

**TAKING TIME TO  
B.R.E.A.T.H.E.  
Strategies for Strengthening  
Our Well-Being**

Dr. Joelle Hood  
Missouri School Health Conference  
December 5 2019

[www.thrivingYOUiversity.com](http://www.thrivingYOUiversity.com)



# A LITTLE ABOUT US

@thrivingU @joellethecoach



 **THRIVING**  
YOUiversity  
empowering individuals & organizations to thrive  
My notes

What is something I thought about? What is something I felt? What is something I want to do?

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# OPENING CIRCLE

- Name
- Position/Site
- Two things I'm looking forward to in the next few weeks



# YOUR ATTENTION PLEASE



# OBJECTIVES FOR TODAY

## THE WHY & THE WHAT



**WHY?**

What will you

**LEARN**

today?



# STAYING CONNECTED— THE THRIVE TRIBES, eBook, & GOOGLE DRIVE



empowering individuals & organizations to thrive




Janeen, Joelle, & Jessie say...  
Welcome to  
The THRIVE Tribe!



empowering individuals & organizations to thrive




Janeen, Joelle, and Jessie welcome YOU to the  
Becoming Better Educators  
THRIVE Tribe!



Joelle Hood Joho

About



empowering individuals & organizations to thrive



Janeen, Joelle, & Jessie welcome YOU to the  
Becoming Better Leaders  
THRIVE Tribe!



empowering individuals & organizations to thrive



# MINDFUL MOMENTS

## SMELL THE ROSES, BLOW OUT THE CANDLES



# EXPECTATIONS FOR A SAFE POSITIVE CLIMATE

- Unconditional Positive Regard–  
“Don’t Ick My Wow.”
  - Assume positive intentions.
  - Seek to understand – be an attentive listener and set judgement aside.
    - Set technology aside. Be where your feet are.
  - Let your heart and mind be open to new people, new experiences, and new learning.





# MINDFUL MOMENTS

Breathing in, I  
do my best.

Breathing out,  
I let go of the  
rest.



# MEET YOUR NEIGHBORS – THE UNCOMMON COMMON



# WELL-BEING & RESILIENCE



RESILIENCE...  
PATCHING THE  
LEAKS **AND**  
PUTTING WIND  
IN THE SAILS



# PULLING WEEDS DOESN'T GROW GARDENS

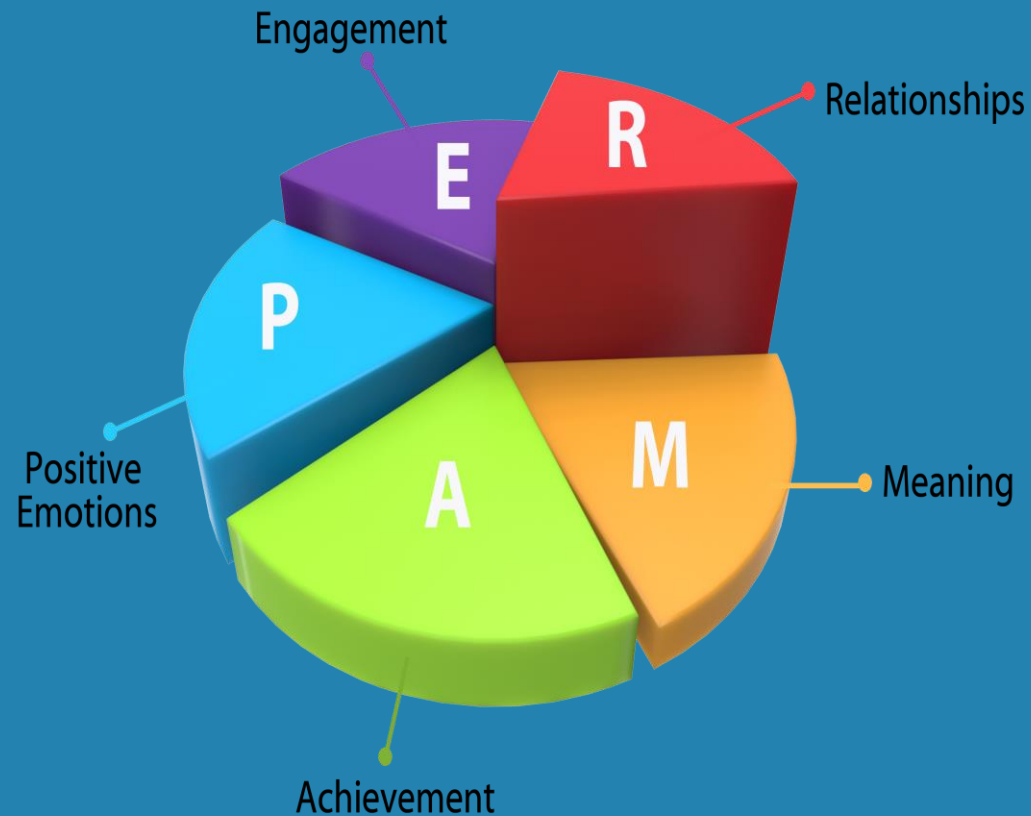


“Curing the negatives does *NOT* produce the positives.”

--Martin E.P. Seligman



# DIVING INTO WELLBEING & EMPLOYEE ENGAGEMENT



## Employee Experience

- Belonging
- Purpose
- Achievement
- Happiness
- Vigor



# TAKING TIME TO B.R.E.A.T.H.E. A FRAMEWORK FOR RESILIENCE

B Build Belonging

R Reflect ON Purpose

E Engage in Self-Compassion

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

E Empower Empathy



# GET OUT OF YOUR COMFORT ZONE AND INTO THE BOX...





# **B.R.E.A.T.H.E.-- BELONGING** **BACK TO BACK ACTIVITY**



# BACK TO BACK DEBRIEF

We do not learn from  
experience... we learn  
from reflecting on  
experience.

- John Dewey



# WE CULTIVATE THE CLIMATE WE MUST NOURISH TO FLOURISH

"When a flower  
doesn't bloom you  
fix the environment  
in which it grows,  
not the flower."

- Alexander den Heijer



**flour·ish**

/ˈflɔːrɪʃ/

verb

1. (of a person, animal, or other living organism) grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.  
"wild plants flourish on the banks of the lake"  
synonyms: **grow**, **thrive**, **prosper**, do well, **burgeon**, **increase**, **multiply**, **proliferate**; [More](#)



# FAMILY GROUP CHAT

Using the talking piece, share what you think about the concepts of “Pulling Weeds Doesn’t Grow Gardens”, “Fixing Leaks Doesn’t Sail Boats”, and “We Must Nourish to Flourish.”





IT'S ALL  
ABOUT  
THE  
BOUNCE



# TAKING TIME TO B.R.E.A.T.H.E. A FOUNDATION OF MINDFULNESS

B Build Belonging

R Reflect ON Purpose

E Engage in Self-Compassion

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

E Empower Empathy



# FEELING MIND-FULL? JUST A FEW QUESTIONS...



# WHAT MINDFULNESS IS



- Mindfulness means paying attention...
- On purpose
  - In the present moment
  - Without judgment or criticism





# MINDFULNESS IS... BEING WHERE YOUR FEET ARE

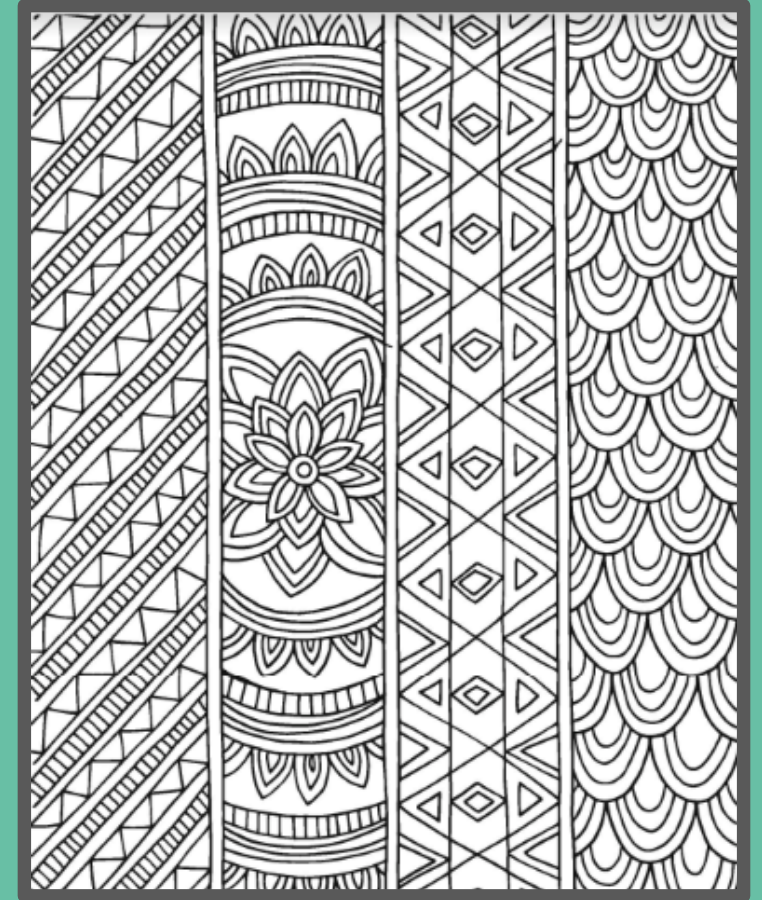


**BE**  
WHERE YOU  
**ARE.**



# MINDFUL MOMENTS

# MINDFUL COLORING



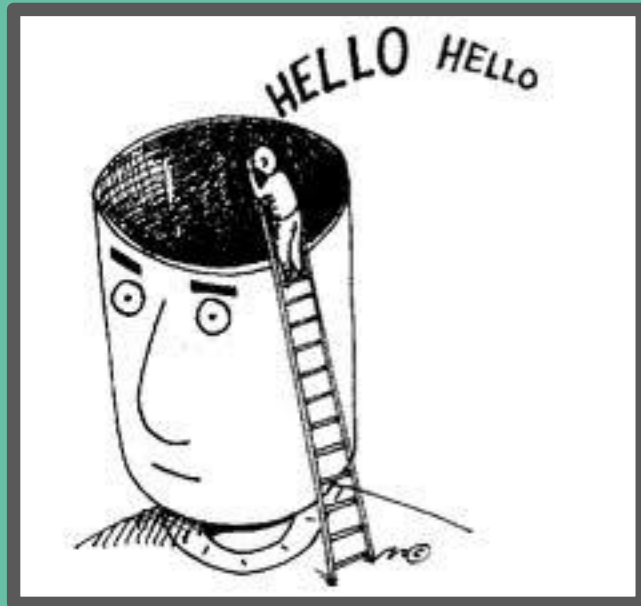
# WHAT MINDFULNESS IS NOT— A RELIGIOUS PRACTICE



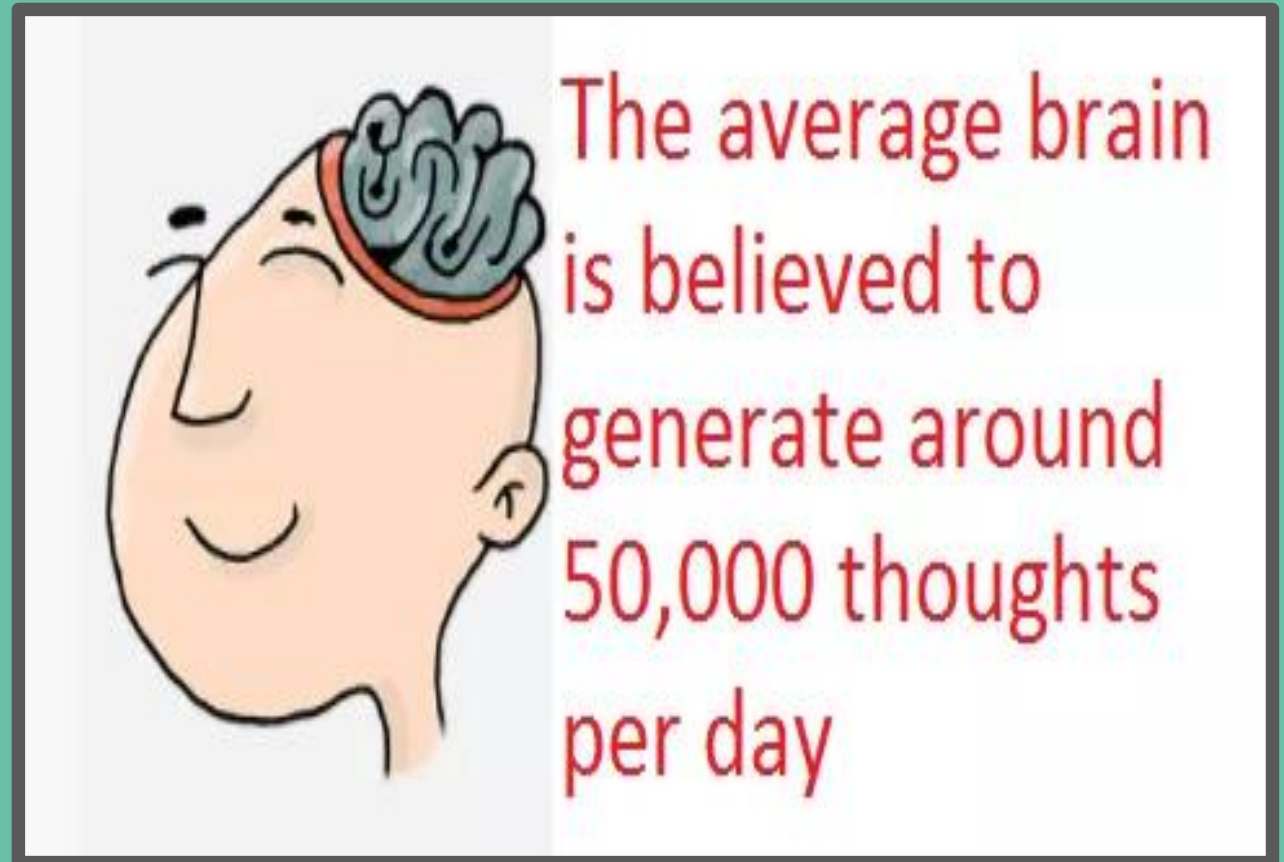
Mindfulness is to  
religion  
As kindness is to  
religion.



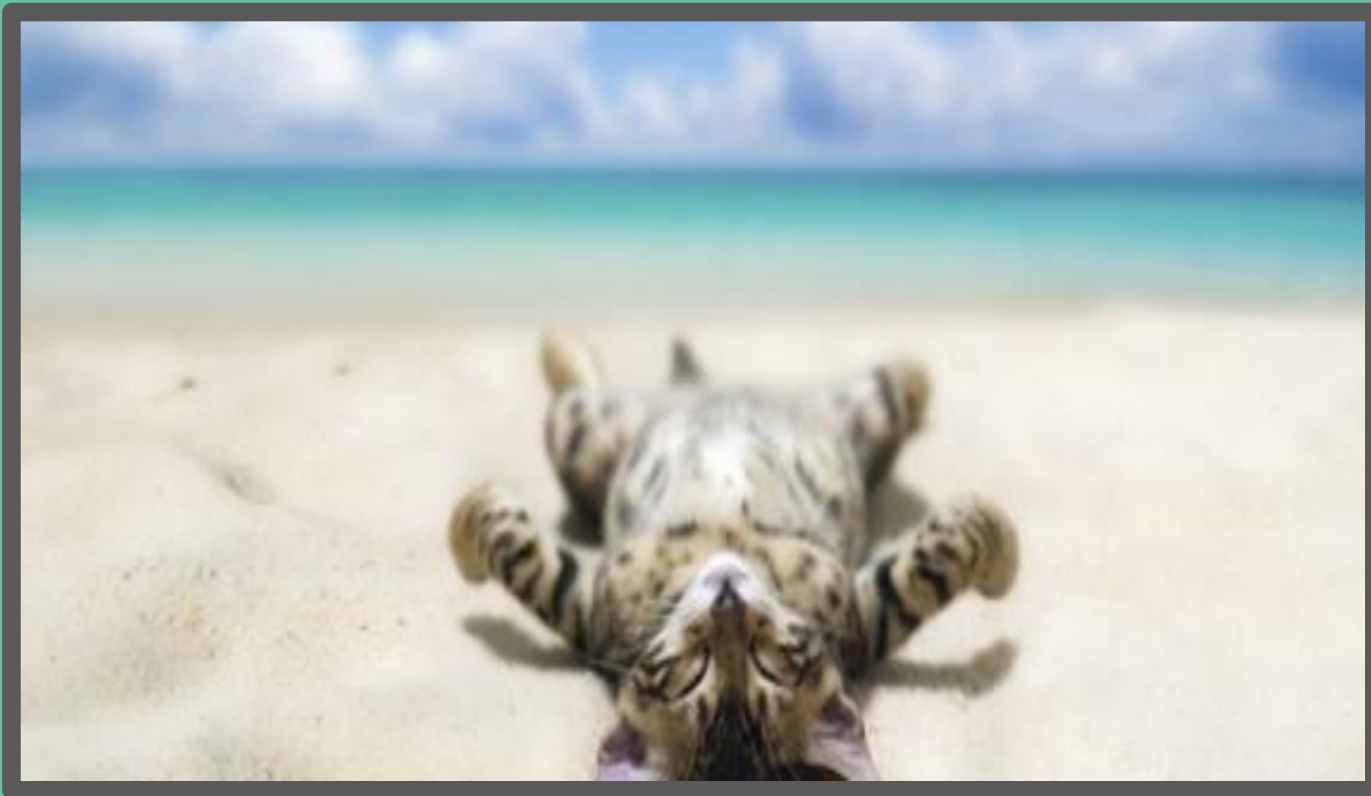
# WHAT MINDFULNESS IS NOT— EMPTYING THE MIND



That's  
impossible!



# WHAT MINDFULNESS IS NOT— JUST RELAXATION



That's a  
**SPECTACULAR**  
side effect!



# BENEFITS OF PRACTICING MINDFULNESS

- Variety of physical, psychological, and social benefits.
- Boosts our immune system's ability to fight off illness.
- Increases positive emotions while reducing negative emotions and stress.



# BENEFITS OF MINDFULNESS AT WORK & SCHOOL



- Positively impacts both mental and emotional health—boosts immune system.
- Specifically shown to increase stress tolerance.
- Expand your attention span.
- Expand your working memory.
- Boosts workplace morale.



# MINDFULNESS IS A SUPER POWER





# MINDFUL MOMENTS 4-7-8



# Breathe

Inhale slowly. Hold. Exhale.

4 7 8



# FAMILY GROUP CHAT

My thoughts and  
experiences  
around a personal  
mindfulness  
practice and the  
benefits of  
practicing  
mindfulness at  
work.



# TAKING TIME TO **B.R.E.A.T.H.E.**

**B** Build Belonging

R Reflect ON Purpose

E Engage in Self-Compassion

A Attention, Awareness, Awe

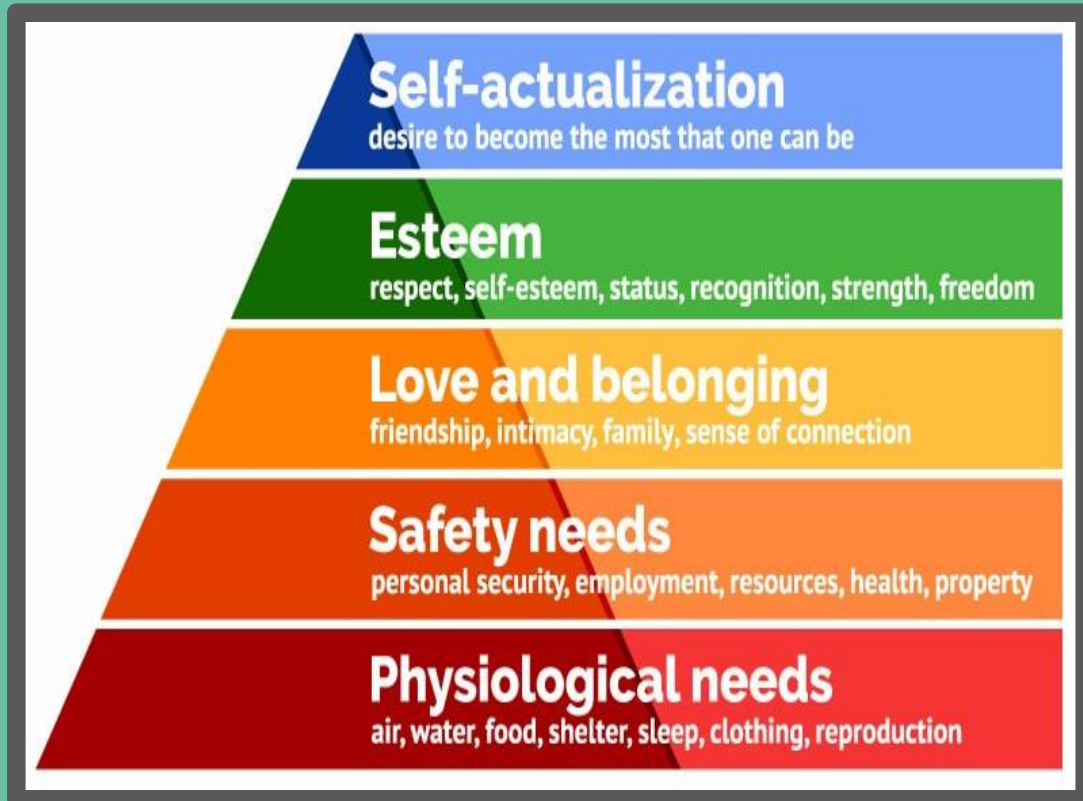
T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

E Empower Empathy



# B.R.E.A.T.H.E.- BELONGING WIRED TO BELONG



# B.R.E.A.T.H.E.- BELONGING

## DEFINING BELONGING



Belonging is the feeling that one is respected and valued in a given context.



# B.R.E.A.T.H.E.— BELONGING

## THE BIOLOGY OF NOT BELONGING

Perceived Threat  
Response—

Amygdala  
hijack—

Fight, flight,  
freeze



# B.R.E.A.T.H.E.- BELONGING THE BIOLOGY OF NOT BELONGING

Social pain  
activates the  
same region of  
the brain that  
signal physical  
pain.



# WHEN ADULTS FEEL LIKE THEY DON'T BELONG AT WORK...



- Less enjoyment at work
- Less engaged
- Less productive
- Uncooperative & disruptive
- Anxiety and depression
- Impact on physical and mental health & well-being



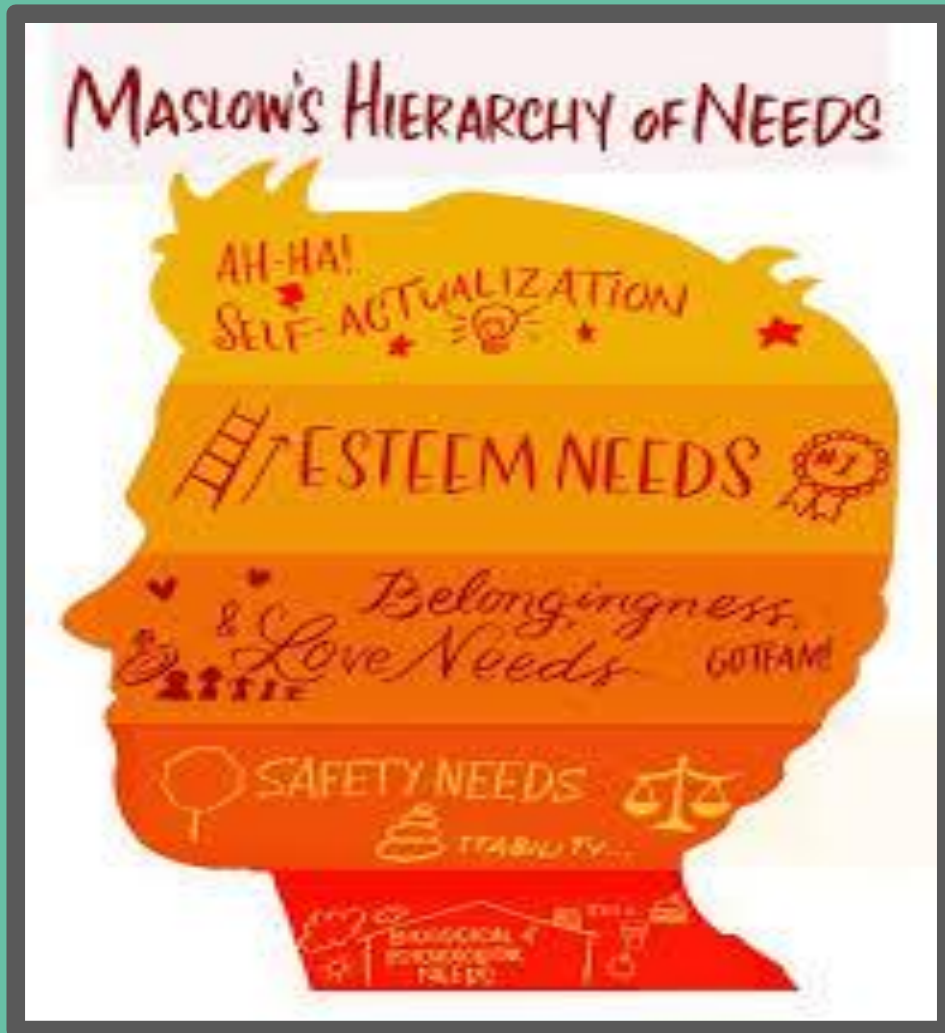


# B.R.E.A.T.H.E.– BELONGING

## BELONGING & EMPLOYEE ENGAGEMENT



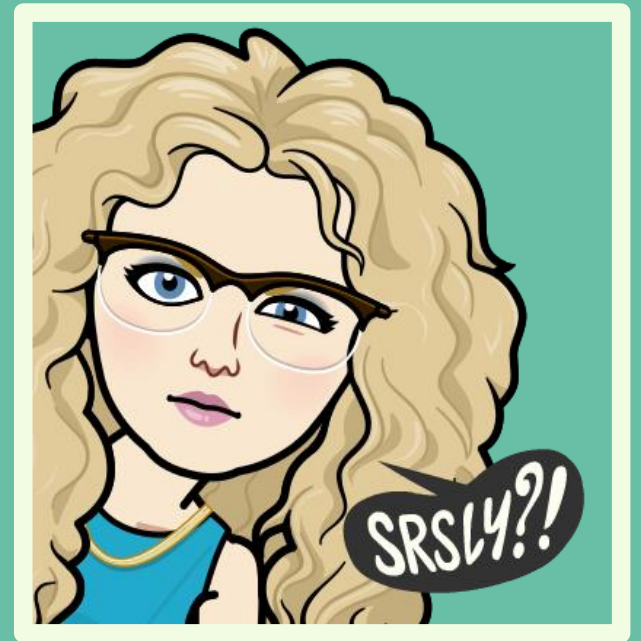
# B.R.E.A.T.H.E.-- BELONGING TRUE FOR STUDENTS & TRUE FOR ADULTS



You gotta  
MASLOW  
before you  
can BLOOM.



# B.R.E.A.T.H.E.– **BELONGING** THE BIOLOGY OF NOT BELONGING



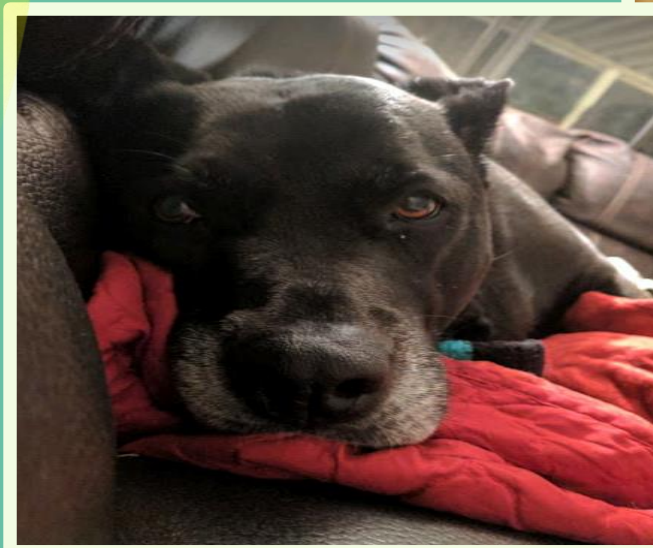
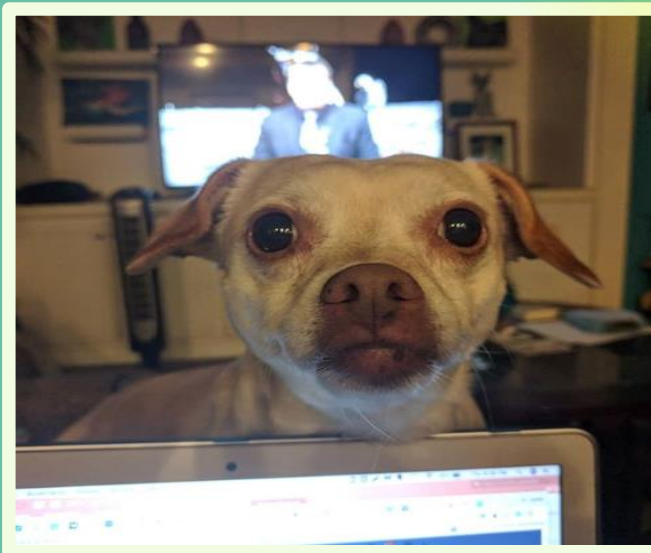
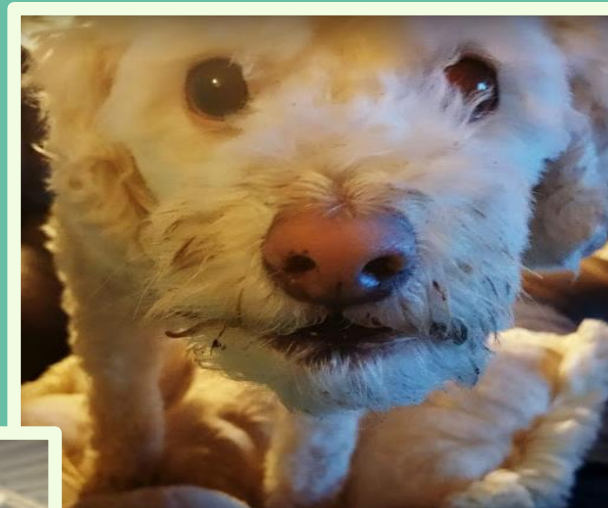
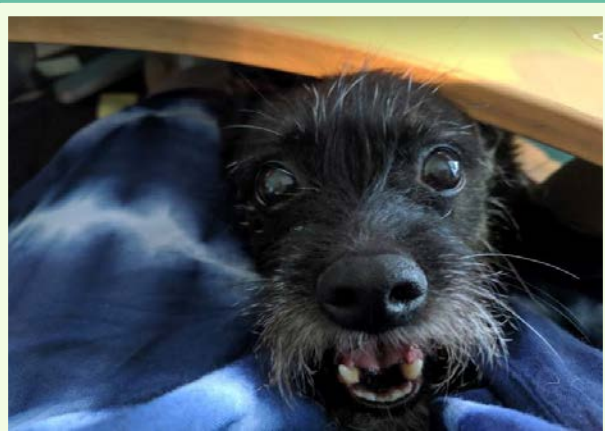
Loneliness is as harmful to your well-being as smoking 15 cigarettes a day – AND, as you get older, loneliness increases your risks of high blood pressure, cardiovascular disease, and dementia.



# B.R.E.A.T.H.E.-- BELONGING WE'RE LOSING OUR CONNECTION



# B.R.E.A.T.H.E.-- BELONGING FLASHLIGHT OF ATTENTION



# REFLECT, TURN, AND TALK PAIR SHARE

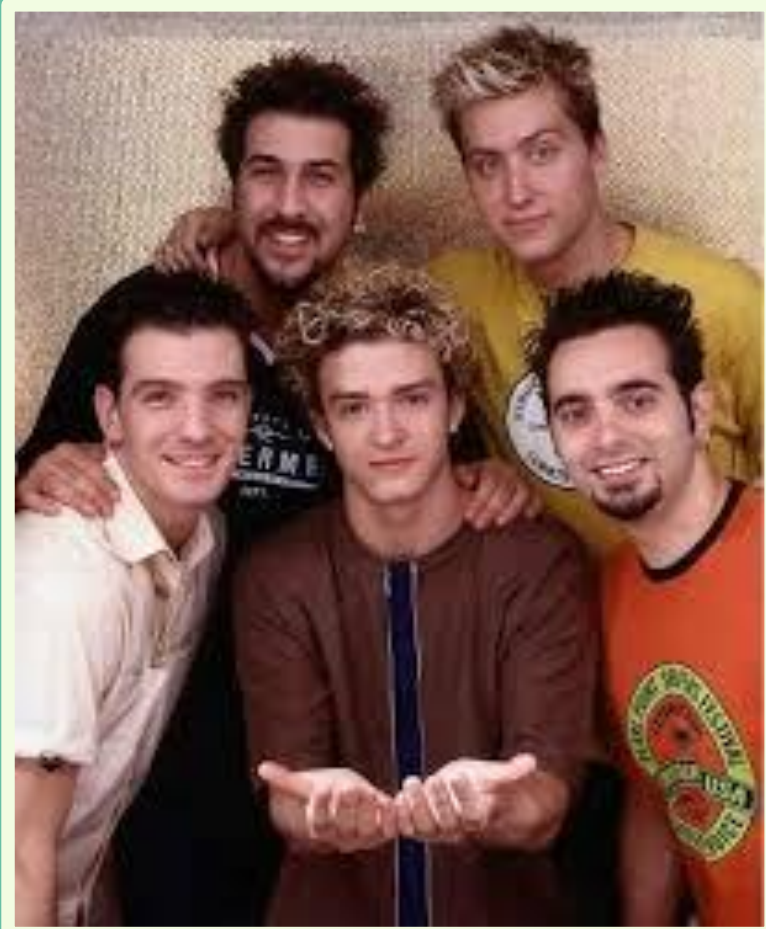


**BE**  
WHERE YOU  
**ARE.**

- How present are you when you're with your loved ones? With your friends? With your colleagues?
- How could your relationships improve if you were able to be more present?



# BRAIN & BODY BREAK ACTIVITY --'N SYNC



# 'N SYNC HOW DID LEARNING JUST HAPPEN?



We do not learn from  
experience... we learn  
from reflecting on  
experience.

- John Dewey





# TAKING TIME TO B.R.E.A.T.H.E. REFLECT ON PURPOSE

B Build Belonging

**R Reflect ON Purpose**

E Engage in Self-Compassion

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

E Empower Empathy



# TAKING TIME TO B.**R.**E.A.T.H.E. THOUGHT TO PONDER

“The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.”

--David Viscott



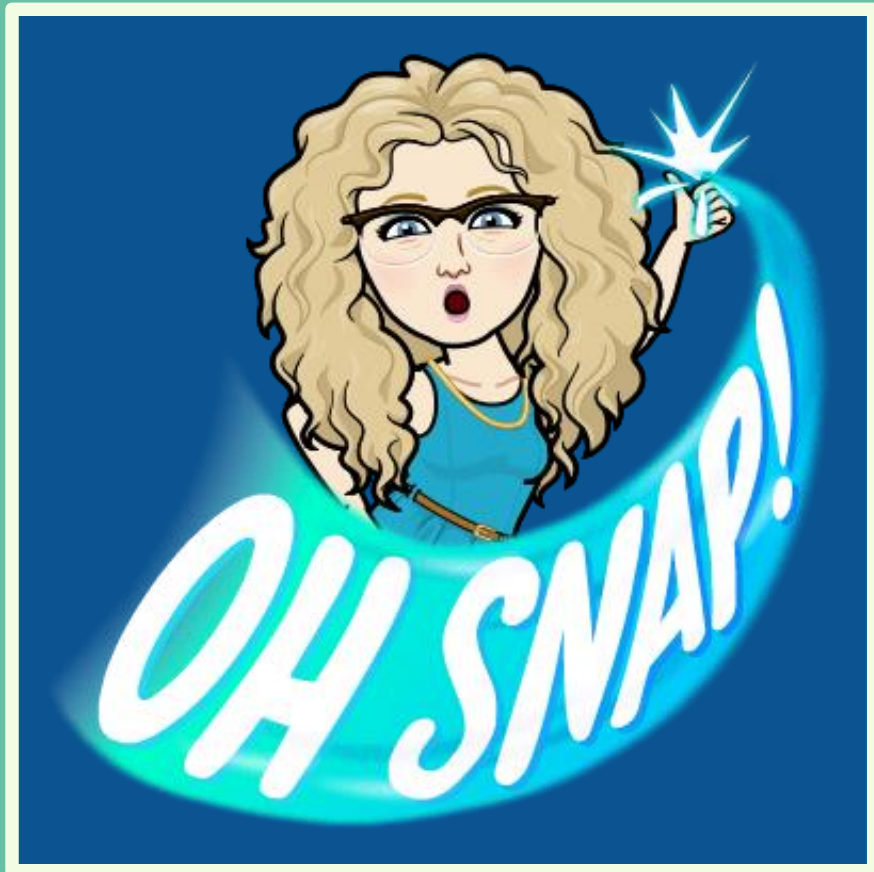
# WHAT IS YOUR PURPOSE?



0



# TAKING TIME TO B.R.E.A.T.H.E. REFLECT ON PURPOSE



People who have a sense of purpose tend to live seven years longer than those who don't, and have a lower risk of cardiovascular disease.

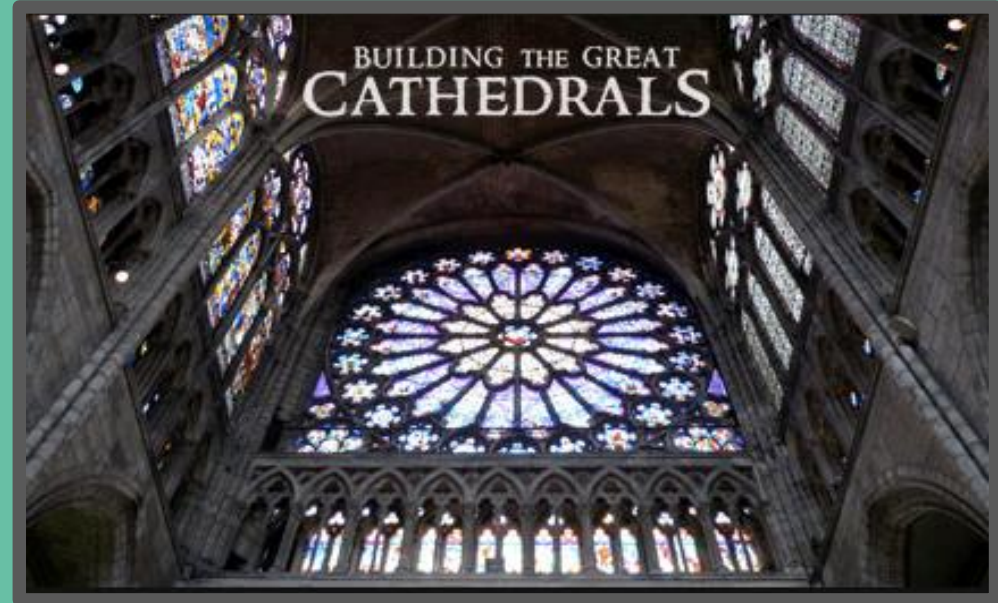


# TAKING TIME TO B.R.E.A.T.H.E. REFLECT ON PURPOSE

When people aren't able to find meaning and connection to purpose, it doesn't just affect them. It can impact their families, their co-workers, and beyond— including society as a whole.



# TAKING TIME TO B.R.E.A.T.H.E. BUILDING CATHEDRALS



Are you cutting stones or building cathedrals?  
Are you building better humans?



# TAKING TIME TO B.R.E.A.T.H.E.

LIVING IN PURPOSE AND ON PURPOSE—  
KNOWING YOUR WHY

You must define your  
**why** before you can  
begin with the **what**  
and the **how**.

What is  
**YOUR** why?  
Why do  
you do this  
work?



# INDIVIDUAL WHYS

## Ms. Owens



Bachelor's of Science  
in Education  
University of  
Tennessee at Martin

### My Why...

I wholeheartedly believe that my purpose on this earth is to be an educator. I love to learn, create, and teach. I believe that every child has the capability to learn, we just have to give them the drive to do it. I am here to make sure that all my students are given the opportunity to learn and become who they are without judgement.

"Be somebody who makes everyone feel like a somebody" – Kid President

## Mr. Wilson



Bachelor's Degree - U.C. Berkeley (Cal)  
Master's Degree - San Jose State

### My Why...

SJSU SAN JOSÉ STATE  
UNIVERSITY


I became a teacher because there is nothing more fulfilling than watching students grow intellectually and socially over the course of a year and realizing that you played a role in their development. If I'm being completely honest, I was also inspired by Jack Black's teacher role in the classic movie, School of Rock. After seeing that movie, I decided to enter a teaching credential program, and the rest is history!





# INDIVIDUAL WHYS

## Mrs. Osteen

 Bachelor's of Arts in History and Political Science-  
University of Tennessee at Martin  
Master's of Secondary Education-  
University of Tennessee at Martin  
Gifted and Accelerated Learning Endorsement-  
Middle Tennessee State University

### My Why...

I am here to give every student a SAFE place

- To EXPLORE, ENGAGE and GROW,
- To TAKE RISKS, DREAM BIG, and MAKE MISTAKES,
- To DEVELOP LIFELONG LEARNERS, INDEPENDENT THINKERS, and UNIQUE INDIVIDUALS


Why do I do this?


I believe that every one of my students can and will make a difference in the world around us.

Why do I believe this?

Many years ago, some teacher, coach, or mentor did this for me and I have every intention of doing this for you.

## Mrs. Darr

 Bachelor's of Science, Music Education;  
Austin Peay State University (Clarksville, TN)

 Master's of Music, Choral & General Music;  
Kent State University (Kent, Ohio)

### My Why...

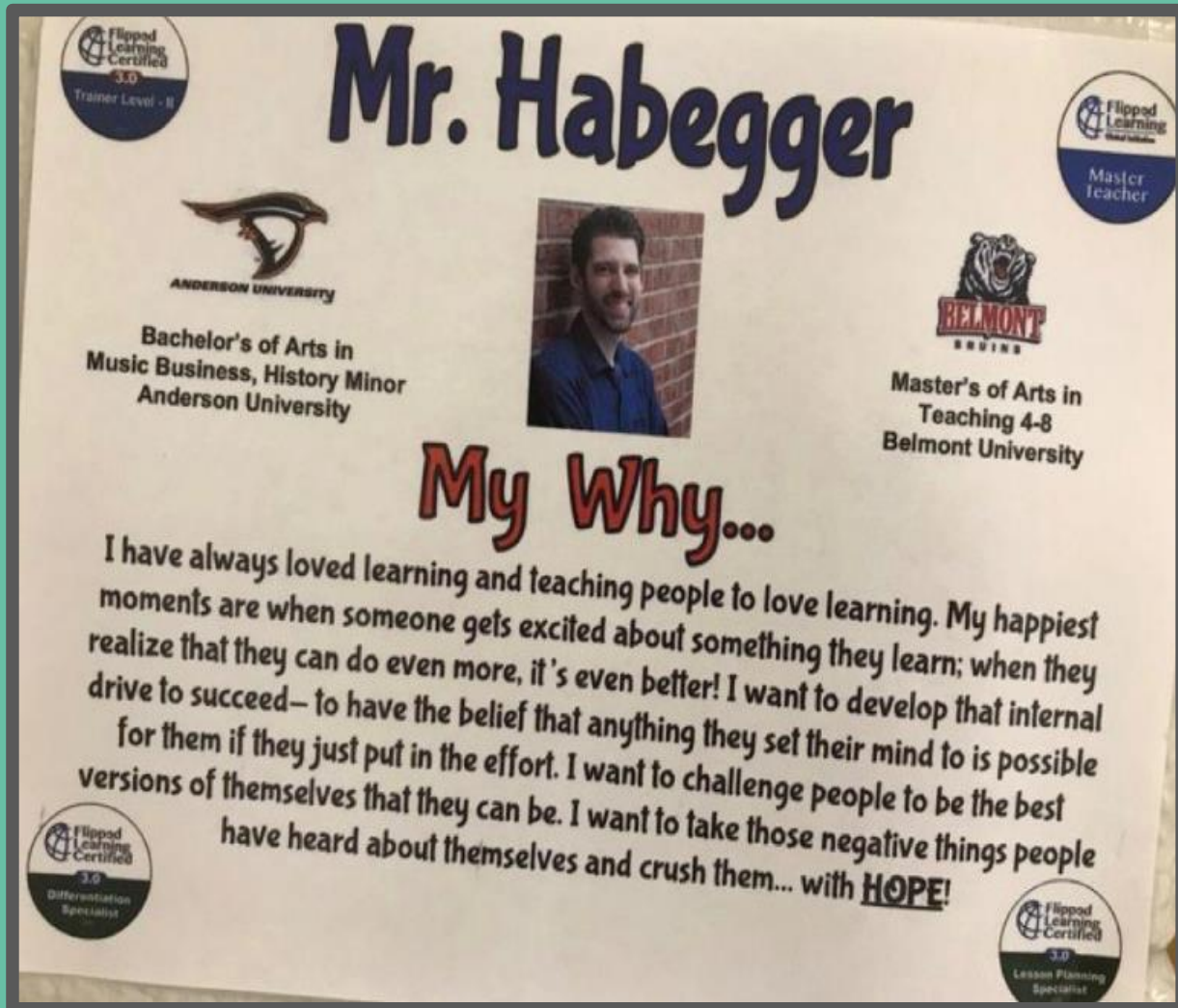
Music helped me find my voice, both literally and figuratively.  
I teach so that I can help others find their voice, too.

"Music expresses that which cannot be said and on which it is impossible to be silent." —Victor Hugo

"Music is another language in which to express yourself. The feeling from music is liberating. It's the most liberating language of all." —Bono




# INDIVIDUAL WHYS



**Mr. Habegger**

Anderson University  
Bachelor's of Arts in Music Business, History Minor  
Anderson University



Belmont University  
Master's of Arts in Teaching 4-8  
Belmont University

**My Why...**

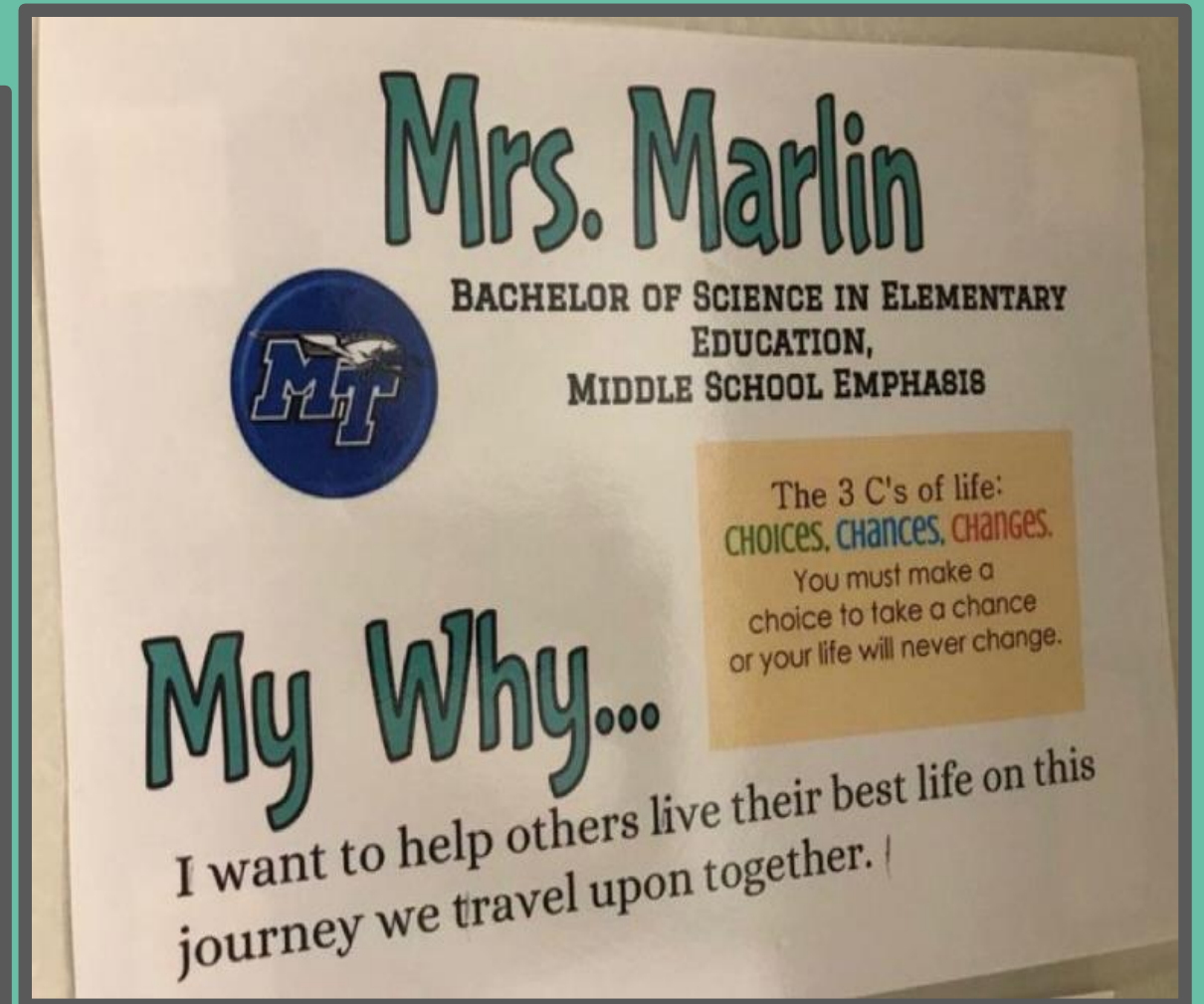
I have always loved learning and teaching people to love learning. My happiest moments are when someone gets excited about something they learn; when they realize that they can do even more, it's even better! I want to develop that internal drive to succeed— to have the belief that anything they set their mind to is possible for them if they just put in the effort. I want to challenge people to be the best versions of themselves that they can be. I want to take those negative things people have heard about themselves and crush them... with **HOPE!**

Flipped Learning Certified 3.0 Trainer Level - II

Flipped Learning Certified 3.0 Master Teacher


Flipped Learning Certified 3.0 Differentiation Specialist

Flipped Learning Certified 3.0 Lesson Planning Specialist



**Mrs. Marlin**

BACHELOR OF SCIENCE IN ELEMENTARY EDUCATION,  
MIDDLE SCHOOL EMPHASIS



**My Why...**

I want to help others live their best life on this journey we travel upon together. |

The 3 C's of life:  
**CHOICES, CHANCES, CHANGES.**  
You must make a choice to take a chance or your life will never change.



# TAKING TIME TO **B.R.E.A.T.H.E.** A PERSPECTIVE ON PURPOSE--IKIGAI



Ikigai is a Japanese word whose meaning translates roughly to

a reason for being, encompassing joy, a sense of purpose and meaning and a feeling of well-being.

The word derives from iki, meaning life and kai, meaning the realization of hopes and expectations.



# MY WHY

**TO** *influence, inspire, ignite, and empower others to thrive* **SO THAT** *they can impact themselves and the world in a positive way.*



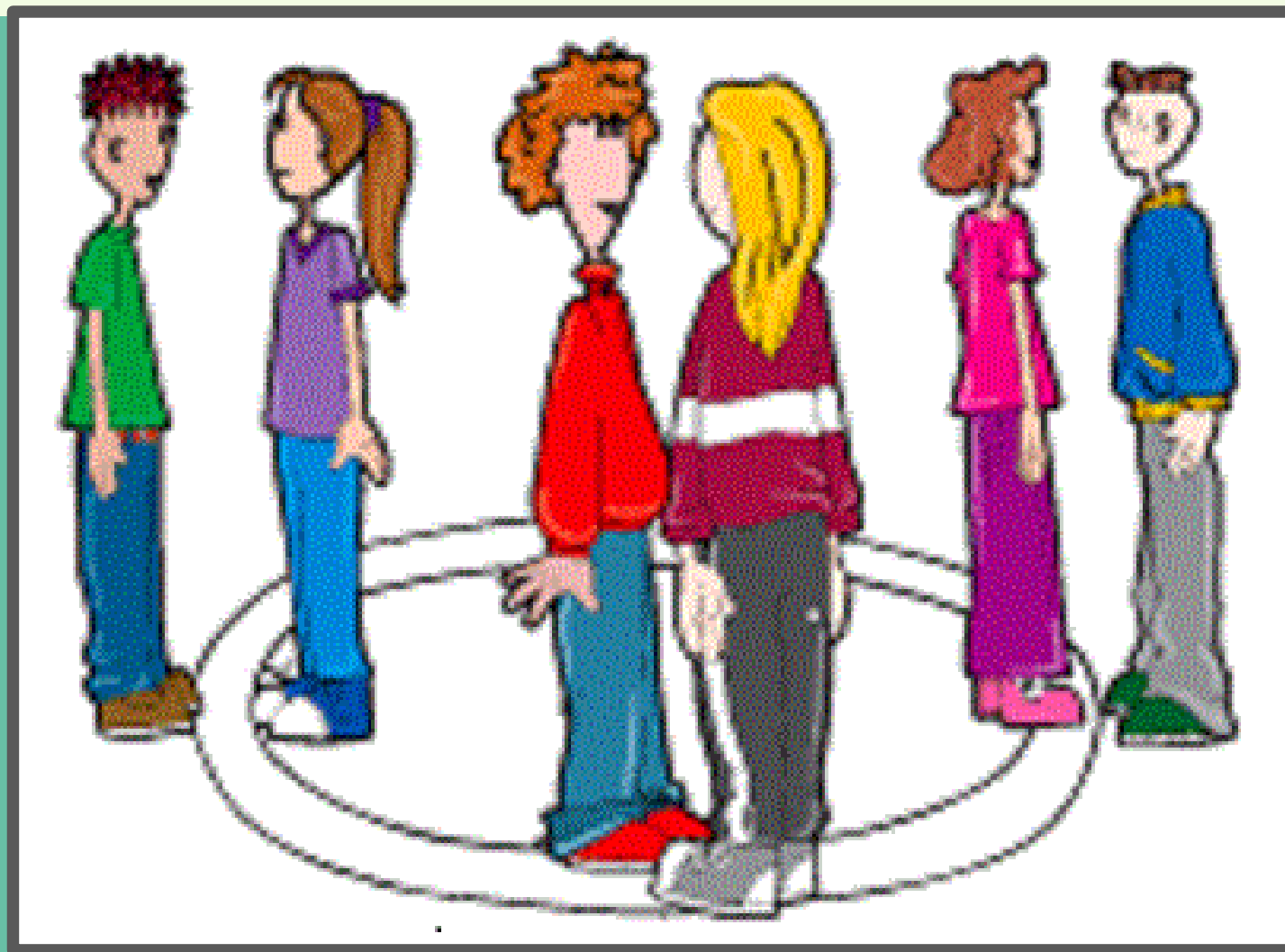
# JESSIE'S WHY

**TO** *reflect back to others their goodness and potential* **SO THAT** *they can become the people they were meant to be all along.*



# CONCENTRIC CIRCLES

## IGNITING SPARKS OF PURPOSE



# CONCENTRIC CIRCLES SPARKING YOUR PURPOSE

- What could you talk about late into the night with like-minded people?
- What activities make you feel alive, useful, strong? What do people compliment you on?
- What was a time when you gave of yourself to help someone else, after which you felt unbelievably good – like you had done something that mattered?
- Think of a day at work when, as you headed home, you might have said to yourself, “I would have done that for free.” What happened that day to make you say that?
- What do you want to be known for?





WHEN YOUR  
KNOW YOUR  
**WHY,**  
YOUR **WHAT**  
HAS MORE  
IMPACT





# REFLECT, TURN, AND TALK PAIR SHARE



What did you notice in the video?

How does knowing their WHY shift people's WHAT & HOW?



# HOMEFUN: EXPLORING PURPOSE



# TAKING TIME TO B.R.E.A.T.H.E.

B Build Belonging

R Reflect ON Purpose

**E Engage in Self-Compassion**

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

E Empower Empathy



# B.R.E.A.T.H.E. ENGAGE IN SELF-COMPASSION



Showing kindness and compassion to ourselves, just like we would show to someone else we care about.



# B.R.E.A.T.H.E.

## IMPORTANCE OF **ENGAGING IN SELF-COMPASSION**



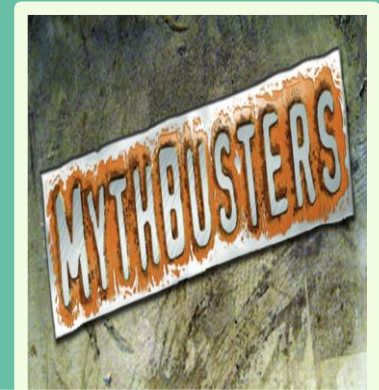
- If you feel like you're barely treading water, every instinct makes it impossible to extend your hand to another drowning person.
- Self-compassion strengthens your own "life vest" so that you can help others strengthen theirs.



# B.R.E.A.T.H.E.- ENGAGE IN SC

## FIVE MYTHS OF SELF-COMPASSION

1. Self-compassion is a form of self-pity.
2. Self-compassion means weakness.
3. Self-compassion will make me complacent.
4. Self-compassion is narcissistic.
5. Self-compassion is selfish.



# B.R.E.A.T.H.E.—ENGAGE IN SC OUR SELF-TALK MATTERS

Be careful  
how you  
are talking  
to yourself  
because you  
are listening.

~Lisa M. Hayes



# B.R.E.A.T.H.E.

## ENGAGE IN SELF-COMPASSION BREAKS



1. This is a moment of suffering.  
(Ouch! This hurts! This is stressful!)
2. Suffering is a part of life.  
(Recognizing shared humanity--ther people have felt this way. Everybody struggles.)
3. May I be kind to myself.  
(May I forgive myself. May I be strong. May I be patient.)





# BRAIN & BODY BREAKS

## MOVE YOUR FEET & MEET AND GREET



Remember your partner and your meeting spot – you'll meet them there again! 😊

How could becoming more aware of your negative self-talk, recognizing the shared humanity of it, and choosing to say something kind to yourself boost your well-being and resilience?

\*\*\*

Say something kind to yourself right now – acknowledge a strength or accomplishment or positive attitude in a challenging situation.



# B.R.E.A.T.H.E.—

## ATTENTION, AWARENESS, & AWE

B Build Belonging

R Reflect ON Purpose

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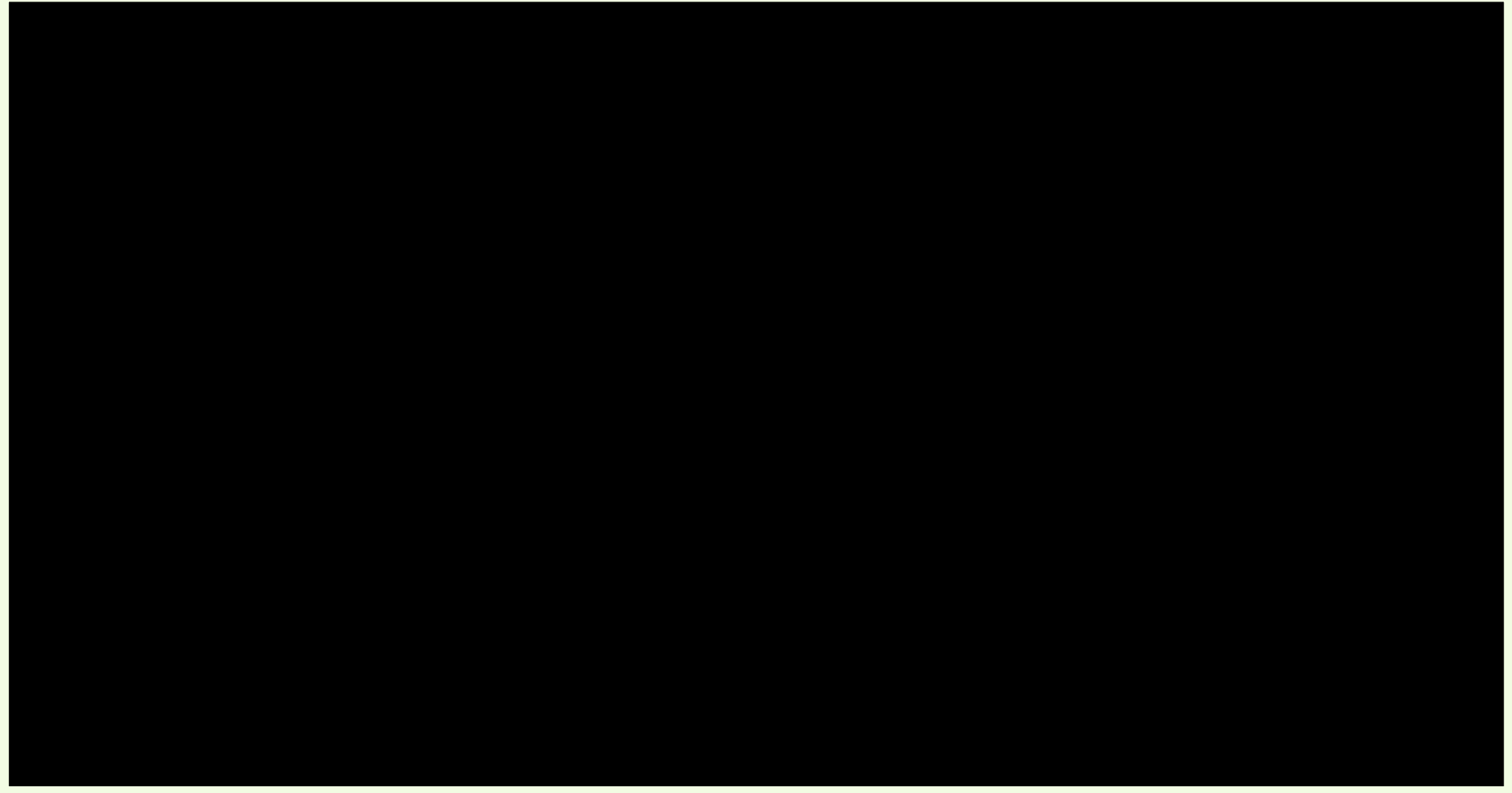
# B.R.E.A.T.H.E. ATTENTION, AWARENESS, & AWE



**B.R.E.A.T.H.E.—**  
**ATTENTION & AWARENESS & AWE**  
**MINDFULNESS OF SOUND**



# WHY AWE IS AWESOME



# BREAK TIME AND MINI-AWE WALK



# TAKING TIME TO B.R.E.A.T.H.E.

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**T Thankfulness- Attitude of Gratitude**

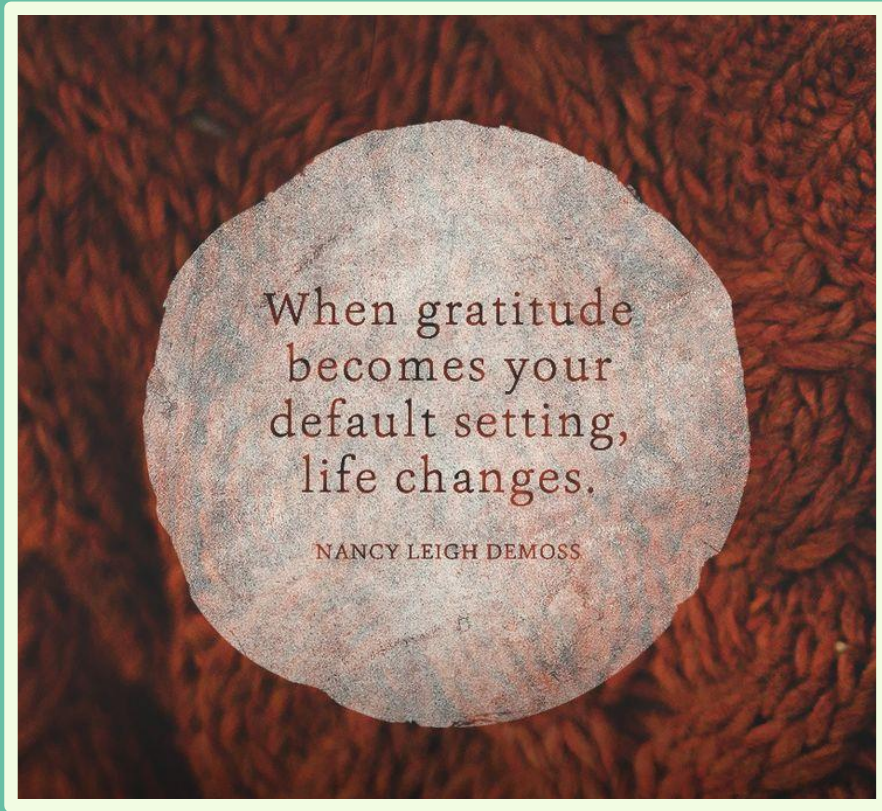
H Harness Your Thoughts

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# B.R.E.A.T.H.E.

## THANKFULNESS- AN ATTITUDE OF GRATITUDE



When gratitude  
becomes your  
default setting,  
life changes.

NANCY LEIGH DEMOSS

- Increases happiness and life satisfaction; feelings of optimism, joy, pleasure, and enthusiasm.
- Strengthens the immune system, lowers blood pressure, reduces symptoms of illness, makes us less bothered by aches and pains, and helps us sleep better.
- Boosts resilience and strengthens relationships.
- Reduces anxiety and depression.





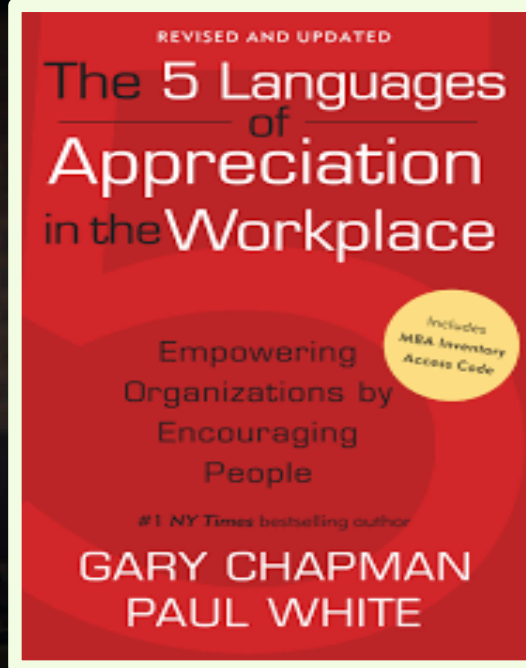
**B.R.E.A.T.H.E.**  
**THANKFULNESS—**  
**AN ATTITUDE OF**  
**GRATITUDE**  
**DEVELOPING VELCRO**  
**FOR THE GOOD**



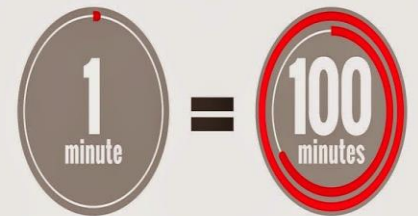
# B.R.E.A.T.H.E.

## THANKFULNESS- AN ATTITUDE OF APPRECIATION

Acknowledgement. Appreciation.  
It costs nothing. It takes a moment.  
It means everything.



“ Recognition is proven as among the best method of improving work motivation and employee engagement. ”



1 minute spent on recognising behaviour = 100 minutes of initiative in return.

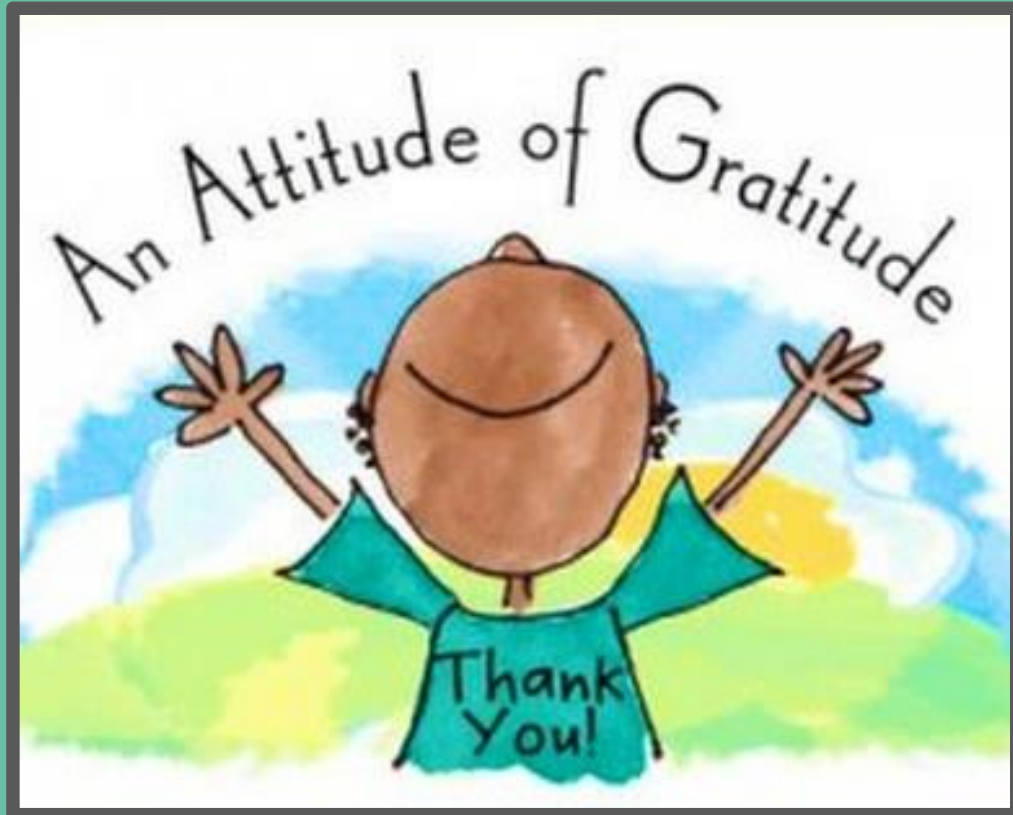


Yet 2 out of 3 people receive no workplace recognition in a given year.



# B.R.E.A.T.H.E.

**THANKFULNESS- AN ATTITUDE OF GRATITUDE**  
THE POWER OF EXPRESSING APPRECIATION



# 3 PART THANK YOU TEXT ACTIVITY



1. Find the benefit – what good came to you because of this person?
2. Acknowledge the effort – what might have been hard for them?
3. Spot the strength.



## THREE PART THANK YOU

Thank you for \_\_\_\_\_ (be  
specific)

It was really thoughtful of you because  
\_\_\_\_\_.

You are really good at  
\_\_\_\_\_.

*SAMPLE: "Thank you for listening to me talk about what was bothering me. It was really thoughtful of you because i know how busy you have been with work, but you still took time to hear what was going on in my life. You are really good at making other people feel supported."*



**TO BE MORE EFFECTIVE,  
GET MORE REFLECTIVE**



# TAKING TIME TO B.R.E.A.T.H.E.

B Build Belonging

R Reflect ON Purpose

E Engage in Self-Compassion

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

**H Harness Your Thoughts**

E Empathy Everyday



# B.R.E.A.T.H.E. HARNESS YOUR THOUGHTS





# B.R.E.A.T.H.E.

## HARNESS YOUR THOUGHTS

AWARENESS OF OUR ANTs– AUTOMATIC NEGATIVE THOUGHTS

- "Always" thinking
- Focusing on the negative
- Fortune telling
- Mind reading
- Thinking with your feelings



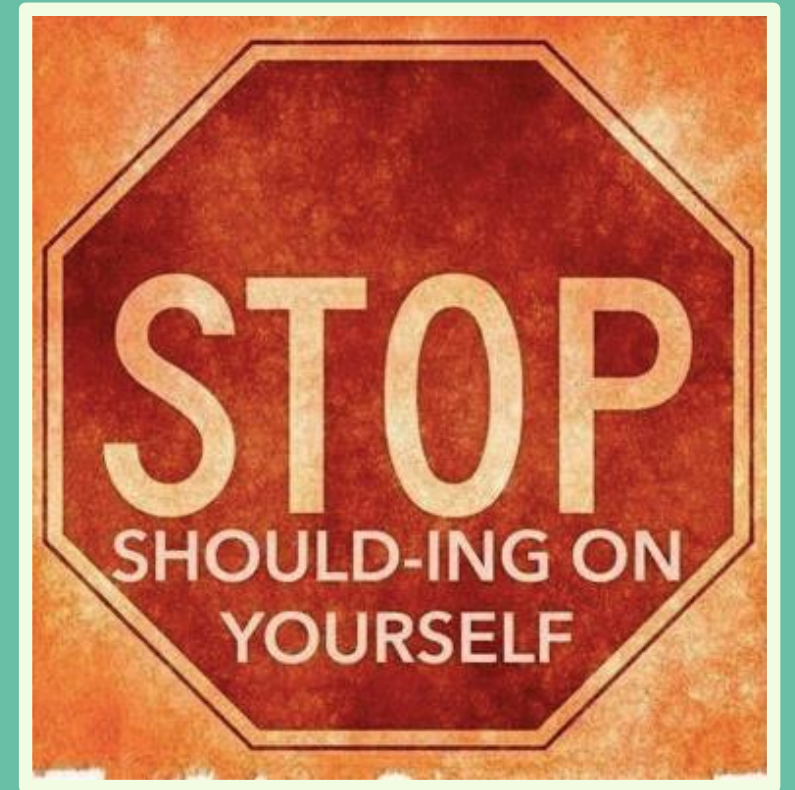
- "Thinking with your feelings
- Guilt beatings
- Labeling
- Personalization
- Blame



# B.R.E.A.T.H.E.

## HARNESS YOUR THOUGHTS

- Become aware of you're A.N.T.s and your "should-ing" – use your mindfulness.
- Challenge the thoughts.
- Replace negative thoughts with a more positive and affirming thought.



# OH SNAP!

#SnapOutOfIt

#ItsASnap

#50Snaps

#OhSnap



# B.R.E.A.T.H.E.

## HARNESS YOUR THOUGHTS

### REALIZING YOU'RE THE DJ...



- Tune Into You
- Turn the Noise Down
- Change the Record
- Sing a New Song



# REFLECT, TURN, AND TALK PAIR SHARE



- What is your experience with automatic negative thoughts?
- How often do you SHOULD on yourself?
- How could becoming more mindful that YOU are the DJ of your mind help you harness your thoughts and boost your well-being?



# TAKING TIME TO B.R.E.A.T.H.E.

B Build Belonging

R Reflect ON Purpose

E Engage in Self-Compassion

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

**E Empower Empathy**

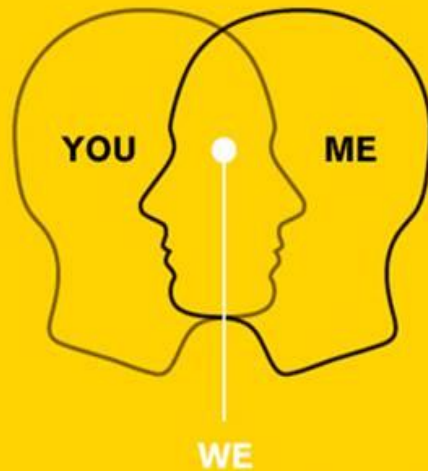


# FEELING FELT... IT'S NOT ABOUT THE NAIL



# B.R.E.A.T.H.E.

**EMPOWER EMPATHY**  
EMPATHY IS A CHOICE &  
A SKILL TO PRACTICE



**Empathy is A Choice**

LIFE PRINCIPLE  
“ PRACTICE  
EMPATHY ”





# B.R.E.A.T.H.E.

## EMPATHY EVERYDAY

### WHAT IS EMPATHY?

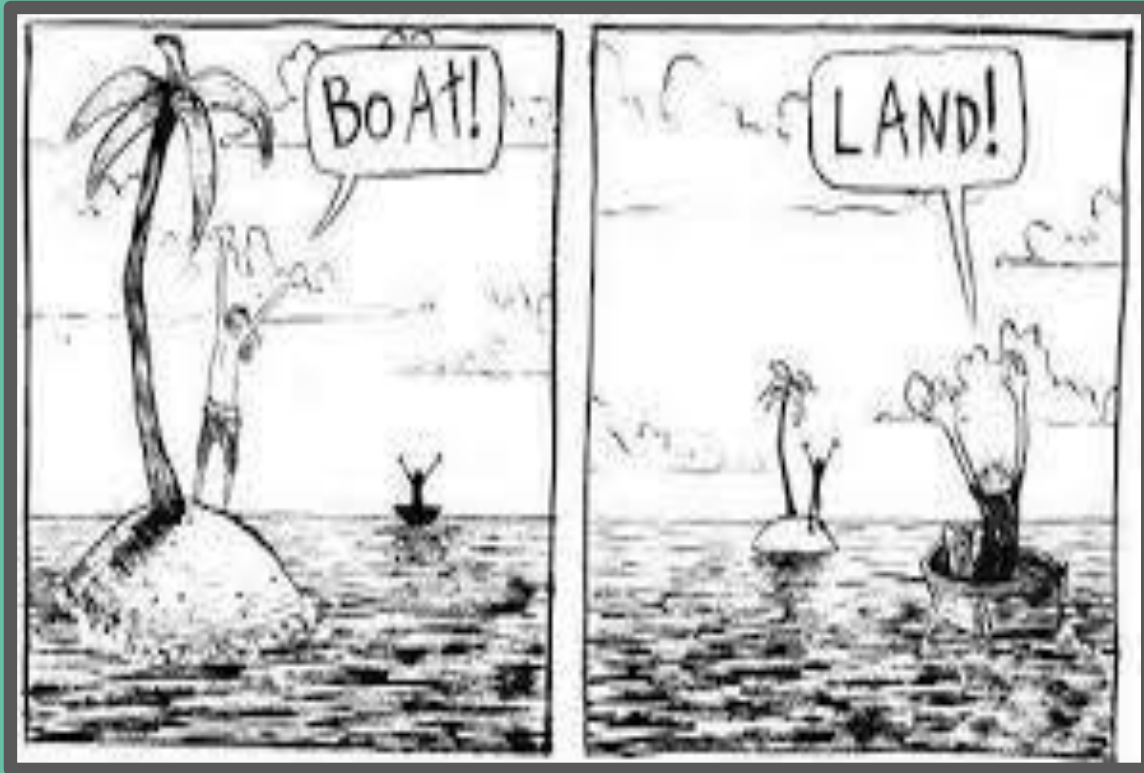
Affective Empathy:  
refers to the  
sensations and  
feeling we have in  
response to others'  
expressions



# B.R.E.A.T.H.E.

## EMPATHY EVERYDAY

### WHAT IS EMPATHY?



Cognitive Empathy:  
refers to our ability  
to label and  
understand other  
people's emotions,  
take their  
perspective, "stand  
in their shoes"



# WHAT IS EMPATHY?

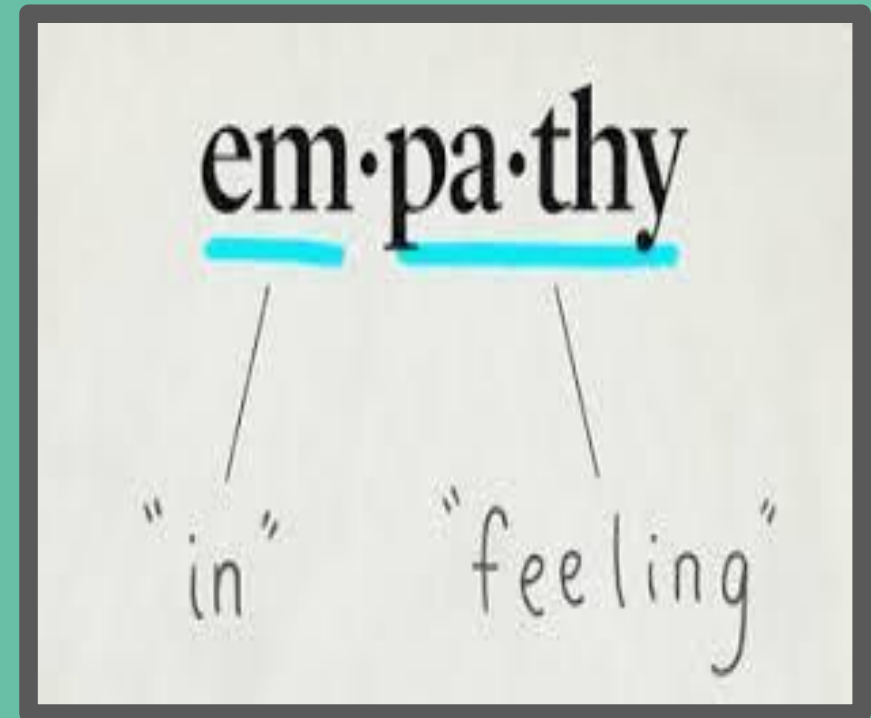
Compassionate Empathy:

the ability to integrate cognitive and emotional empathy and take appropriate action to help someone change their situation and feel better.



# WHY EMPATHY?

- Increases helping behaviors
- Reduces prejudice and racism
- Deepens intimacy and boosts relationship satisfaction
- Reduces bullying



**B.R.E.A.T.H.E.**  
**EMPATHY EVERYDAY**  
**EMPATHY VS SYMPATHY**



# EMPATHY DOES NOT...

- Fix it "What will help is . . ."
- Advise "I think you should . . ."
- Interrogate "How did it happen?"
- Explain "She said that only because . . ."
- Correct "That's not how it was . . ."
- Educate "You can learn from this."
- Shut down "Don't worry about it."
- Console "It wasn't your fault"
- Commiserate "He did that to you? The jerk!"
- One-up "You should hear what happened to . . ."
- Tell tale "That reminds me of the time . . ."
- Evaluate "If you hadn't been so rude . . ."
- Sympathize "You poor thing. I feel awful for you."
- Take blame "Sorry, I should have . . ."



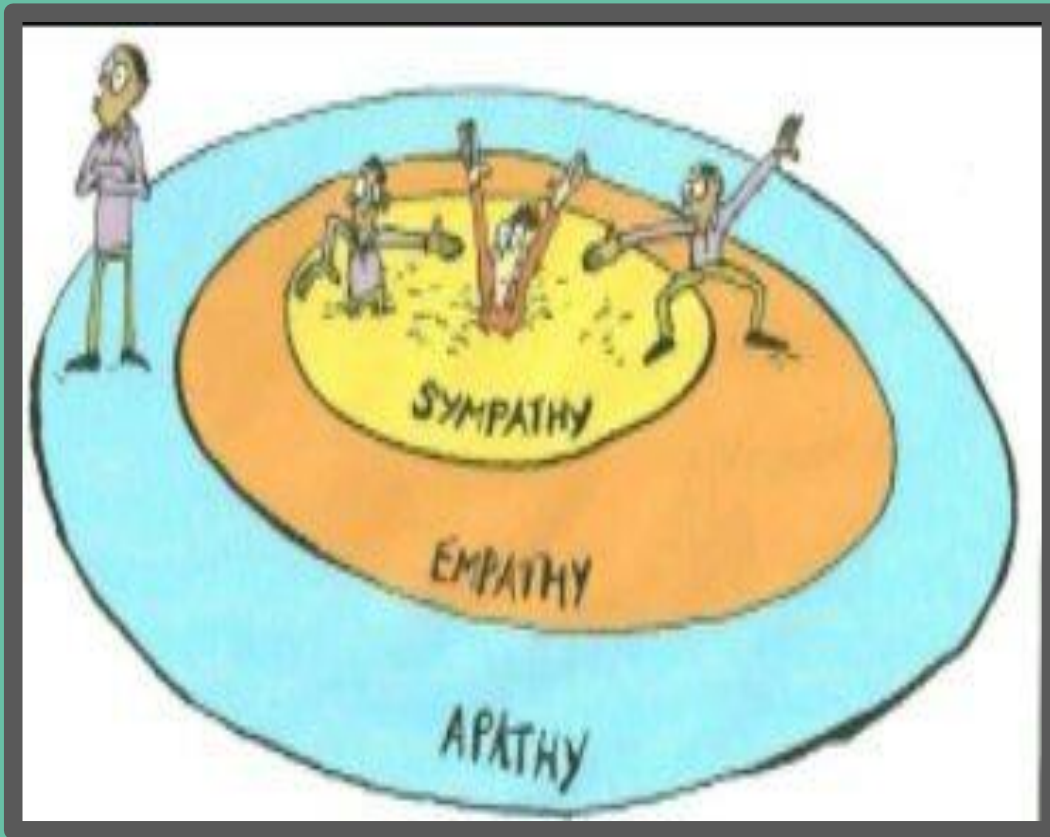
# EMPATHETIC LISTENING

*"The key is not about having the right words...it's about connection."*

- That's hard. How are you feeling about it?
- That's tough. How are you working through it?
- I don't know what to say. I'm just really glad you told me.
- What has helped you to overcome a challenging situation in the past?



# EMPATHY VS. SYMPATHY PAIR SHARE



- Turn to a partner and discuss the difference between empathy and sympathy.
- See if you can think of an example when you received both, and try to recall the difference in feeling.





**B.R.E.A.T.H.E.**  
**EMPOWER EMPATHY**  
**GET CURIOUS, NOT FURIOUS**



**TO BE MORE EFFECTIVE,  
GET MORE REFLECTIVE**



# B.R.E.A.T.H.E. EMPATHY EVERYDAY

STUDIES SAY 4 MINUTES OF UNINTERRUPTED  
EYE CONTACT INCREASES INTIMACY

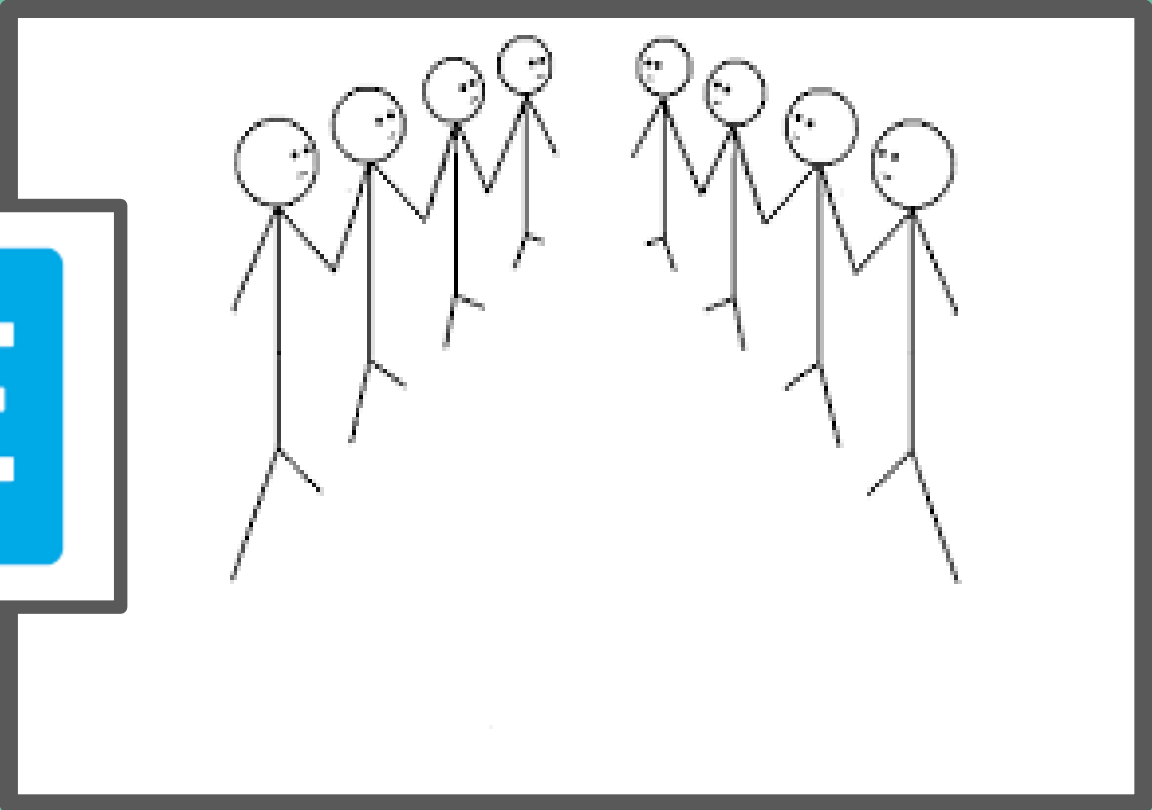


# B.R.E.A.T.H.E. EMPATHY EVERYDAY

INSTEAD OF LOOKING AT, LOOK IN...



**B.R.E.A.T.H.E.**  
**EMPATHY EVERYDAY**  
**JUST LIKE ME ACTIVITY**



# FAMILY GROUP CHAT

- How would you describe the experience? What emotions were you feeling?
- What did you gain from the experience? How can you transfer the learning? Whose eyes do you need to look into?



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Dalai Lama

## Introducing: The Calm Schools Initiative

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# STOPBREATHETHINK.COM/EDUCATORS

## FREE LIFETIME PREMIUM MEMBERSHIP FOR EDUCATORS



The image shows a screenshot of the website's header and main content area. The header features the logo on the left and navigation links on the right. The main content area has a blue background with a central white banner and a bottom text line. The background is decorated with white line-art icons of school supplies.

STOP, BREATHE & THINK

OUR APP KIDS ON ALEXA ON SLACK BLOG SHOP

STOP, BREATHE & THINK FOR EDUCATORS

FREE FOR TEACHERS





# TAKING TIME TO B.R.E.A.T.H.E.

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T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

E Empower Empathy





IT'S ALL  
ABOUT  
THE  
BOUNCE



# THOUGHT TO PONDER IT STARTS WITH US.



“If you build  
it,  
they will  
come.”

--Ray, *Field of Dreams*



SEE THE CHANGE. FEEL THE CHANGE.  
BE THE CHANGE.  
IT STARTS WITH US.



"How do you change  
the world?  
One room at a time.  
Which room?  
The one you are in."

--Peter Block



# TAKING TIME TO B.R.E.A.T.H.E. **WHAT? SO WHAT? NOW WHAT?** CLOSING CIRCLE- THE LAST WORD

- ✓ One new thing you **THOUGHT** about during the session
- ✓ Something you **FELT** during the session
- ✓ Something you will **DO** as a result of today's session





# THANK YOU! LET'S KEEP IN TOUCH!

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