



# The School of Belonging

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1. What were you thinking and feeling as you were listening to the song?



# Purpose of this workshop

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To facilitate an exploration of emotional safety:

*-what it is*

*-how it can be cultivated*

*-how it can be infused into the classroom culture*



# Knowledge

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- Risk, resilience, and protective factors
- Emotion and learning
- Pro-social skills
- Naming the world for students (common language)
- Routines and rituals
- Process & content
- Communities of practice

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- What is emotional safety?



# Emotional Needs

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- **Belonging:** loving, cooperating, and being accepted
- **Personal Power:** achieving, accomplishing, recognition, being respected, and feeling competent



# Emotional Needs

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- **Personal Freedom:** making choices, being given responsibility, and feeling a sense of independence
- **Fun:** laughing, playing, and engaging in healthy relationships



# The Quality World

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- Think of a memorable teacher, coach, mentor etc... from your childhood who had a positive impact on your life.
- How did you feel in that person's presence?
- How would you describe that person?



# The Pressures Young People Face

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- School
- Home
- Peers
- Society
- Self



# What is prevention?

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Proactive: managing the pressures,  
Skills-based

Reactive: coping with the pressures,  
Passive



# Protective Factors

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*Individual or environmental safeguards that enhance a youngster's ability to resist stressful life events and promote adaptation and competence*



# Protective Factors

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- through “micro-interactions”
  - external supports
  
- strength based interventions
  - internal strengths



# The Resilience Code

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- Attachment (external)
- Achievement (internal)
  - Social competencies
- Autonomy (choices)
- Altruism (meaning and purpose)



# Protective Factors

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- External (buffers)
  - Relationships
  - Conditions for emotional safety
  - Teacher as facilitator



# Protective factors

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- Internal (life skills)
  - Emotional intelligence
  - Perspective
  - Empathy



# Rituals

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- Empower an experience
- Make the statement this is important
- Focus the group on what is going on



# Common Language

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- Key words, phrases or names for processes that help create the *culture* you are seeking to promote and bring everyone to the same place at the same time.



# Dialogue

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- The art of collective thinking.
- Open-ended questions:
  - Who, what, where, when, how
- Clarify and summarize
- Reflect feelings and impressions

# School Protective Factors



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- Social skills
- Positive peer relationships
- Problem solving skills
- A sense of independence
- A sense of purpose
- Participation and involvement
- School success
- A caring teacher
- Exposure to models and mentors



# Processes Used

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- Community and class meeting
- Fishbowl
- Dialogue
- Moral dilemmas
- Role playing
- Music and writing
- Sentence stems



# Communities of Practice

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*Communities of practice are groups of people who share a concern or a passion for something they do and learn how to do it better as they interact*

*-Etienne Wenger*



# Communities of Practice: The Characteristics

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- 1. The domain: a shared domain of interest*
- 2. The community: members engage in helpful relationships where they learn together, teach and support each other*
- 3. The practice: members develop a shared repertoire of resources: experiences, stories, tools, ways of addressing recurring problems- in short a shared practice*



# Key Points

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- Process and content synthesized
- Risk factors and protective factors
- Quality world
- Fostering resilience: pro-social skills
- The ancient way is the cutting edge
- The School of Belonging: a different standard



# Resources

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- Building Classroom Communities: David A. Levine
- Teaching Empathy: David A. Levine
- The School of Belonging Planner: David A. Levine
- Reclaiming Youth at Risk: Brendtro Brokenleg, and Van Bockern
- Kids Who Outwit Adults: Brendtro and Seita
- Cultivating Communities of Practice: Etienne Wenger, Richard McDermott, William Snyder
- Theory-U: Otto Scharmer
- The Fifth Discipline: Peter Senge
- Overcoming the Odds: Emmy Werner, Ruth Smith