Cultivating Compassion in the Self, Classroom and School Community
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Presenters
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http://www.chiaravalle.org/

Compassion Research
• http://greatergood.berkeley.edu/gg_live/science_meaningful_life_videos
• Born to Be Good by Dacher Keltner
• A Force for Good by Daniel Goleman
• The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them by Richie Davidson
• The How of Happiness: A New Approach to Getting the Life You Want by Sonja Lyubomirsky
• The Happiness Advantage by Shawn Achor
• www.ted.com/.../karen_armstrong_makes_her_...
• http://greatergood.berkeley.edu/education
• http://greatergood.berkeley.edu/article/item/self_compassion_for_teachers
• http://greatergood.berkeley.edu/article/item/the_top_ten_insights_from_the_science_of_a_meaningful_life_2014
• CCARE Stanford’s Science of compassion conference videos: https://www.youtube.com/playlist?list=PLP65-Jj51VNTbG2xJ26tsXuPX23_pWlDO
• Teaching Tolerance: http://www.tolerance.org/publication/formative-evaluation-perspectives-diverse-america-final-repo
• Dr. Chris Kukk TED talk on compassion: https://www.youtube.com/watch?v=RLJEjJVFziQ
• http://greatergood.berkeley.edu/gg_live/science_meaningful_life_videos/speaker/barbara_fredrickson/the_positivity_ratio/
• For more of her talks on positive emotions check out: http://greatergood.berkeley.edu/author/barbara_fredrickson
• http://www.investigatinghealthyminds.org/cihmAudio.html (compassion mediation script and download)
• Mindfulness: Daniel Seigel: https://www.youtube.com/watch?v=ZcDLzppD4Jc
• https://www.youtube.com/watch?v=3EQ2tzH3Ks
• Greater Good in Action website: http://ggia.berkeley.edu/practice/three-good-things#data-tab-how
• Shauna Shapiro:
  http://greatergood.berkeley.edu/gg_live/science_meaningful_life_videos/speaker/shauna_shapiro/mindfulness_meditation_and_the_brain
  • http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3927233/
  • http://www.nmr.mgh.harvard.edu/~britta/SUN_July11_Baime.pdf
  • https://www.psychologytoday.com/blog/the-literary-mind/200908/is-kindness-weakness
• Making Caring Count Reports: http://mcc.gse.harvard.edu/reports

Compassion in the School Community
• Charter for Compassion: http://www.charterforcompassion.org/index.php/charter-for-compassionate-schools
• Compassion Meditation: http://centerhealthyminds.org/

Compassion in the Elementary Classroom
• Greek Street Art: http://www.huffingtonpost.com/2014/11/13/street-art-greece_n_6149098.html
• Holocaust Education
  • It is unethical for students to try to take on the perspective of victims of the Holocaust
  • Spiraling curriculum: introduce only what is age appropriate
  • http://www.unsilence.org/
  • Fireflies in the Dark: The Story of Friedl Dicker-Brandeis and the Children of Terezin by Susan Goldman Rubin
  • I Never Saw Another Butterfly: Children’s Drawings and Poems from the Terezin Concentration Camp, 1942-1944 by Hana Volakova and Vaclav Havel
• Anti-Apartheid Music
  • http://www.molliestone.org/
  • https://www.youtube.com/watch?v=PrGE_oQDdFo
  • Contact Kirstin for additional information (knordhaus@chiaravalle.org)
• Literature:
  • Utilize text as “window and mirror”
  • Perspectives for a Diverse America (through Teaching Tolerance) diverse text database: http://perspectives.tolerance.org/
  • Texts for 9-12 students:
    Diego: Bigger Than Life by Carmen Bernier-Grand and David Diaz
    Out of Bounds: Seven Stories of Conflict and Hope by Beverley Naidoo
    The Crossover by Kwame Alexander
    Counting by 7s by Holly Goldberg Sloan