony SEL Mobile App



Storybooks Buddy Up Pairs Harmony Goals Quick Connection Cards

Apple iPad iOS 8.0 or
later Android 4.1 and
beyond

Download the
Sanford SEL App
for your tablet!



REGISTER: Harmony Online Professional Learning Library

<http://www.sanfordharmony.org/pll>

- Training & Sample Lesson Modules
- English & Spanish Digital Teacher Kits
- Resources for Lessons
- Webinars



<https://www.sanfordharmony.org/online-professional-learning-library/>

Next Steps

1

Establish Harmony Goals

2

Buddy Up Your Students

3

Meet Up

4

Plan Lessons & Activities

5

Use Professional Learning Library





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Connect with Sanford Harmony.

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