YIC Webinar: Session Eleven

FEBRUARY 10, 2021
9:00AM – 11:00AM

ADA Compliant 2/11/2021
Session Agenda:

- **Welcome, Mindfulness Moment and Introduction of Guest Presenter**
  – Amanda Charlesworth, YIC Program Specialist-Utah State Board of Education (USBE)

- **Section 504 (specific to C&C)** – Holly Bell, Equity Specialist, Utah State Board of Education (USBE)

- **SafeUt Overview** – Ashley Pistello, Program Administrator SafeUT-University of Utah
Mindfulness Moment

“3 STEPS TO CULTIVATE KINDNESS ON VALENTINE’S DAY AND BEYOND”

RESOURCE: HTTPS://WWW.MINDFULSCHOOLS.ORG/INSPIRATION/3-STEPS-CULTIVATE-KINDNESS-CLASSROOM/
3 Steps to Cultivate Kindness on Valentine’s Day and Beyond

- An important element of mindfulness is the practice of kindness.
- Children and teens respond to our positive regard.
- Choosing to build a stronger culture of kindness means you and your students undertake a three-part process which needs a lot of repeating.
  1. Articulate your intentions to be kind.
  2. Recognize one another’s actions of kindness.
  3. Reflect mindfully on the rewarding feelings when we’re kind to others.
- This may be introduced as an activity of the week or a month, but it may also be a rewarding loop to cycle through the year.
3 Steps to Cultivate Kindness on Valentine’s Day and Beyond

STEP 1. Articulate Our Intentions to Be Kind:

- Make a bulletin board or create a “Kindness Wall” on a spare closet door.
- Ask your students to give examples of kindnesses they’ve received.
- Encourage them to share kindness that doesn’t cost money, doesn’t take a heroic action, and doesn’t require preparation – just readiness and follow-through.
  - “practice making eye contact with people,”
  - “ask, how can I help you?”
- Whatever ideas your students offer, receive them gratefully; this will build their confidence and creativity.
STEP 2. Recognize One Another’s Kind Actions:

- Carving out a specific time for this activity might feel deliberate at first, part of your morning or after-lunch ritual.

- It’s up to us to keep it going by making a space for our students to feel free to call out such actions.
3 Steps to Cultivate Kindness on Valentine’s Day and Beyond

STEP 3. Reflect on the Rewards of Kind Actions:

Here’s another deliberate kindness practice called, “soaking in the good.”

- Ask your students to recall a kind action they’ve undertaken.
- Invite them to feel where in their bodies the memory might show up — in their stomach, throat, heart, or in the feeling of a smile.
- This “soaking in” can be part of your daily mindfulness practice with them, as a way to close a short practice.
Holly Bell is the Equity and Advocacy Specialist for the Utah State Board of Education. She is a passionate advocate for educational equity and supports for schools and districts in their efforts to serve underrepresented and marginalized students. She assists schools and districts in meeting the federal requirements outlined in Title IX, Section 504 and Title VI, which address discrimination and educational access for students based on sex, disability, race, color and national origin.
Ashley Pistello is a Project Administrator for SafeUT and also works as a liaison with the Utah State Board of Education. She was a high school math teacher for four years before joining the SafeUT Marketing & Outreach Team in January 2020. Her primary role is to oversee the SafeUT SuperUser Grant Program, but also assists with K-12 outreaches.

Ashley Pistello
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Post Training Survey

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