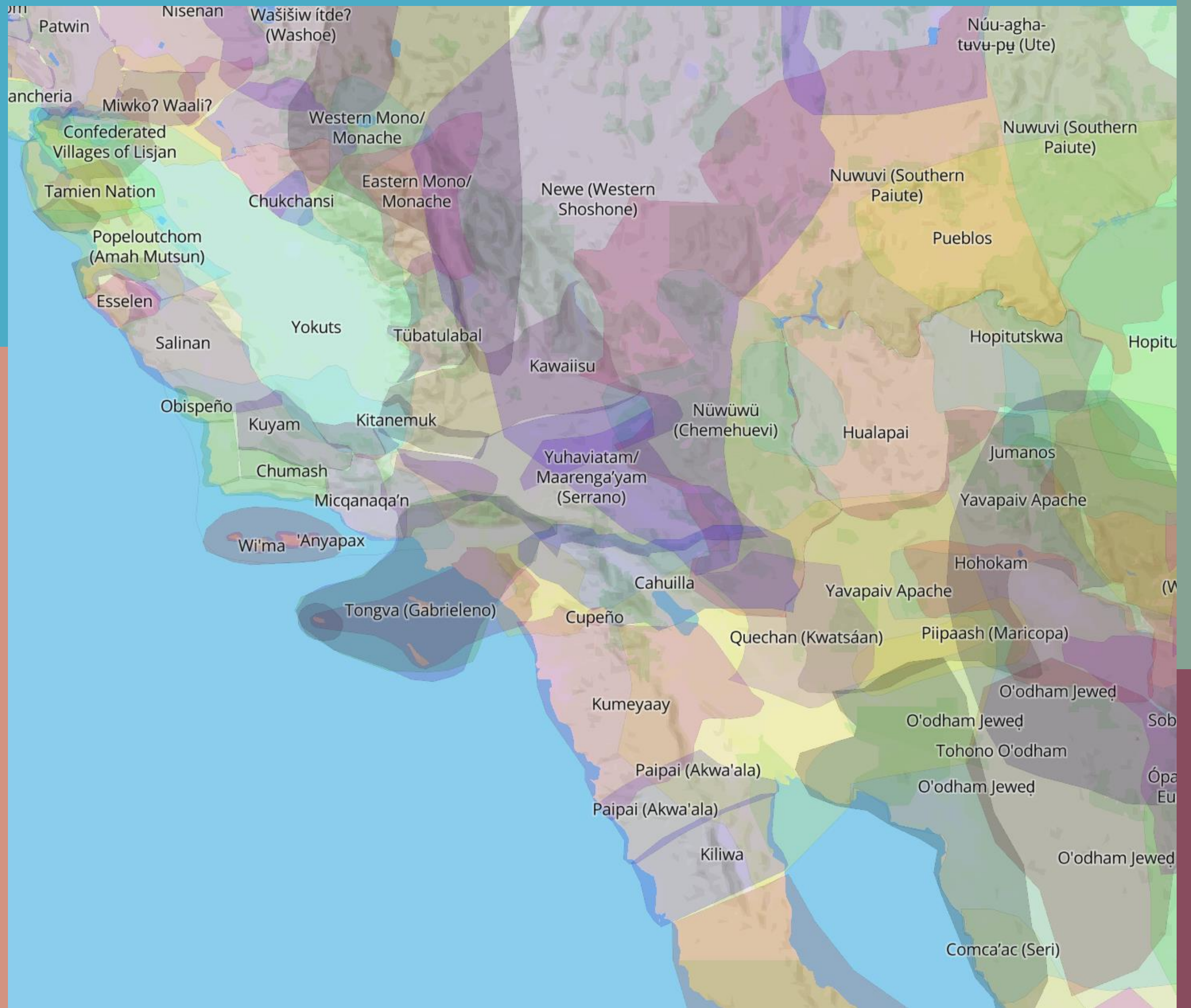


# **Cultivating Connection: Stepping Stones for Building Healthy Relationships and Trust in the Classroom**

Desiree Shapiro, MD

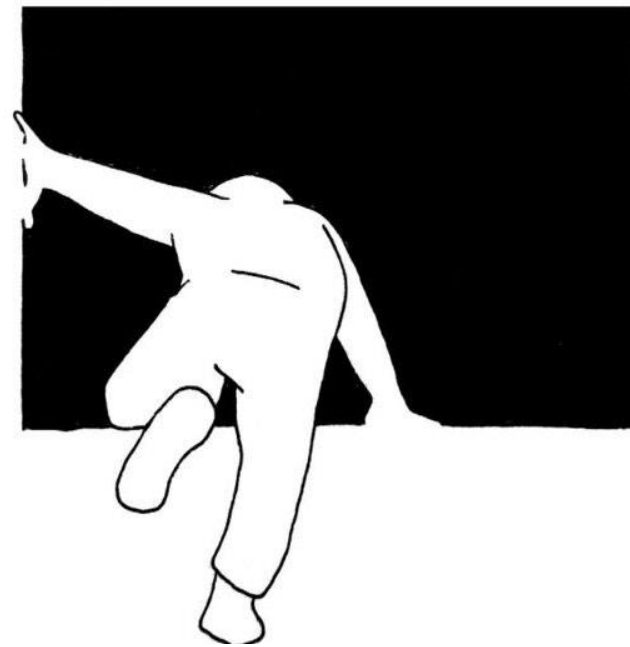
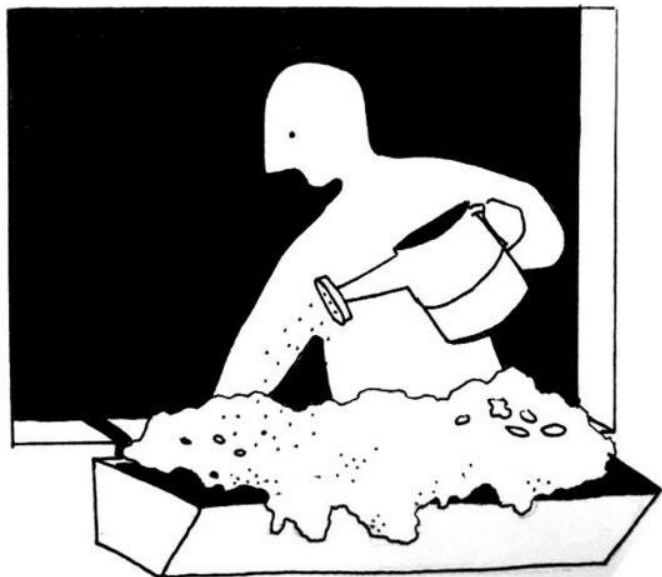
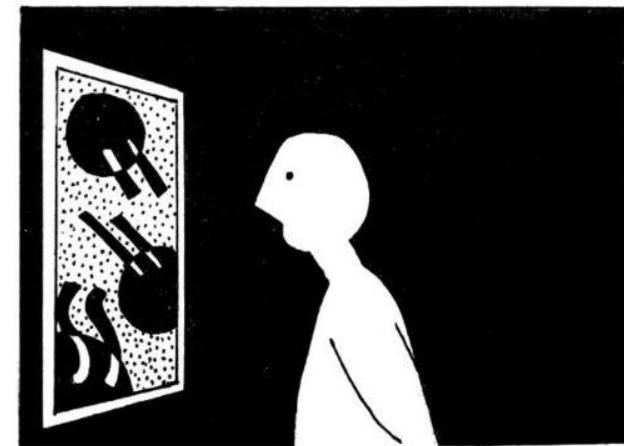
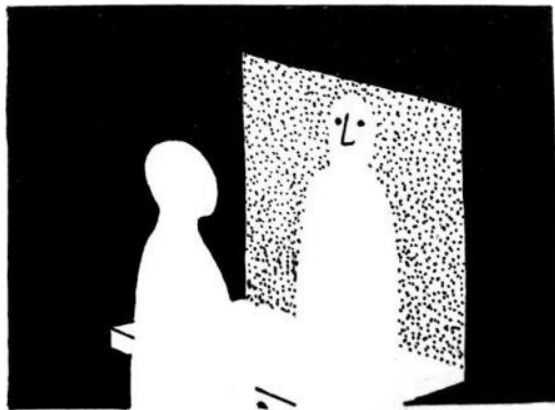
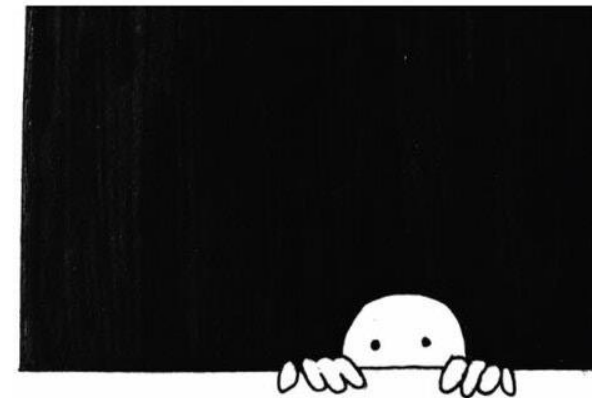
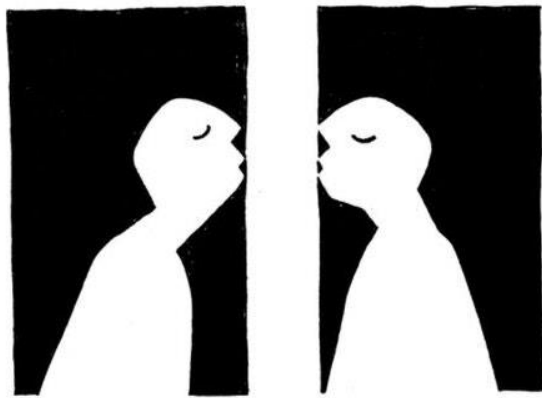
# LAND ACKNOWLEDGEMENT





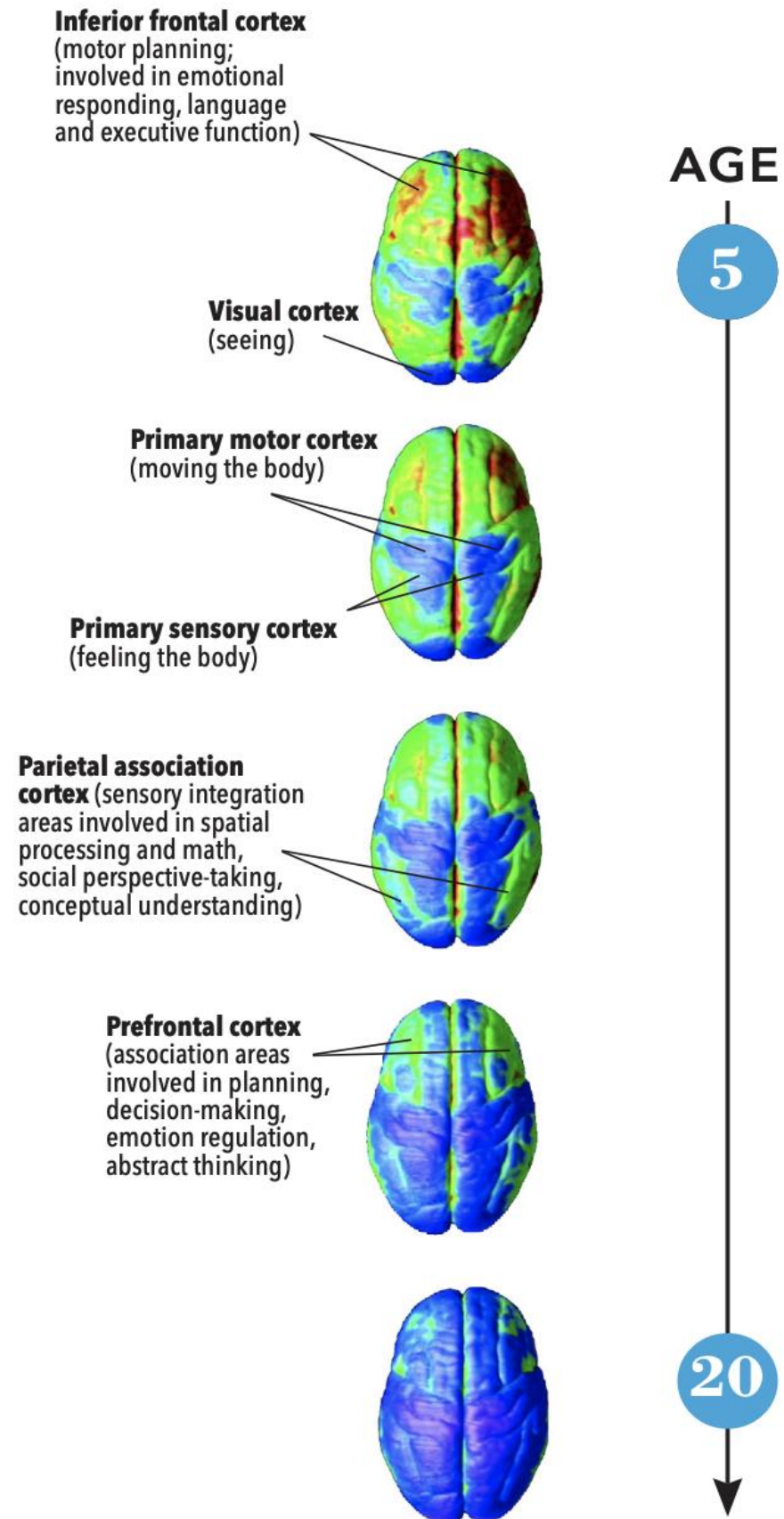
# GRATITUDE







# The Stages of Brain Development and Associated Learning Opportunities

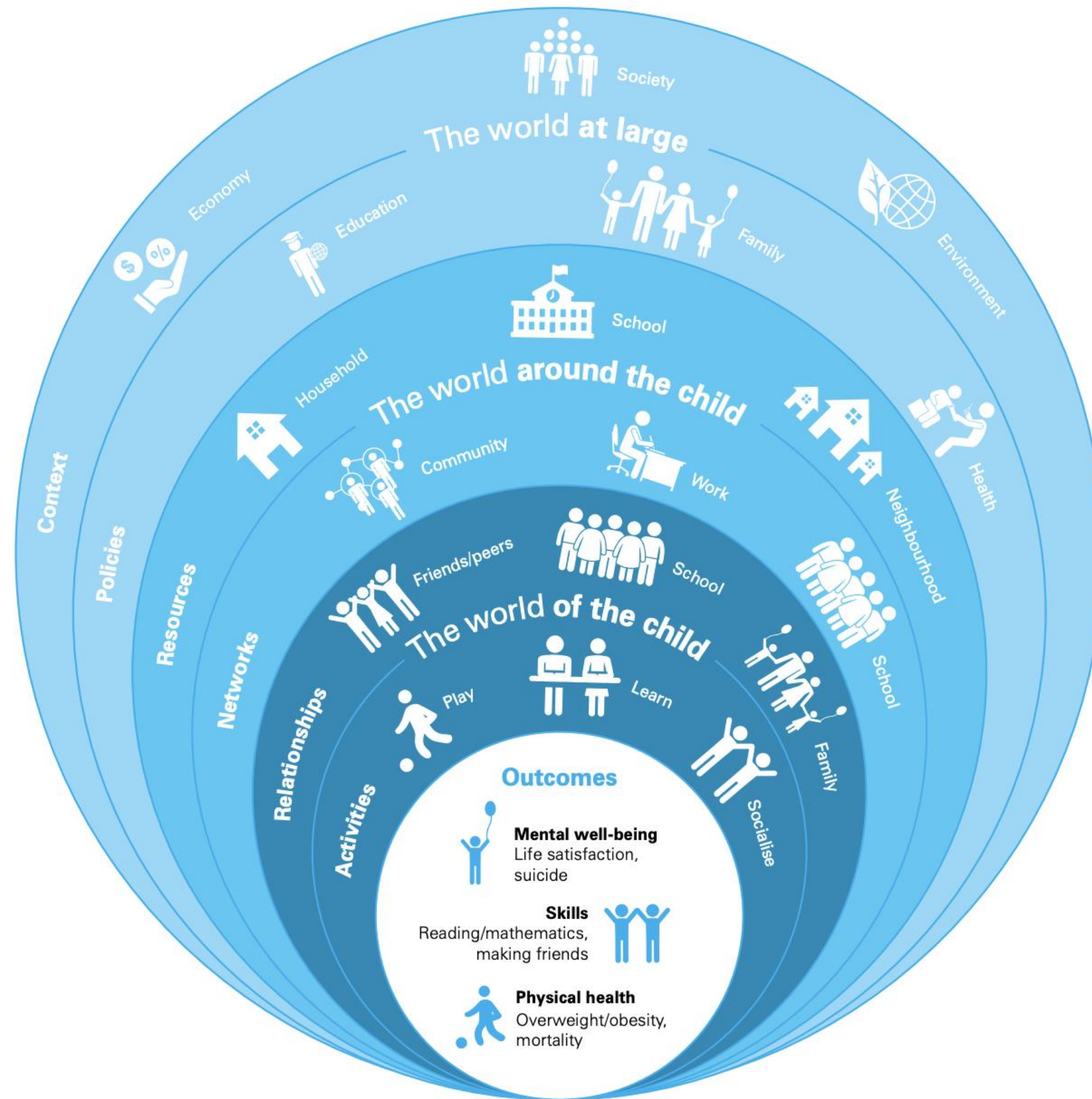






<https://safesupportivelearning.ed.gov/topic-research/engagement/relationships>

# Connection



# Cultivating Connection



Photo credit: <https://www.atlassian.com/>



Photo credit: <https://www.mindful.org>



<https://www.pbs.org/education/blog/prioritizing-empathy-and-anti-racism-in-schools>



# Cultivating Connection



Photo credit: <https://www.atlassian.com/>

Awareness

# Awareness





# What Zone Are You In?

Blue	Green	Yellow	Red
			
<p>Sick Sad Tired Bored Moving Slowly</p>	<p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>Mad/Angry Mean Yelling/Hitting Disgusted Out of Control</p>



# Feelings



Somber Angry Content Irritated Ecstatic Tired Stressed Worried



Grumpy Surprised Furious Sleepy Lonely Confident Shocked Proud



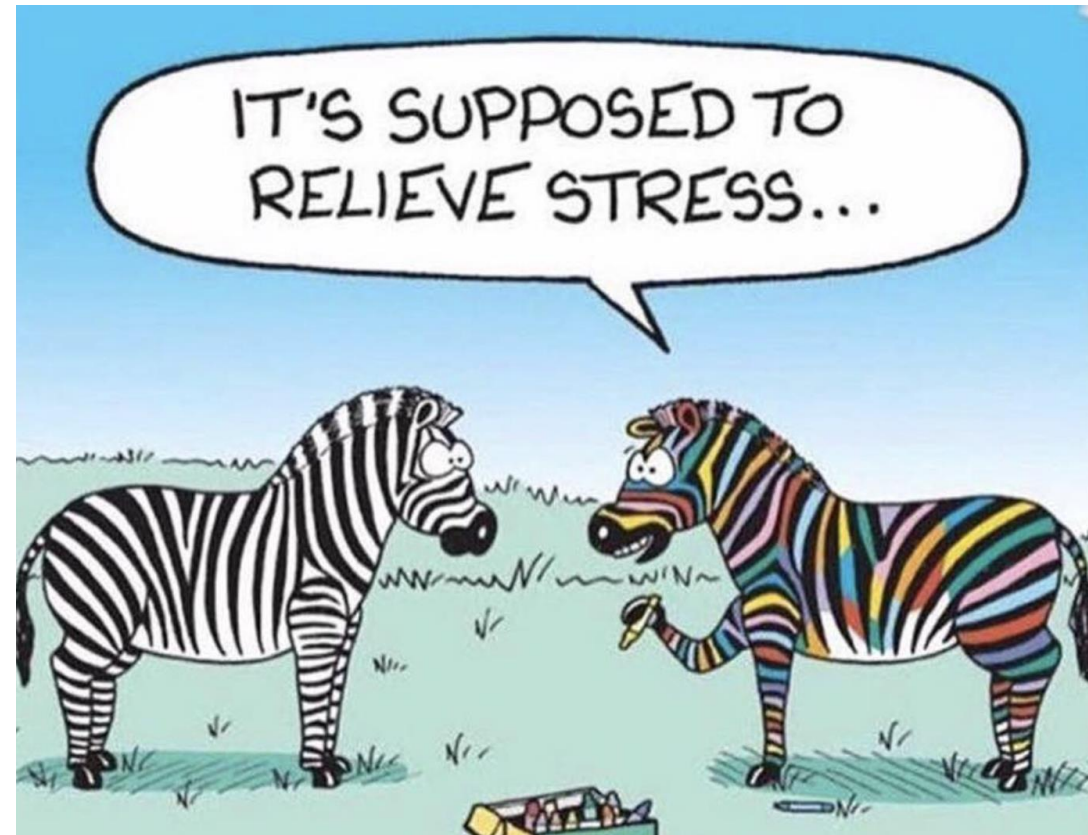
Thankful Jealous Scared Shy Happy Sad Overwhelmed Smug



Annoyed Loved Mischievous Hopeless Sulky Disappointed Sorry Anxious



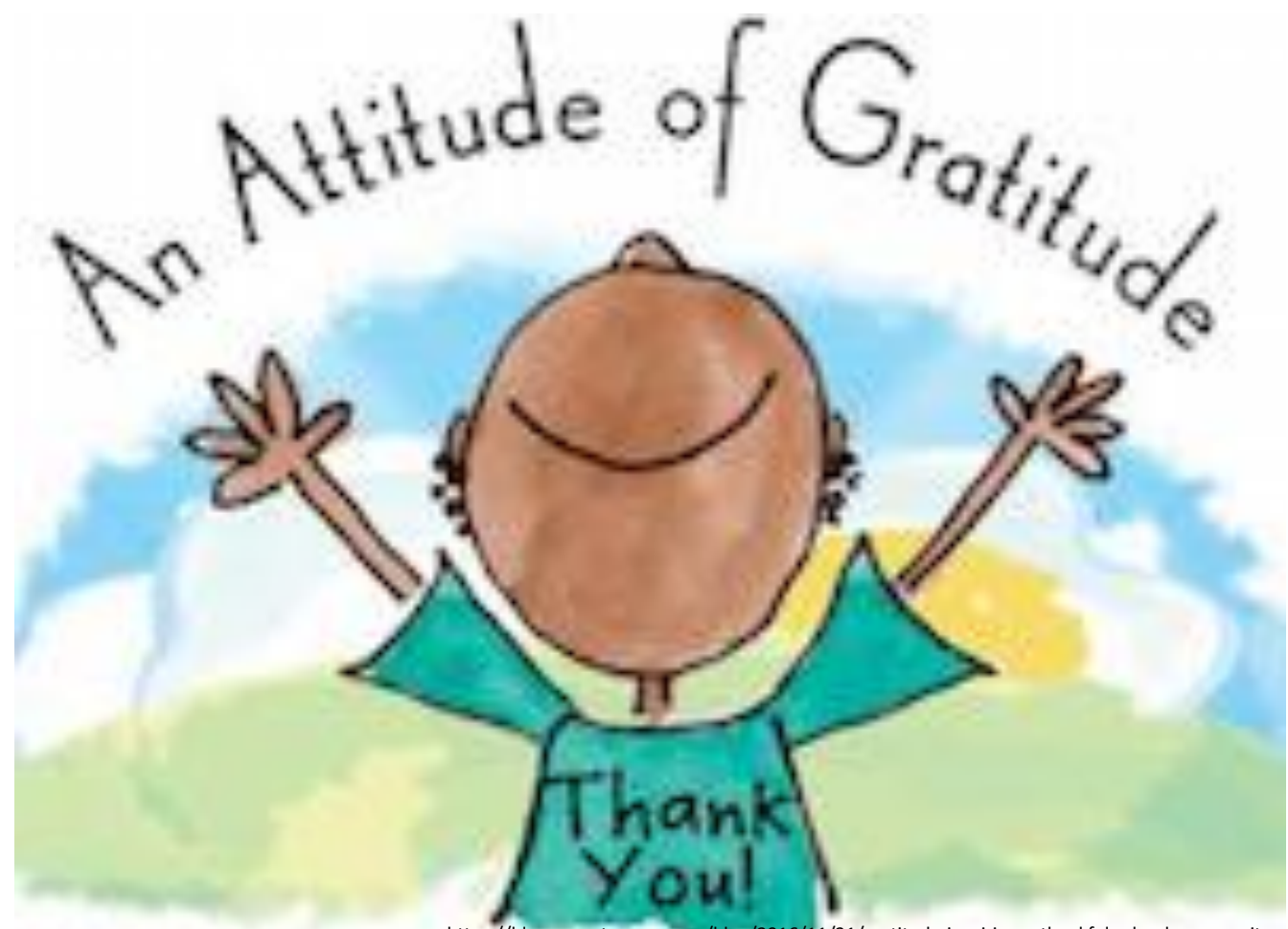
# Expression



# Movement







<https://blog.parentsquare.com/blog/2016/11/21/gratitude-inspiring-a-thankful-school-community>

## Welcome and Micro-opportunities



A new study finds  
**major benefits to welcoming  
students** into your classroom.





**“By helping students become aware of and then embody the connection between their emotions, thoughts, and bodily sensations, students are better able to regulate their emotions, which then impacts things such as their behavior, stress levels, relationships, and ability to focus.” (Lantieri & Zakrzewski, 2015).**

# Cultivating Connection



<https://www.pbs.org/education/blog/prioritizing-empathy-and-anti-racism-in-schools>

Building  
Empathy



# Empathy



# Stress & Distress



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**1,710%**

Increase in annual behavioral health ED volume, as compared to a 15.2% increase for all other ED visits

FY 2011 to FY 2020



# U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic

**FACT SHEET: President Biden to Announce Strategy to Address Our National Mental Health Crisis, As Part of Unity Agenda in his First State of the Union**



**AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health**

# Affirming environments









6  
12

# CLASSROOM AGREEMENT

We are respectful of people, nature and things.

We are responsible for all we say and do.

We are peaceful with our words and actions.

We are enthusiastic learners who are not afraid to ask questions.

We strive for excellence and always grow as learners.



I AM FROM CLOTHESPINS,  
FROM CLOROX AND  
CARBON-TETRACHLORIDE  
I AM FROM THE DIRT UNDER THE BACK  
PORCH.  
(BLACK, GLISTENING  
IT TASTED LIKE BEETS.)  
I AM FROM THE FORSYTHIA BUSH,  
THE DUTCH ELM  
WHOSE LONG GONE LIMBS I REMEMBER  
AS IF THEY WERE MY OWN.  
I AM FROM FUDGE AND EYEGASSES,  
FROM IMOGENE AND ALAFAIR  
I'M FROM THE KNOW-IT-ALLS  
AND THE PASS-IT-ONS,  
FROM PERK UP AND PIPE DOWN.  
I'M FROM HE RESTORETH MY SOUL  
WITH COTTONBALL LAMB  
AND TEN VERSES I CAN SAY MYSELF.  
I'M FROM ARTEMUS AND BILLIE'S BRANCH,  
FRIED CORN AND STRONG COFFEE  
FROM THE FINGER MY GRANDFATHER LOST  
TO THE AUGER  
THE EYE MY FATHER SHUT TO KEEP HIS SIGHT.  
UNDER MY BED WAS A DRESS BOX  
SPILLING OLD PICTURES.  
A SIFT OF LOST FACES  
TO DRIFT BENEATH MY DREAMS.  
I AM FROM THOSE MOMENTS--  
SNAPPED BEFORE I BUDDED--  
LEAF-FALL FROM THE FAMILY TREE

george elia lyon

## I Am From

By: Kirra

I am from Dad's morning french toast to Mom's homemade enchiladas.  
From Fried chicken Fridays with Lauren and getting VG'S Doughnuts at the beach.

I am from watching Nacho Libre in Mexico, doing cousins camp at Nana's, and reading on the hammock. From going to church every Sunday, hanging out at Nana's, and getting Blaze pizza almost every week.

I am from getting the Habit with Aubrey for our birthdays every year, to hanging out with Gigi to watch Monk most every week. From Mom saying, "My brown eyed girl," and my dad saying, "Turn off the lights".

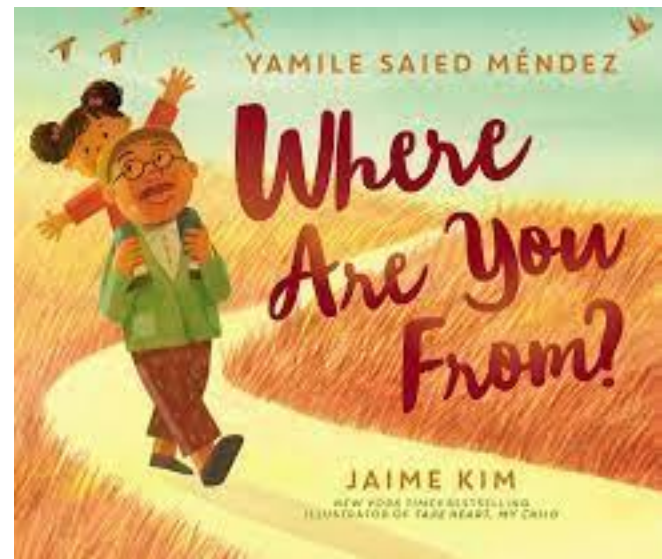
I am from watching Survivor with Aubrey and eating any dessert we can find, asking mom to get me spicy chicken wings from Sprouts, and watching Dwight in Shining Armor with dad. From doing our yearly Easter egg hunts at Nana's, opening one present on Christmas eve, and baking desserts all the time.

I am from singing in the car with mom, reading in my bed all the time, and listening and singing with papa on the guitar. From dad's delicious Tri Tip, playing dolls with Juliet, and listening to Chase laugh from when anyone does something funny.

I am from asking mom to do my nails and not keeping them for more than a day. From watching movies at the "round table", learning funny and random facts, swimming in the pool with my siblings, and hanging out with Mila.

But most of all, I am from a loving family who make my life joyful, fun, and interesting. Thank you mom and dad for giving me all of my life and making it the best life in the world (in my opinion).





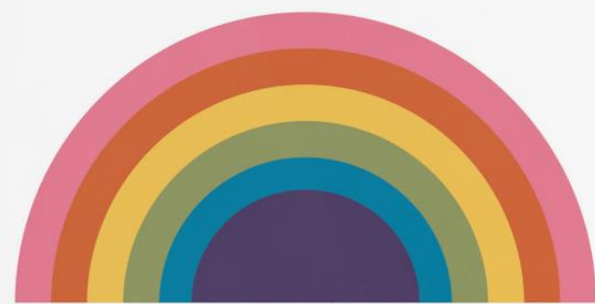




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**Transforming  
Mental Health**

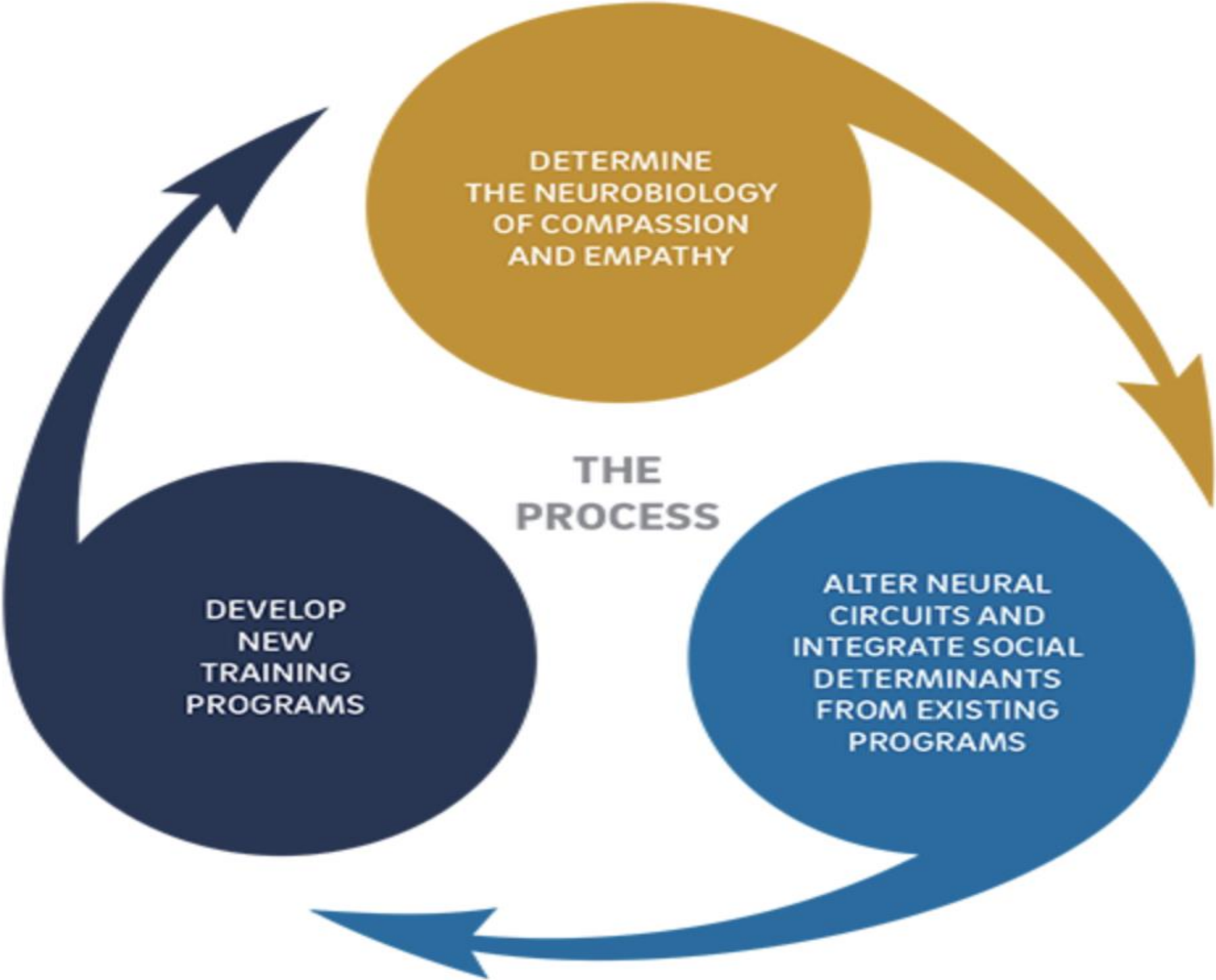


PEOPLE WILL FORGET  
**WHAT YOU SAID,**  
PEOPLE WILL FORGET  
**WHAT YOU DID,**  
BUT PEOPLE WILL NEVER FORGET  
**HOW YOU MADE**  
**THEM FEEL.**

- MAYA ANGELOU -



# Compassion



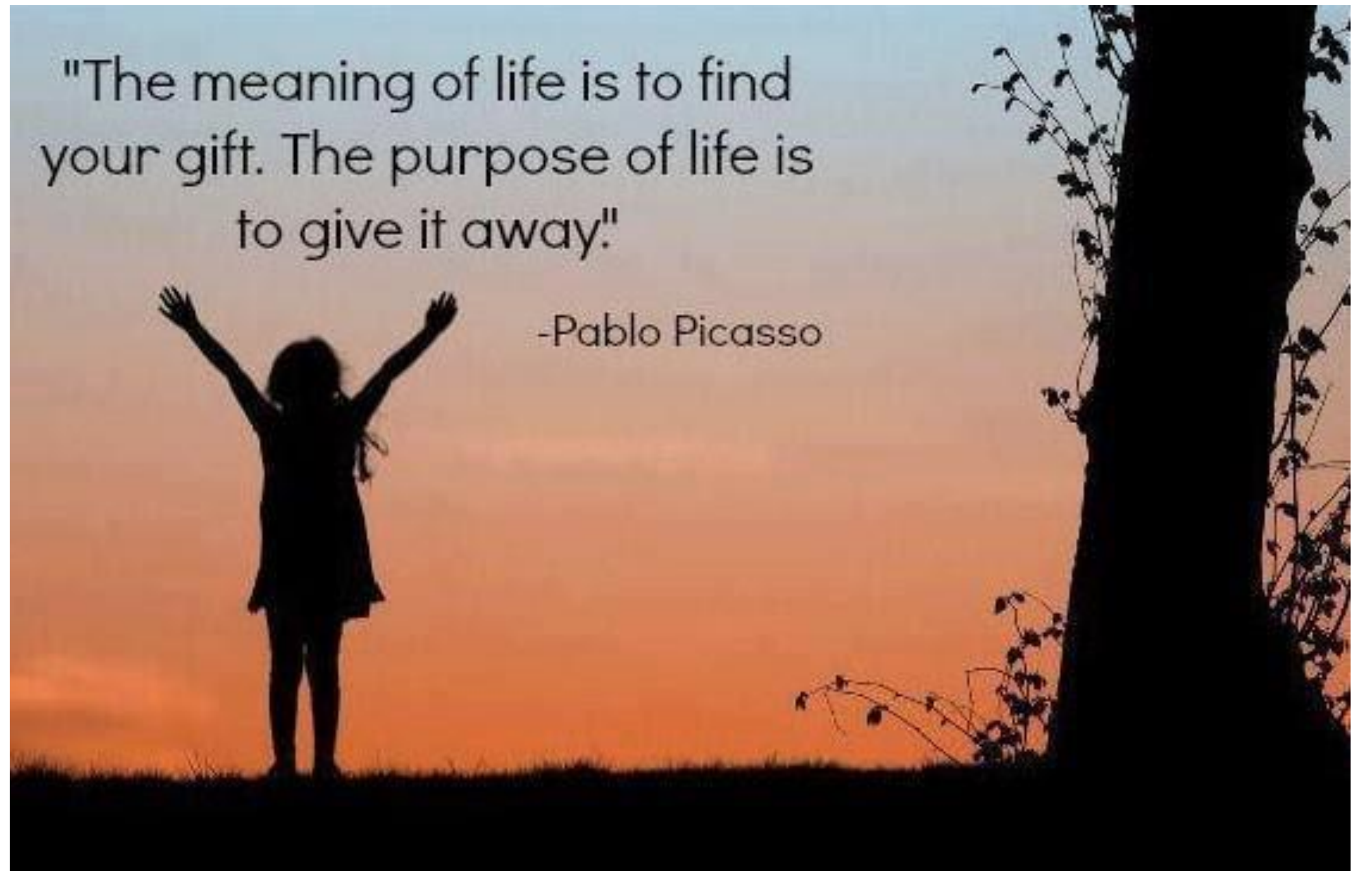
**Stanford**  
MEDICINE

THE CENTER FOR COMPASSION AND  
ALTRUISM RESEARCH AND EDUCATION

# SCIENCE OF GENEROSITY

"The meaning of life is to find  
your gift. The purpose of life is  
to give it away."

-Pablo Picasso





Notes & Totes of Hope

# Rady Childrens

Hospital  
San Diego

# Empathy

- Teach empathy and why it matters
- Practice empathy and discuss empathic actions
- Model empathy

When  
‘i’ is replaced by ‘we’  
even ‘illness’ becomes  
‘wellness’



originally spoken by Charles Roppel in 1894 ; Malcom X



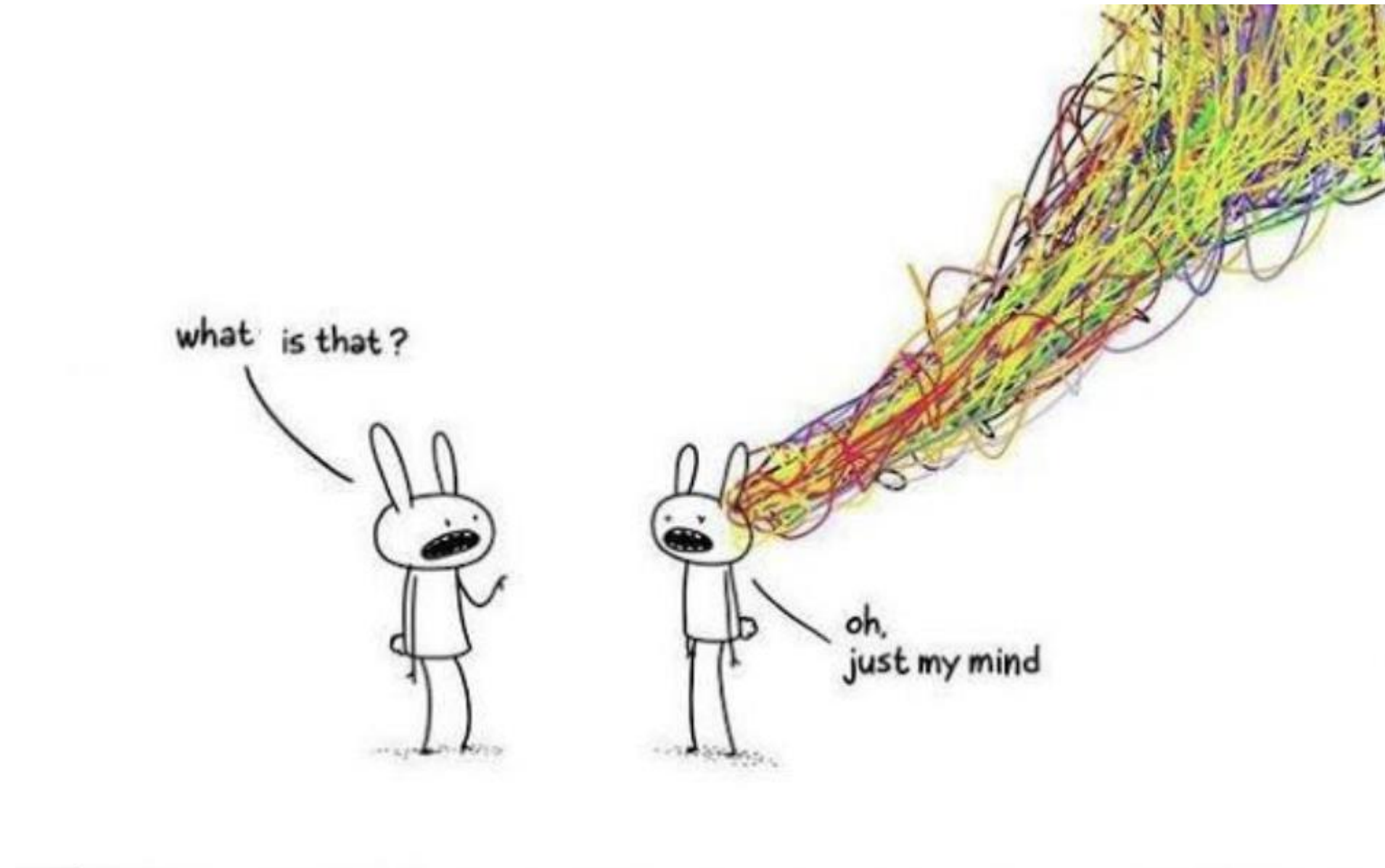
# Cultivating Connection

Mindfulness  
& Self-  
Compassion



Photo credit: <https://www.mindful.org>

# Why Mindfulness





**“If every 8 year old in the world is taught meditation, we will eliminate violence from the world within one generation.” – Dalai Lama.**



# EQUITY & INCLUSION

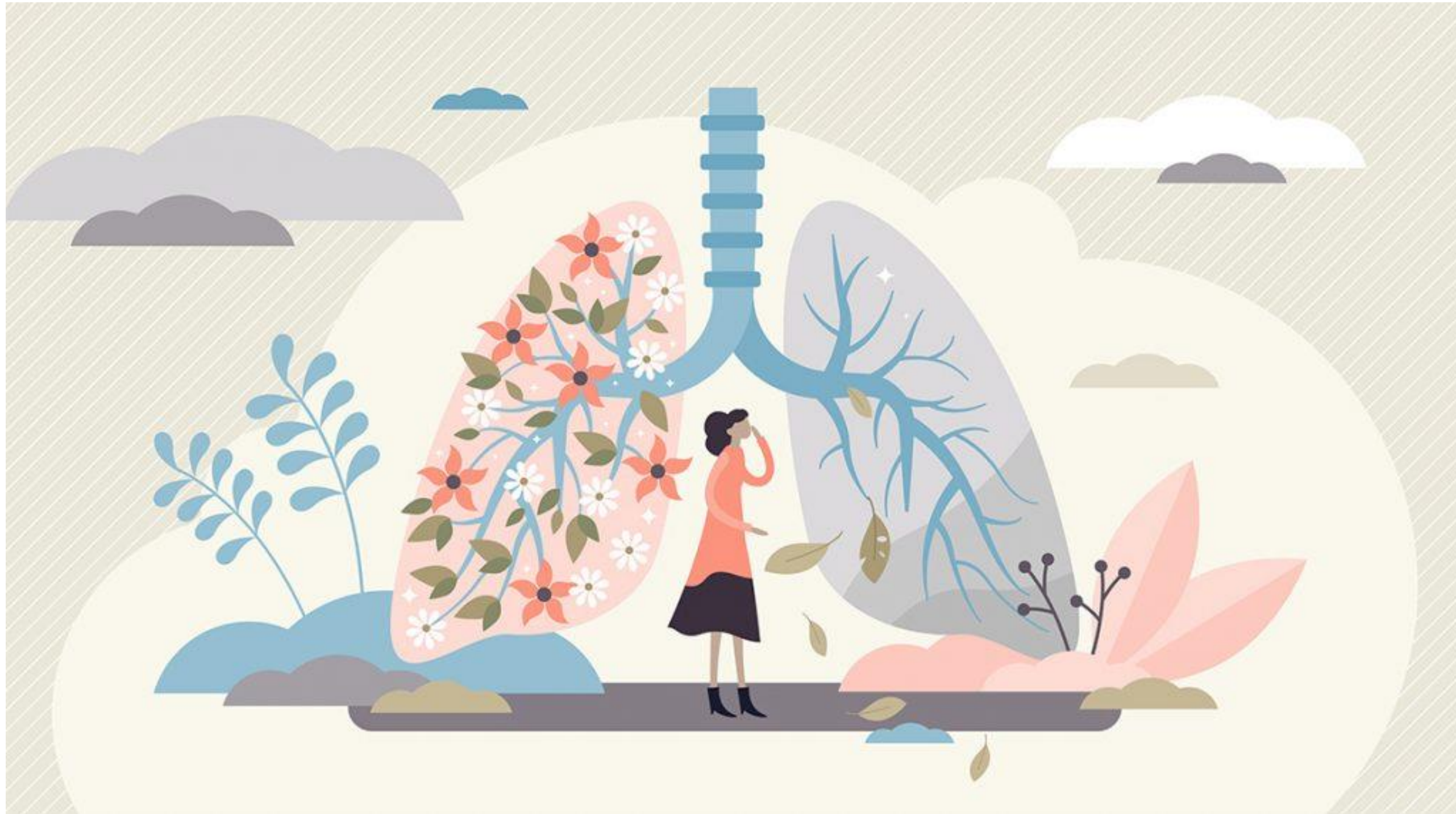






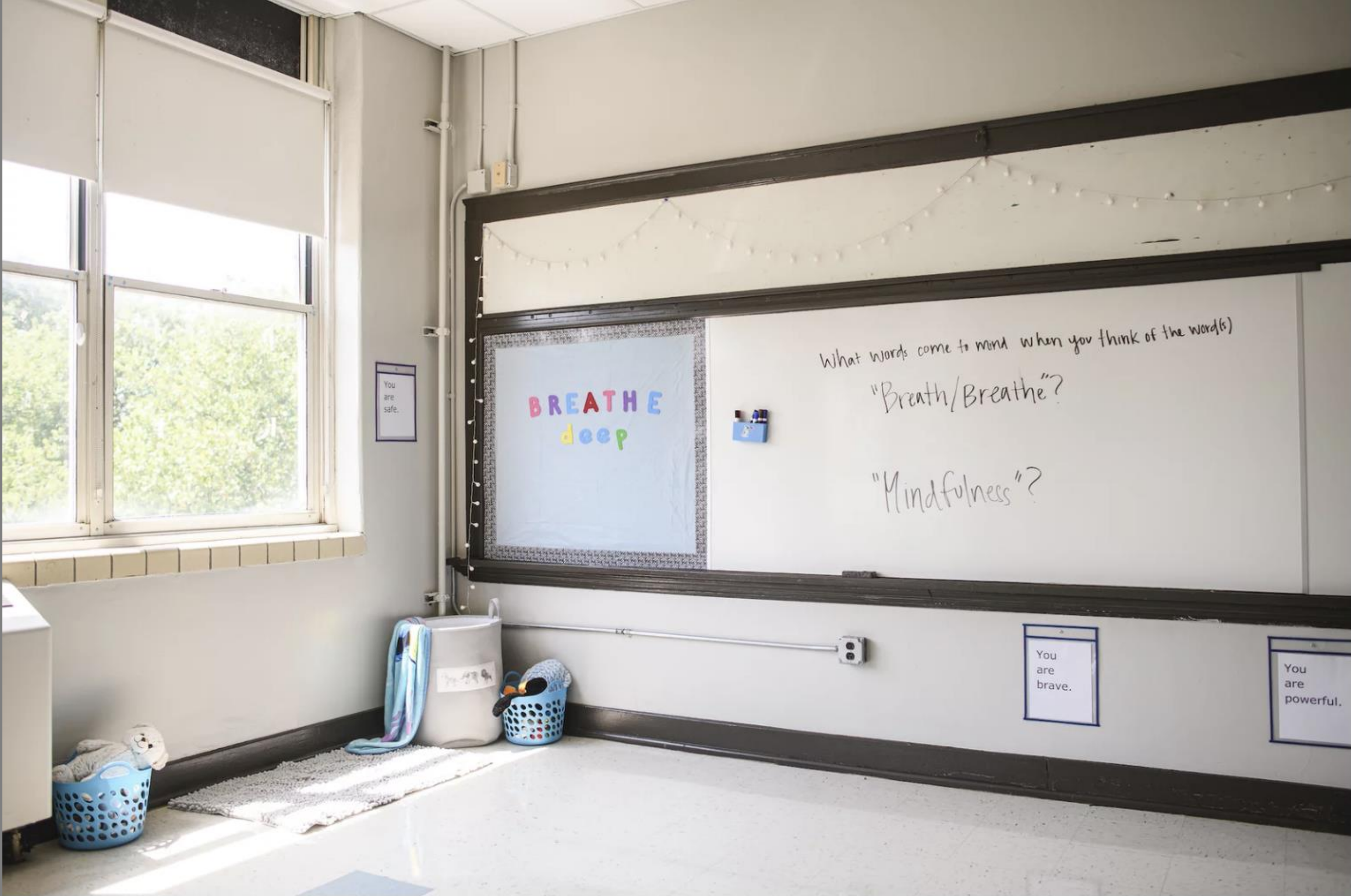


# Common Practices to consider



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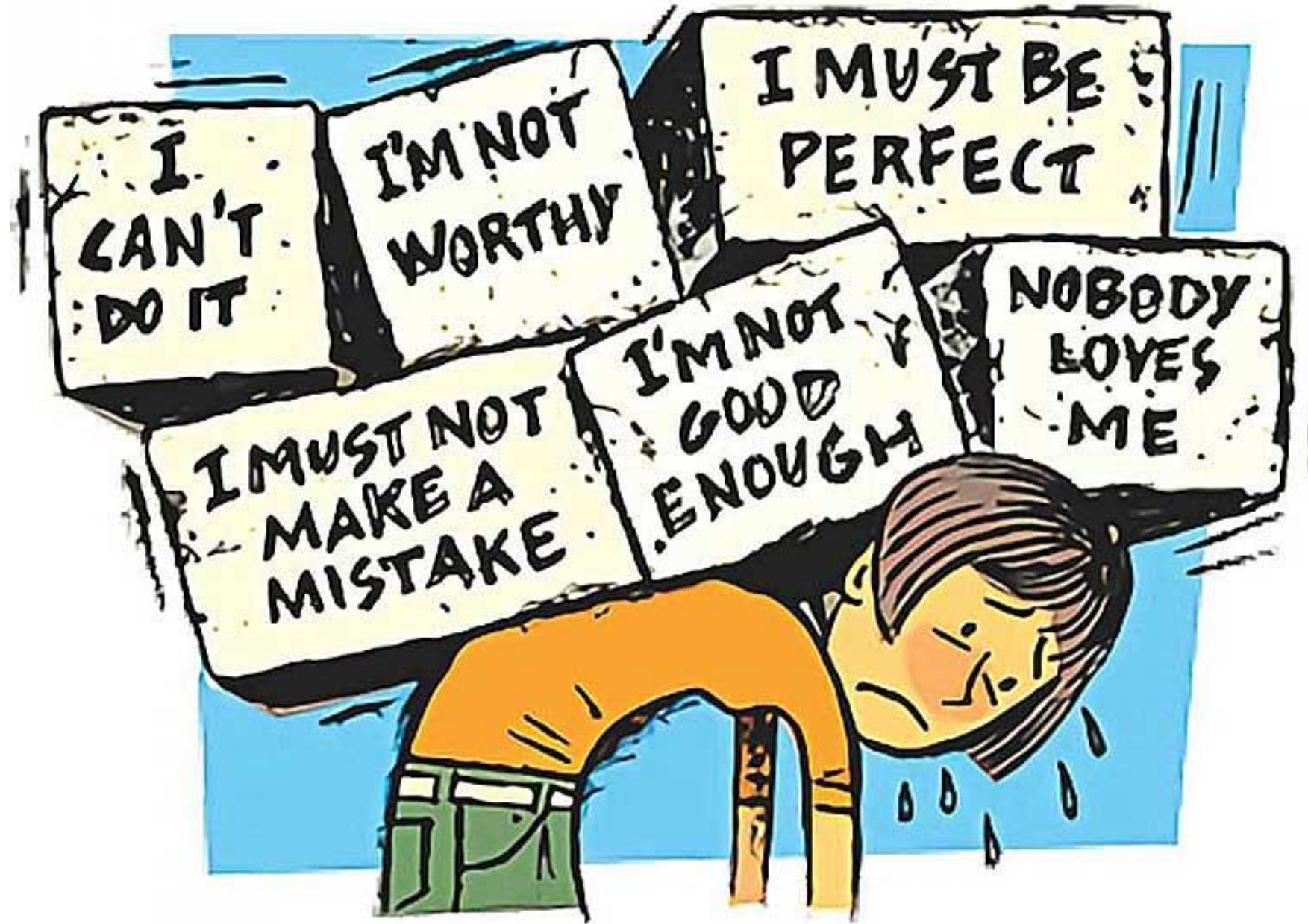


The BeWell room at Warner Arts Magnet Elementary School is a quiet, contemplative place for students to tap into their breath and work on mindfulness.

*William DeShazer/WLPN*



# Self-compassion



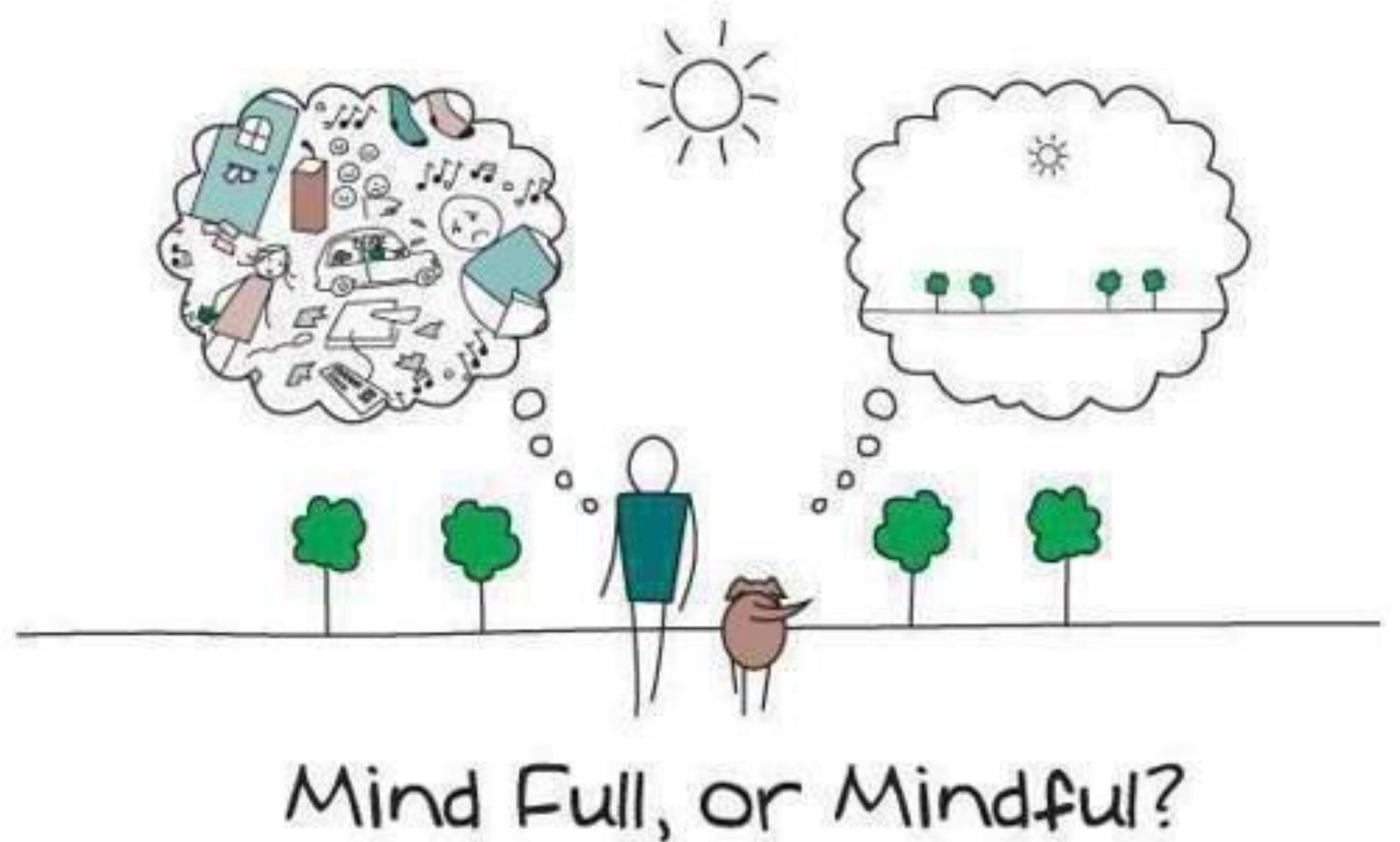
<http://theteenagertoday.com/why-do-we-feel-were-not-good-enough/>



# 1. Mindfulness

---

Paying attention to the present moment experience without judgment



## 2. Kindness

---

Treating self/others  
with care and  
understanding







## 3. Common Humanity

---

Seeing the experience of self/others as part of larger human experience

***We are not alone.***

# Self-compassion practice

---

“This is a tough moment” (mindfulness),  
“We all share tough moments” (common humanity),  
“I am going to be nice to myself” (self-kindness).





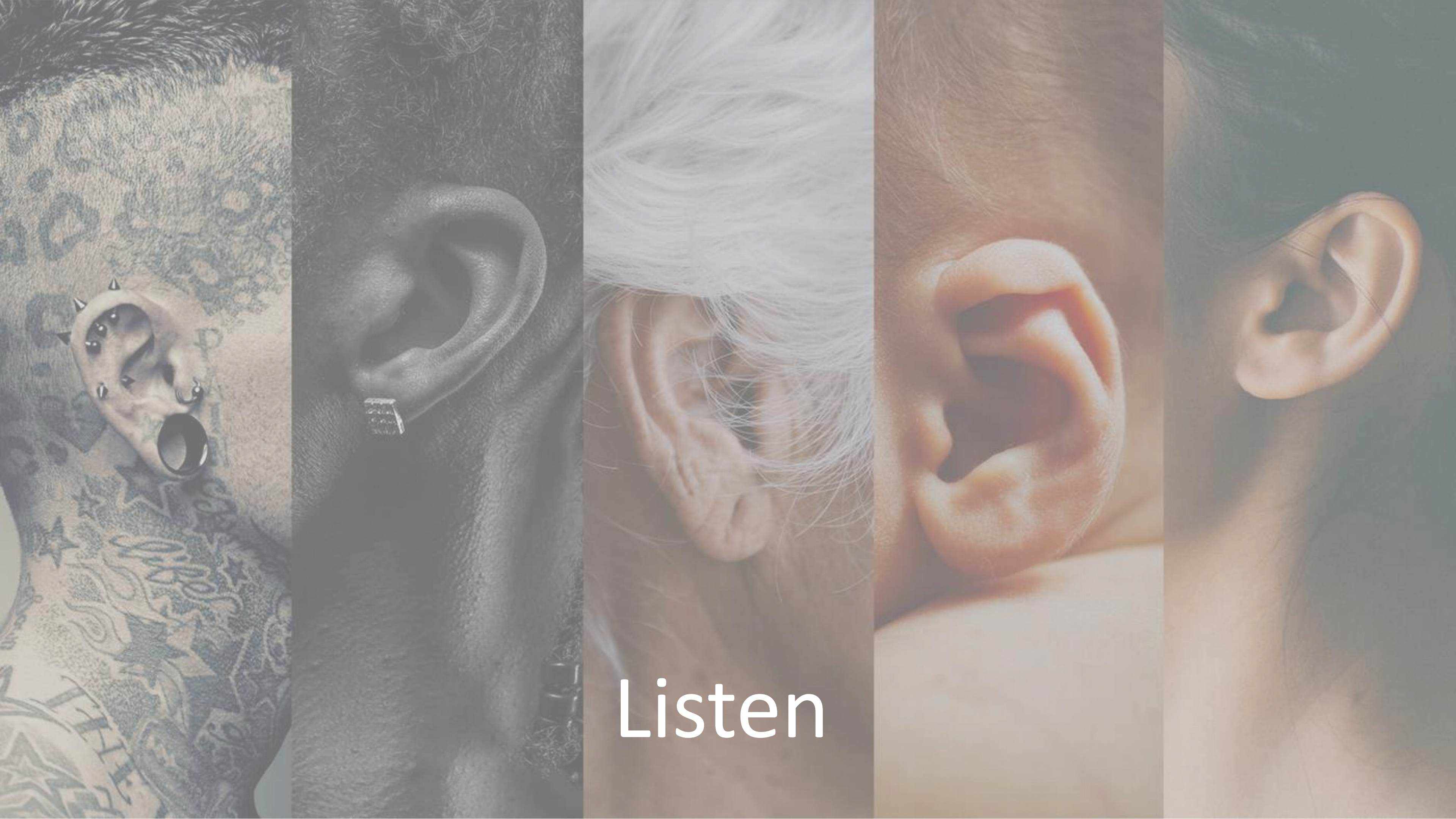


**Olivia**

---

High School Student





Listen





Taken from the poster produced by Nicole Usher, Shannelle Reneau, Brittany Meighan and Adrian Lisbey, 9-year old students, Belize

Perhaps the most potent element of all, in an effective crisis service system, is relationships. **To be human. To be compassionate.** We know from experience that immediate access to help, hope and healing saves lives. SAMHSA 2020, National Guidelines for Behavioral Health Crisis Care Best Practice Toolkit

# Resources

## Rady Children's Hospital Emergency Department

- 3020 Children's Way, 1<sup>st</sup> floor, San Diego, CA 92123
- Phone: 858-966-8005

## ▪Rady Children's Behavioral Health Urgent Care

- 4305 University Avenue, Suite 150, San Diego, CA 92105
- Phone: 858-966-5484
- Walk-in Clinic: Monday-Friday: 4 p.m. to 8 p.m.
- By Appointment Only: Monday-Friday: 9 a.m. to 4 p.m.

## ▪Access and Crisis Line – 888-724-7240

## Crisis text line – 741-741

<https://www.crisistextline.org>

Text HOME to [741741](https://www.crisistextline.org)

## Smart Care / Behavioral Health Consultative Service

Parent Line: 858-956-5901

## 2-1-1 San Diego

[www.211sandiego.org](http://www.211sandiego.org)

## San Diego Food Bank

<https://sandiegofoodbank.org/>

Phone (Local): 1-858-527-1419

Phone (Toll Free): 1-866-350-3663

## National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org>

800-237-8255 (TALK)

## It's Up to Us

<https://up2sd.org>

## National Alliance on Mental Illness

<https://www.nami.org/Home>

## Healthy Children.org by American Academy of Pediatrics

[www.healthychildren.org](http://www.healthychildren.org)

## Centers for Disease Control and Prevention (CDC)

[www.cdc.gov](http://www.cdc.gov)

## San Diego County Department of Public Health

[www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html)

## Riverside County Department of Public Health

[www.countyofriverside.org](http://www.countyofriverside.org)

## Children's Primary Care Medical Group [www.cpcmg.net](http://www.cpcmg.net)

## Rady Children's Hospital San Diego [www.rchsd.org](http://www.rchsd.org)

## Children's Physicians Medical Group [www.cpmgsandiego.com](http://www.cpmgsandiego.com)



# Classroom Resources

<http://mindfulnessforteens.com/guided-meditations/>  
<https://positivepsychology.com/mindfulness-education/>  
<https://mindfulnessinschools.org/free-resources/>  
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>  
<https://mindfulnesseducation.nz/free-pbs-resources/>  
<https://blog.calm.com/take-a-deep-breath>  
<http://www.mindfulteachers.org/p/mindfulness-resources.html?m=1>  
<https://www.nytimes.com/guides/well/how-to-meditate>  
<https://www.detroitk12.org/cms/lib/MI50000060/Centricity/Domain/41/Mindfulness%20Resource%20for%20People%20of%20Color.pdf>  
<https://www.mindful.org/disrupting-systemic-whiteness-mindfulness-movement/>  
<https://caps.ucsc.edu/resources/mindfulness-for-poc.html>  
<https://liberatemeditation.com>  
[https://www.uclahealth.org/marc/body.cfm?id=22&iirf\\_redirect=1](https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1)  
<https://www.youtube.com/watch?v=LpMvTTlr2p4>  
<https://www.ementalhealth.ca>  
<https://www.mc4me.org/resources.html>  
<https://www.gonoodle.com/>  
<https://insighttimer.com/> <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids>  
<https://heartandmindteaching.com/2018/10/10-free-mindfulness-resources.html>  
<https://www.calm.com/blog/take-a-deep-breath>  
[https://www.tenpercent.com/live?utm\\_source=cv\\_response&utm\\_medium=email&utm\\_campaign=reminder\\_sharon\\_d4](https://www.tenpercent.com/live?utm_source=cv_response&utm_medium=email&utm_campaign=reminder_sharon_d4)  
<https://creativeeducator.tech4learning.com/2016/lessons/classroom-constitution>  
<https://inside.ewu.edu/managementtoolbox/classroom-promise/>

Thank you!  
Please be in touch  
[dshapiro@rchsd.org](mailto:dshapiro@rchsd.org)