

## Cultivating Compassion in the Self, Classroom and School Community

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### Presenters

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### Compassion Research

- [http://greatergood.berkeley.edu/gg\\_live/science\\_meaningful\\_life\\_videos](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://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/self_compassion_for_teachers)
- [http://greatergood.berkeley.edu/article/item/the\\_top\\_ten\\_insights\\_from\\_the\\_science\\_of\\_a\\_meaningful\\_life\\_2014](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\\_pWIDO](https://www.youtube.com/playlist?list=PLP65-Jj51VNTbG2xJ26tsXuPX23_pWIDO)
- 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=RLJEjVFziQ>
- [http://greatergood.berkeley.edu/gg\\_live/science\\_meaningful\\_life\\_videos/speaker/barbara\\_fredrickson/the\\_positivity\\_ratio/](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://greatergood.berkeley.edu/author/barbara_fredrickson)
- <http://www.investigatinghealthyminds.org/cihmAudio.html> (compassion meditation script and download)
- Mindfulness: Daniel Siegel: <https://www.youtube.com/watch?v=ZcDLzppD4Jc>
- <https://www.youtube.com/watch?v=3EQ2tzHI3Ks>
- Brené Brown's TED Talk on human connection and vulnerability:  
[http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability?language=en](http://www.ted.com/talks/brene_brown_on_vulnerability?language=en)
- 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://greatergood.berkeley.edu/gg_live/science_meaningful_life_videos/speaker/shauna_shapiro/mindfulness_meditation_and_the_brain)
- The human factor: behavioral and neural correlates of humanized perception in moral decision making: Majdandžić J, Bauer H, Windischberger C, Moser E, Engl E, Lamm C - PLoS ONE (2012)
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3927233/>
- [http://www.nmr.mgh.harvard.edu/~britta/SUN\\_July11\\_Baime.pdf](http://www.nmr.mgh.harvard.edu/~britta/SUN_July11_Baime.pdf)
- <https://www.psychologytoday.com/blog/the-literary-mind/200908/is-kindness-weakness>
- <http://www.businessinsider.com/emma-seppala-on-happiness-and-success-2016>
- 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](http://www.huffingtonpost.com/2014/11/13/street-art-greece_n_6149098.html)
- Holocaust Education
  - o It is unethical for students to try to take on the perspective of victims of the Holocaust
  - o Spiraling curriculum: introduce only what is age appropriate
  - o <http://www.unsilence.org/>
  - o Fireflies in the Dark: The Story of Friedl Dicker-Brandeis and the Children of Terezin by Susan Goldman Rubin
  - o 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
  - o <http://www.molliestone.org/>
  - o [https://www.youtube.com/watch?v=PrGE\\_oQDdFo](https://www.youtube.com/watch?v=PrGE_oQDdFo)
  - o Contact Kirstin for additional information ([knordhaus@chiaravalle.org](mailto:knordhaus@chiaravalle.org))
- Literature:
  - o Utilize text as "window and mirror"
  - o Perspectives for a Diverse America (through Teaching Tolerance) diverse text database: <http://perspectives.tolerance.org/>
  - o 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

*Waiting for Normal* by Leslie Connor

*George* by Alex Gino

*Temple Grandin: How the Girl Who Loved Cows Embraced Autism and Changed the World* by Temple Grandin and Sy Montgomery

*I Am Malala (Young Readers Edition)* by Malala Yousafzai

*Crossing Jordan* by Adrian Fogelin

*Zen and the Art of Faking It* by Jordan Sonnenblick

*Diamond Willow* by Helen Frost

*Out of My Mind* by Sharon M. Draper

*Wonder* by R. J. Palacio

- Privilege activity: <http://www.buzzfeed.com/nathanwpyle/this-teacher-taught-his-class-a-powerful-lesson-about-privil#.mxwjW6DDV>