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

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LAND ACKNOWLEDGEMENT

https://native-land.ca
GRATITUDE
The Stages of Brain Development and Associated Learning Opportunities

Inferior frontal cortex (motor planning, involved in emotional responding, language and executive function)

Visual cortex (seeing)

Primary motor cortex (moving the body)

Primary sensory cortex (feeling the body)

Parietal association cortex (sensory integration areas involved in spatial processing and math, social perspective-taking, conceptual understanding)

Prefrontal cortex (association areas involved in planning, decision-making, emotion regulation, abstract thinking)

AGE

5

20

Rebecca Saxe and Atsushi Takahashi / Department of Brain and Cognitive Sciences, MIT / Athinoula A. Martinos Imaging Center at the McGovern Institute for Brain Research, MIT
Cultivating Connection

Awareness

Mindfulness & Self-Compassion

Empathy

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

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

Photo credit: https://www.atlassian.com
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Awareness

Photo credit: https://www.atlassian.com/
Awareness
<table>
<thead>
<tr>
<th>What Zone Are You In?</th>
<th>Blue</th>
<th>Green</th>
<th>Yellow</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sick</td>
<td>Happy</td>
<td>Frustrated</td>
<td>Mad/Angry</td>
</tr>
<tr>
<td></td>
<td>Sad</td>
<td>Calm</td>
<td>Worried</td>
<td>Mean</td>
</tr>
<tr>
<td></td>
<td>Tired</td>
<td>Feeling Okay</td>
<td>Silly/Wiggly</td>
<td>Mean</td>
</tr>
<tr>
<td></td>
<td>Bored</td>
<td>Focused</td>
<td>Excited</td>
<td>Yelling/Hitting</td>
</tr>
<tr>
<td></td>
<td>Moving Slowly</td>
<td>Ready to Learn</td>
<td>Loss of Some</td>
<td>Disgusted</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Control</td>
<td>Out of Control</td>
</tr>
</tbody>
</table>
Expression
Movement
An Attitude of Gratitude
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).
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Building Empathy

Empathy
Stress & Distress

Increase in annual behavioral health ED volume, as compared to a 15.2% increase for all other ED visits
FY 2011 to FY 2020

1,710%
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
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.

Miss C Teacher Star - Melbourne
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 Ella 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 Daight  
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 Josie, 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).
Where Are You From?

Yamile Saied Méndez

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

-Pablo Picasso
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

Bowen et al., 2006; Chiesa, 2009; Chiesa and Serretti, 2011; Keng et al., 2011; Klingbeil et al., 2017 and Maynard et al., 2017; Filipe et al. 2021
“If every 8 year old in the world is taught meditation, we will eliminate violence from the world within one generation.” – Dalai Lama.
Common Practices to consider
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

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).
Listen
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.  

[SAHSA 2020, National Guidelines for Behavioral Health Crisis Care Best Practice Toolkit]
Resources

Rady Children’s Hospital Emergency Department
▪ 3020 Children’s Way, 1st 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
Smart Care / Behavioral Health Consultative Service
  Parent Line: 858-956-5901
2-1-1 San Diego
  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
Centers for Disease Control and Prevention (CDC)
  www.cdc.gov
San Diego County Department of Public Health
  www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html
Riverside County Department of Public Health
  www.countyofriverside.org
Children’s Primary Care Medical Group www.cpcmg.net
Rady Children’s Hospital San Diego www.rchsd.org
Children’s Physicians Medical Group www.cpmgsandiego.com
Classroom Resources

http://mindfulnessforteens.com/guided-meditations/
https://positivepsychology.com/mindfulness-education/
https://mindfulnessinchools.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.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.youtube.com/watch?v=LpMvTTIr2p4
https://www.ementalhealth.ca
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://inside.ewu.edu/managementtoolbox/classroom-promise/
Thank you!
Please be in touch

dshapiro@rchsd.org