

# Strategies that Build Connection and Empathy with Children Using The Power of Perspective-Taking

Presented by  
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*There are three ways to ultimate success:  
The first way is to be kind.  
The second way is to be kind.  
The third way is to be kind.  
--Fred Rogers*



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**WAITING FOR YOU**

**--Bev Bos**



*We've been waiting for you to come to  
this place,  
Waiting for you to come to this place,  
Wherever you're from,  
We're glad that you've come.  
We've been waiting for you to come to  
this place.*



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**TODAY'S SESSION**

- \*\* Listen with curiosity, an open mind and heart, and a willingness to share experiences.**
- \*\* Consider the world we want our children to grow up in, live in, and contribute to in a caring, positive way.**
- \*\* Remember we have an amazing opportunity and a tremendous responsibility to create relationships and experiences that connect us all.**

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**WHAT DO WE KNOW?**

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**KINDNESS:**

*Random Acts of Kindness defines kindness as a natural quality of the heart, expressed through an act of good will and reflecting care for self and others.*

*Kindness means being friendly, generous or considerate to ourselves and others through words and actions.*



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**EMPATHY:**

*when you empathize with someone you try to see and feel the world from his or her perspective.*

*Your primary feelings are more related to the other person's situation than your own.*



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**PERSPECTIVE  
TAKING**

*Step into other's shoes to understand another person's feelings, thoughts and views*



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**“Perspective taking goes far beyond empathy: it involves seeing things as others see them: their likes, dislikes, feelings and thoughts. It involves executive function skills, including remembering how others might respond (working memory); inhibiting our thoughts to understand the perspective of others (inhibitory control); viewing situations in different ways (cognitive flexibility) and considering the thoughts and feelings of others (reflection)”**  
**--Ellen Galinsky, Mind in the Making**

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**"IN ORDER TO EMPATHIZE WITH SOMEONE'S EXPERIENCE YOU MUST BE WILLING TO BELIEVE THEM AS THEY SEE IT AND NOT HOW YOU IMAGINE THEIR EXPERIENCE TO BE"**

**-BRENÉ BROWN**

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**“We are social beings and we need each other to thrive. A strong healthy community can bolster us through challenging moments and bring joy to our lives. When we build community, we build empathy for each other; and building empathy for each other builds community.”**

**--Elena Aguilar**

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# WHERE DO WE START?

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--START WITH US!

--BEGIN WITH CHILDREN  
WHERE THEY ARE!

--GROW WITH EXPERIENCES,  
EXPAND THEIR PERSPECTIVES

--ELEVATE AND INSPIRE

--TAKE ACTIONS TOGETHER!

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# BELIEFS...

# INTO

# PRACTICE

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**“We can’t offer to others  
what we don’t possess  
for ourselves....”**  
--Dr. Becky Bailey

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*“It’s not all about me, it’s about me AND you!”*



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**Children need to KNOW and be KNOWN.  
For this to truly happen,  
they need a learning environment that allows them  
to have a relationship with someone who truly  
understands them.**



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## EMOTIONAL LITERACY

Recognize and understand the feelings and needs of self and others...



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## BECOME AN EMOTIONS AND KINDNESS COACH

Noticing, Thinking, Doing!



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Vocabulary of Emotions

Category	Conting	Receptive	Subordinates	Peer	Coaches	Peer	Upper	Leaders	Experts
Strong	Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised
	Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised
	Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised
	Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised
	Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised
	Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised
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	Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised
Displeased	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised	
Mildness	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised	Revised
	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised	Revised
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Light	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised	Revised
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	Adverse	Reverent	Reverent	Advised	Revised	Advised	Revised	Advised	Revised

**EMOTIONS VOCABULARY**  
--Tom Drummond

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--Things like Peek-a-boo, I Love You Rituals, taking care of the baby....



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### SHARING OUR FEELINGS CONCRETE IDEAS!!



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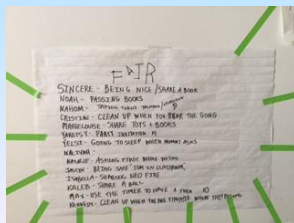
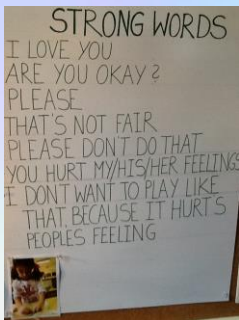
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### LEARNING LANGUAGE OF KINDNESS



WHAT WE SAY...

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### LEARNING LANGUAGE OF KINDNESS



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As young as 18 months....



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*"It's generally theorized that young children begin developing this skill sometime between 3-5 years of age - though you can likely think of examples where children displayed understandings here even earlier. Like many things in child development, perspective taking is isn't an all or nothing proposition, but rather an ability that grows gradually over time."*

*--Dan Wuori*



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**How do we increase the well-being of every child?**

**We start by teaching children to care about others every day throughout the year.**

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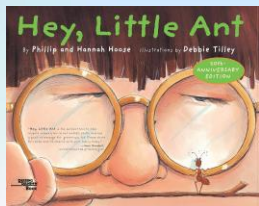
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### **MORAL IDENTITY—VALUES**

**Adopt caring values that guide integrity and activate empathy to help others**



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### CARING FOR A PET



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“Children taught to extend justice, kindness, and mercy to animals become more just, kind, and considerate to others.”



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### CUPCAKE THE RABBIT

AND THE TODDLERS...



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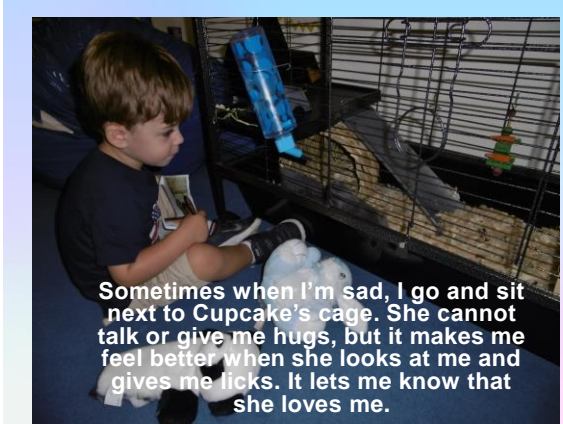
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**VALUES**



What can one person do?

**INSPIRATION**  
Pass It On.  
VALUES.COM 02/2018/2019



Adopt caring values that guide integrity and activate empathy to help others

<https://www.passiton.com/>

38

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*In working with little children, I see on a daily basis the "seeds of goodness" Roser referred to and continue working with teachers on ways we can make those seeds take root and grow strong with our preschool children. As Roser says in the lecture, we do want to create "experiences where children feel intrinsically that it feels good to do good and how do we help them practice and generate that virtue of kindness..."*



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# THE EXPERIENCE OF ELEVATION

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## ELEVATION....

1. Witnessing/experiencing 'acts' of moral beauty....
2. Can be experienced as a physical sensation...
3. Elevation can motivate people towards higher ends—to help others, to become better themselves.

-Jonathan Haidt

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*"When we witness acts of goodness, we're more likely to see our common humanity."*

--Jason Siegel, researcher



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**SAVING BIRDS AFTER GULF COAST OIL SPILL...**



**LUNCHES FOR THE HOMELESS**



**BLARE'S BEARS FOR HAITI**

**YES CHILDREN CAN!!!**

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**IDEA APPETIZERS FOR THOUGHT AND EXPLORATION**



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**CREATING A SCHOOL FAMILY: CLASSROOM JOB BOARD**  
*Dr Becky Bailey*



**STAR PERSON**

**GOOD IDEA PERSON**

**HELP YOU FEEL BETTER PERSON**




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**SHARING EXPERIENCES  
 CREATING PROJECTS  
 A CLASSROOM KINGDOM!**

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47

**Books on Kindness, Empathy, Diversity**

<p><b>Rana DiOrio</b></p> 	<p><b>Kathryn Otoshi</b></p> 	<p><b>Jayneen Sanders</b></p> 
<p><b>Bob Samson</b></p> 	<p><b>Susan Verde</b></p> 	<p><b>Grace Byers</b></p> 

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*“Stories of goodness have the capacity to touch us all, filling us with hope for humanity and the sense we can do better.”*  
-Jonathan Haidt

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**STORYTELLING!**

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**TELLING STORIES WITH DIFFERENT PERSPECTIVES**

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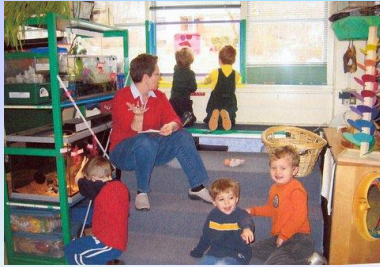
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**CHILDREN...  
"HOW DOES YOUR STORY  
START?"**

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**"...Puppets can allow  
children the  
opportunity to try on  
roles, experiment with  
ideas, and concepts,  
even to make  
mistakes..."  
--Jacky Howell**

53

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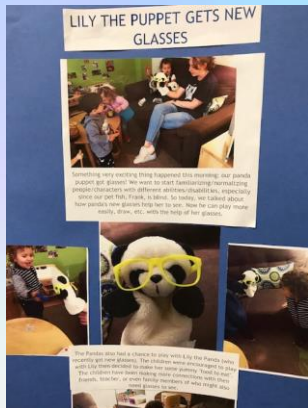
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**Social  
Stories!**

**Problem-  
solving!**

**Emotional  
Support**

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### PUPPETS



**HELPING  
LOLLIPOP  
FEEL BETTER**

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### I LOVE YOU RITUALS

**Peter Peter pumpkin eater  
Had a friend he liked to greet  
Treated her with kind respect  
And in the morning hugged her neck.**

Dr. Becky Bailey



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### BUDDIES



**STAY-PLAY-TALK**

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### BUDDIES

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58

## WHAT ARE YOUR SONGS?

¿Cuáles son tus canciones?



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**MEANINGFUL SONGS!**

Did you know?  
Singing daily for at least 10 minutes reduces stress, clears sinuses, improves postures and can help you live longer.

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Down in the valley two by two  
Two by two, two by two.  
Down in the valley two by two,  
Rise Sally rise!

Let me see you make a motion two by two  
Two by two, two by two  
Let me see you make a motion two by two  
Rise Sally rise!

Let me see you make another one,  
Two by two, two by two  
Let me see you make another one,  
Two by two  
Rise Sally rise!

Sung by Sweet Honey in the Rock

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60

Let me see you pick somebody, two by two  
Two by two, two by two.  
Let me see you pick somebody, two by two,  
Rise Sally rise!

Down in the valley two by two  
Two by two, two by two.  
Down in the valley two by two,  
Rise Sally rise!

Let me see you make a motion two by two  
Two by two, two by two  
Let me see you make a motion two by two  
Rise Sally rise!  
**BACK TO DOWN IN THE VALLEY!!**

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61

***“When children grasp another’s perspective, they are more likely to be empathetic, handle conflicts peacefully, be less judgmental, value differences, speak up for those who are victimized, and act in ways that are more helpful, comforting, and supportive of others.”  
-Michele Borba Ed.D.***

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62



***“Many teachers spend their time searching for activities. The best teachers spend their time creating experiences.”  
Dr. Nathan Lang-Raad***

**CURRICULUM  
THAT  
INSPIRES AND  
CONNECTS**



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63



**MY FATHER'S DRAGON**

**CREATING MEANINGFUL RITUALS & TRADITIONS**

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**FRIENDSHIP GROUPS**

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**DEPOSIT PROSOCIAL IMAGES-----**

**BASKETBALL**

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**KINDNESS STARTS WITH ONE NOTE-TO-SELF**

TRY IT: TAKE A QUIET BREAK TO REMIND YOURSELF THAT YOU ARE AN AMAZING PERSON. SERIOUSLY, YOU ARE AMAZING. YOU ARE ENOUGH.

#RAKDAY #KINDNESSSTARTSWITHONE

**LET US REMEMBER: ONE BOOK, ONE PEN, ONE CHILD, AND ONE TEACHER CAN CHANGE THE WORLD.**

RANDOM ACTS OF KINDNESS

**HAPPY**  
**Random Acts of Kindness Day**  
**February 17<sup>th</sup>—CELEBRATE ALL WEEK!**

67

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**TALKING TIME**  
**SHARING STORIES, IDEAS.**  
**QUESTIONS....**

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**THE**  
**STORY**  
**OF**  
**ZYGI**

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# THE STORY OF ZYGI



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## INSPIRATION/ELEVATION!

Use literature, films, activities, real role models, drama, and images as a source of inspiration to feel with others



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<https://www.youtube.com/watch?v=GResq2bQHjE>

## KINDNESS



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74

**“What does this moment ask of me?  
What am I willing to learn and to do, at this time and in this place in history to make a meaningful difference for young children, families, educators and our society?”**

*--Lisa Lee, The Visionary Director*

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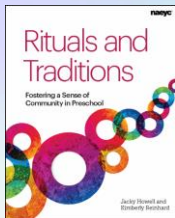
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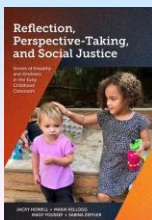
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**THANK YOU FOR ATTENDING THIS SESSION!  
WE CAN REACHED FOR WORKSHOPS AND  
CONSULTING AT:  
[azspire@gmail.com](mailto:azspire@gmail.com)  
<https://www.azspire.com/>**



*“Children need adults in every walk of life— who care for children as they care for themselves.”  
-Fred Rogers*



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