

Teaching SEE Learning

Institute of Pedagogy,
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Our Classroom (1)



Our Classroom (2)

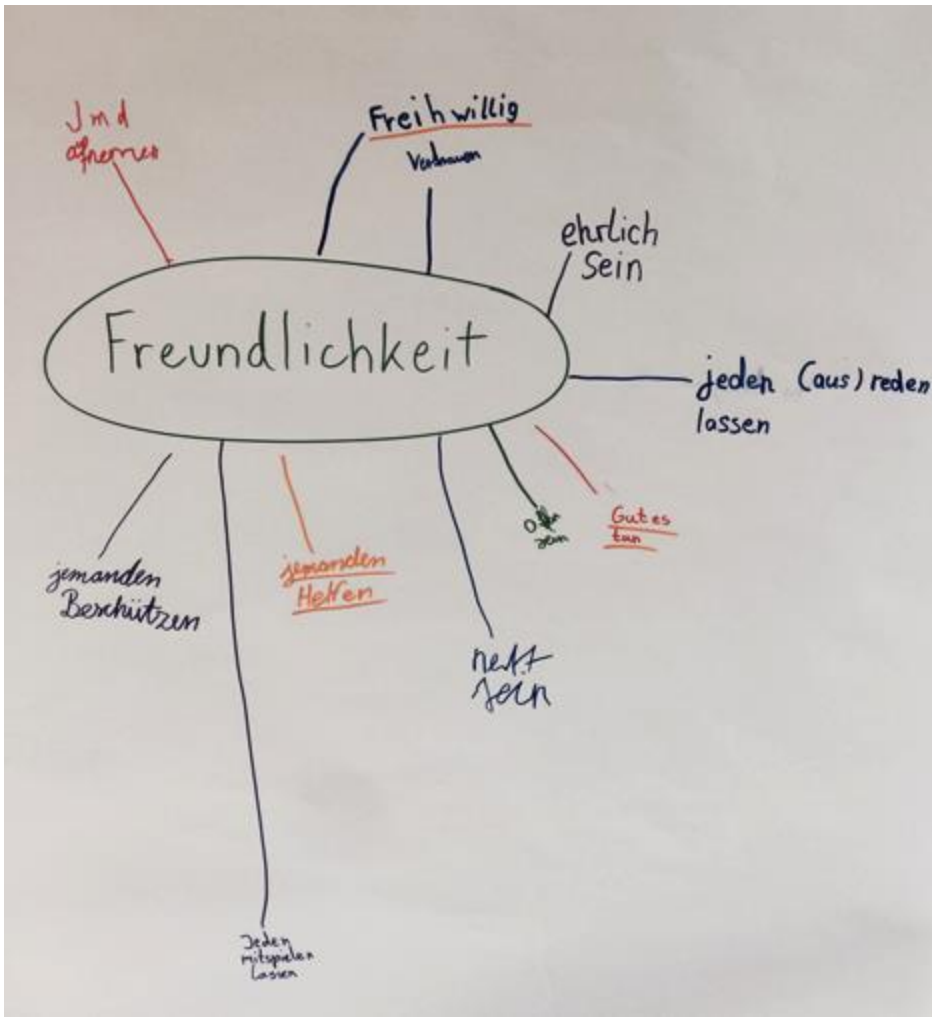


Chapters

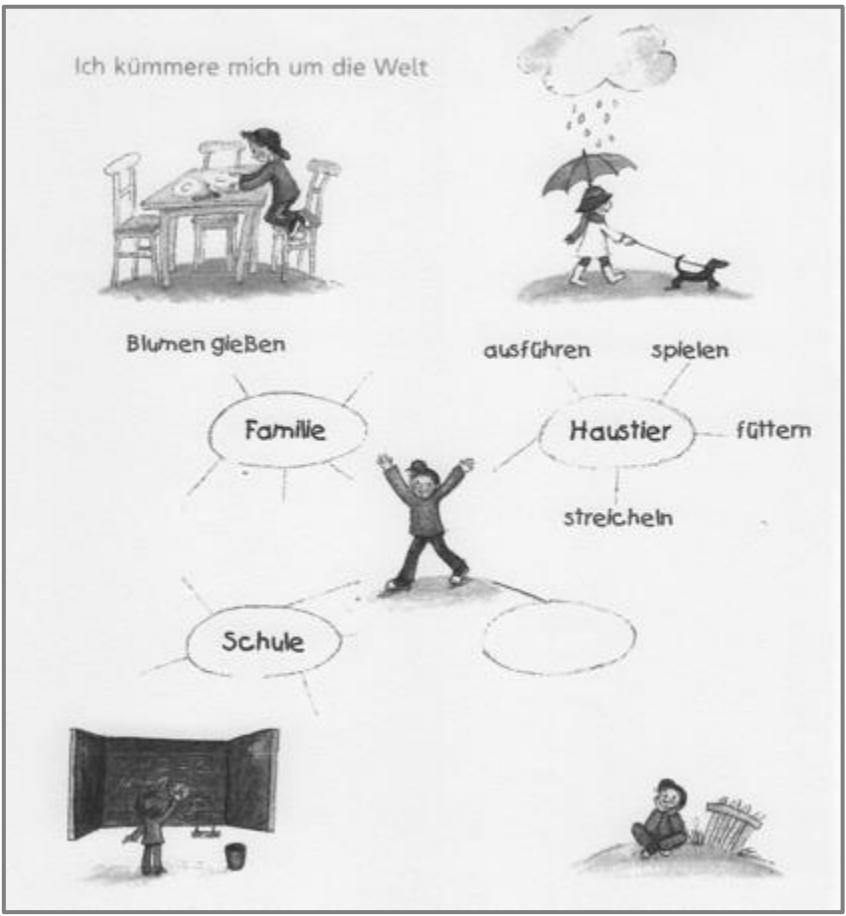
1. Creating a Compassionate Classroom
2. Building Resilience
3. Strengthening Attention and Self-Awareness
4. Navigating Emotions
5. Learning About and From One Another
6. Compassion for Self and Others
7. We're All in This Together

Capstone Project: Building a Better World

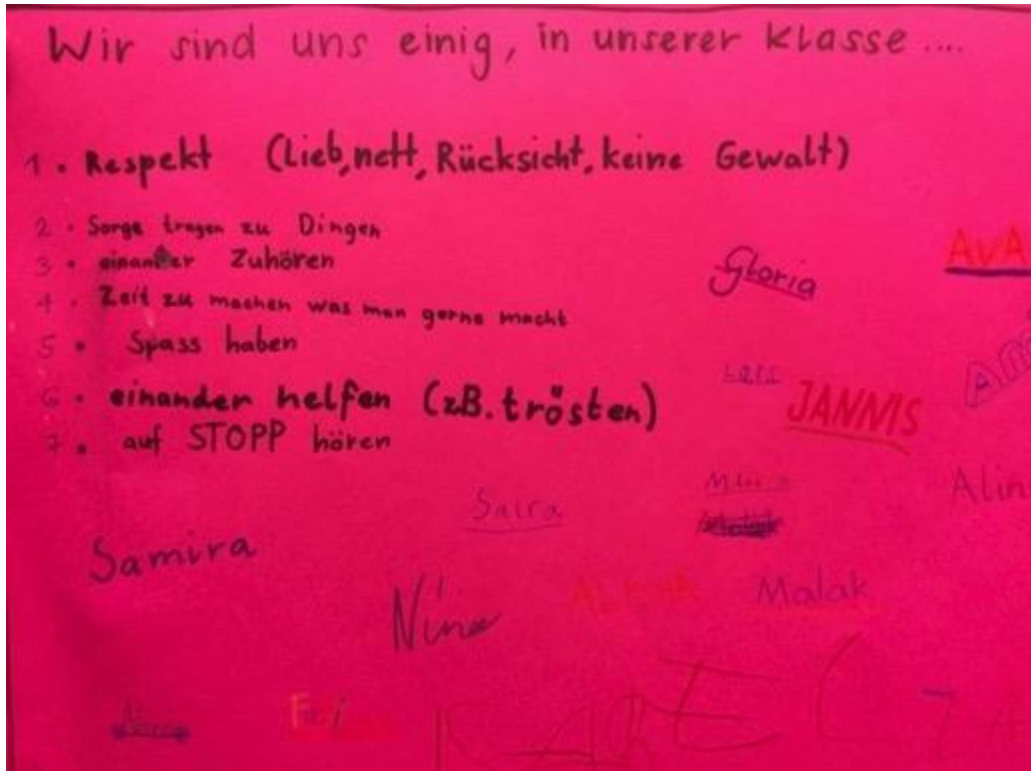
Chapter 1: Compassion / Kindness



Chapter 1: Compassion / Kindness



Class Agreements



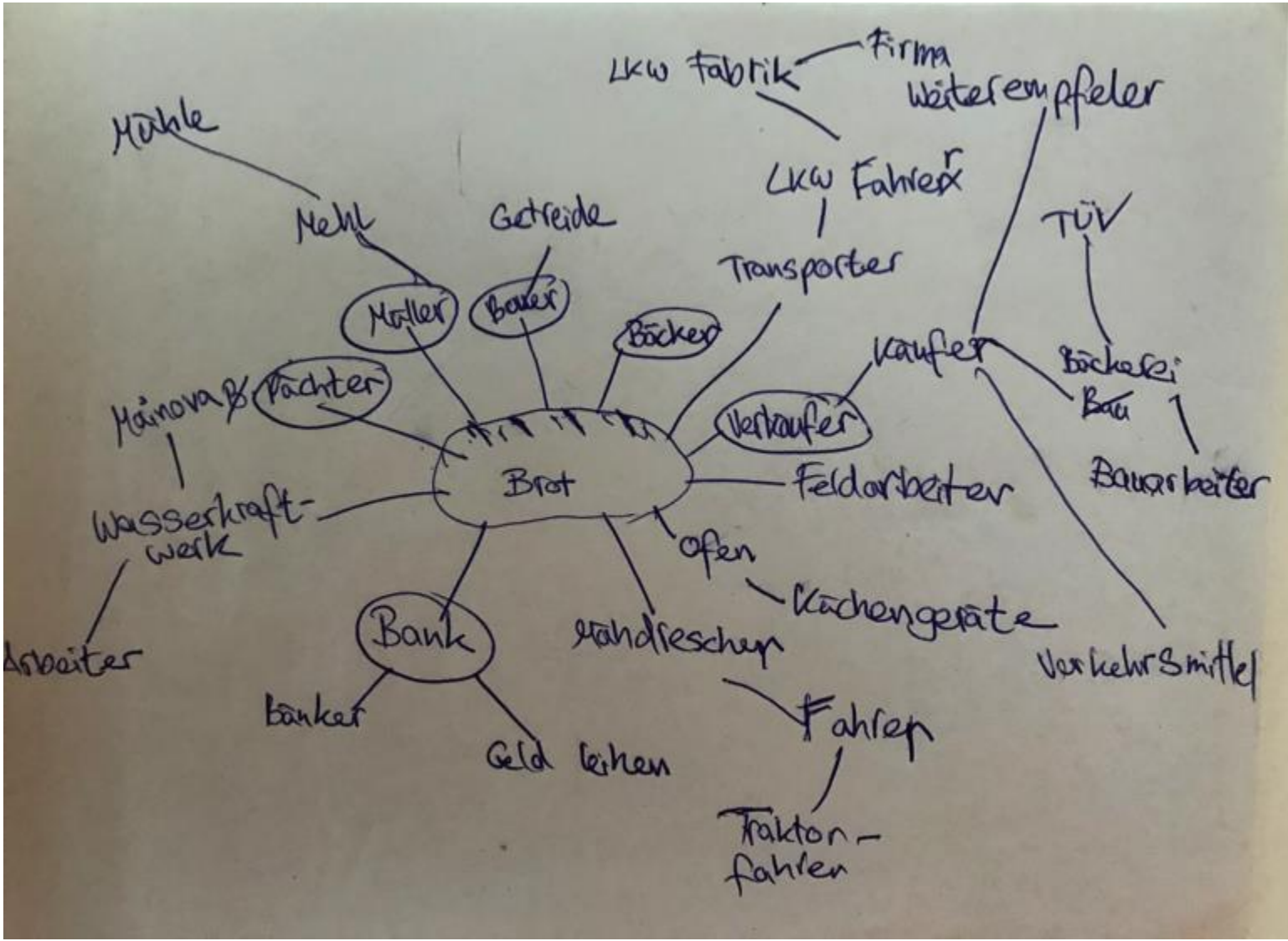
We agree, in our class we...

- Respect each other (to be kind, to show consideration, no violence)
- We take care of things
- We listen to each other
- We take time to do what we like to do
- We have fun
- We help each other (e.g. comfort each other)
- We listen to STOP

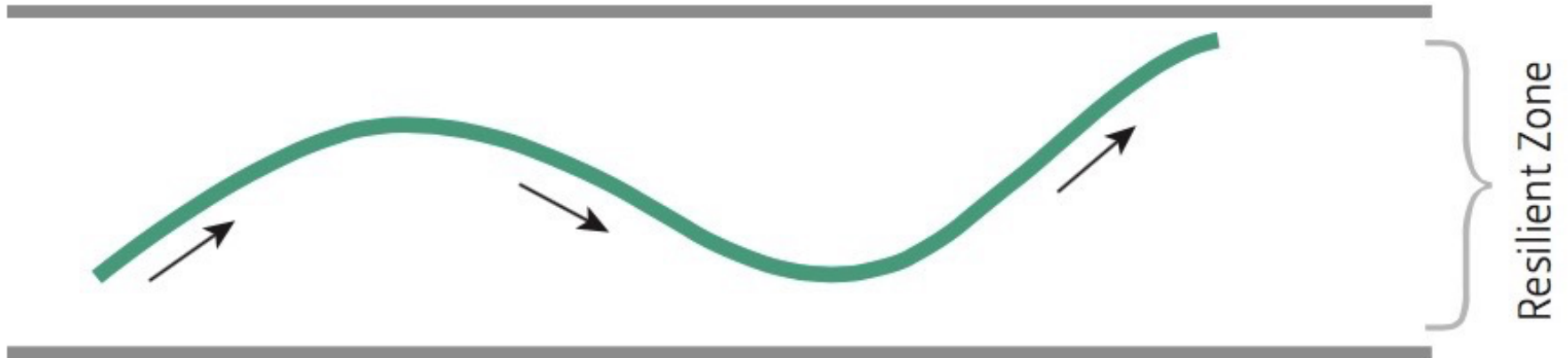
Mind Jar



Interdependence



THE RESILIENT ZONE

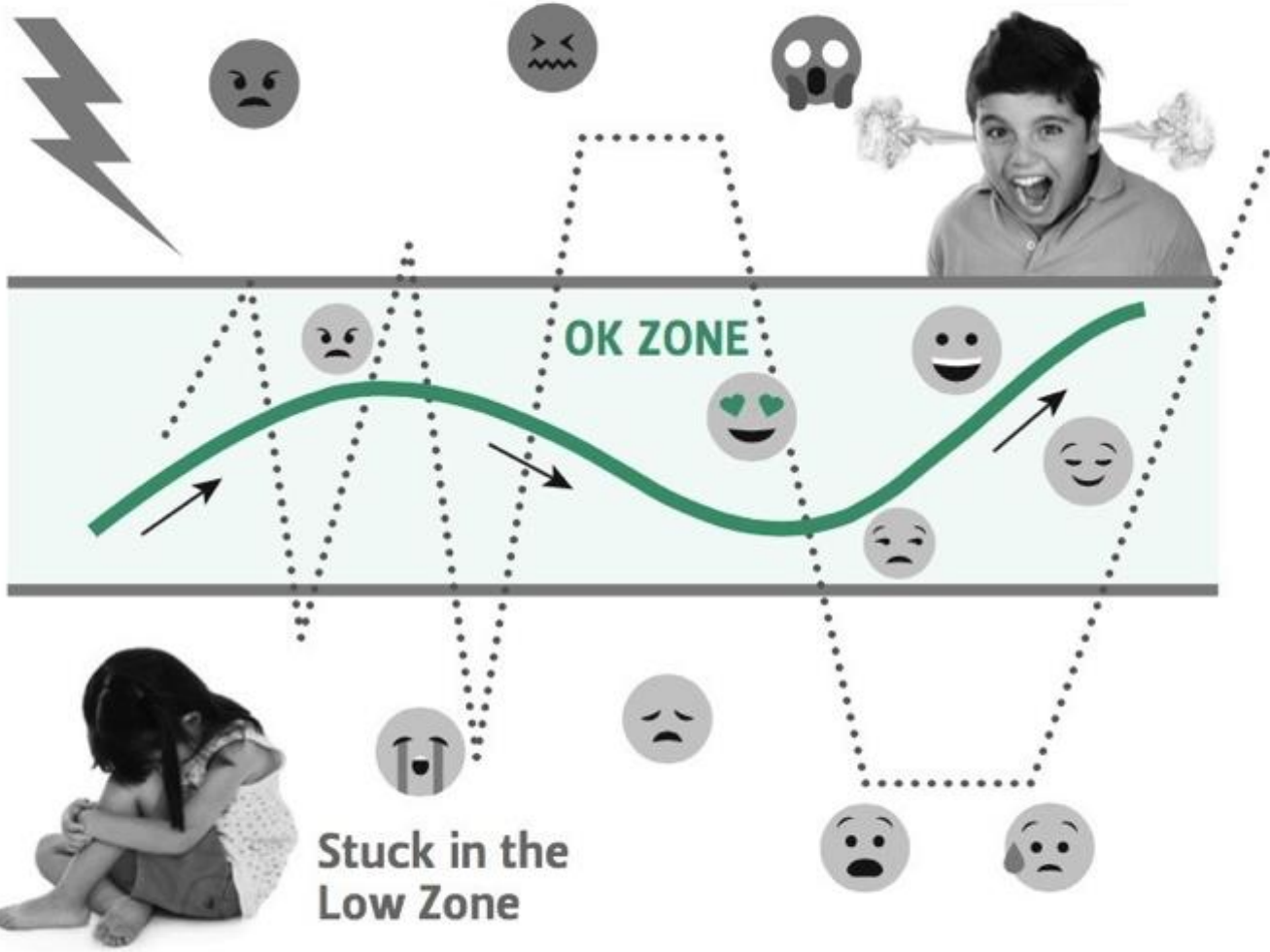


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Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett

Trigger or
Stressful Event

Stuck in the
High Zone



The 6 Skills of the CRM

- 1. Tracking**
- 2. Ressourcing & Ressource Intensification**
- 3. Grounding**
- 4. Gestures & Spontaneous Movements**
- 5. Help Now! Strategies**
- 6. Shift & Stay**

Ressourcing



Ressourcing



Help Now! Strategies

Help Now! Strategy
Station 1



Slowly drink a glass of water.
Feel it in your mouth and throat.

Help Now! Strategy
Station 2



Name six colors you see.

Help Now! Strategy
Station 3



Look around the room and notice who
catches your attention.

Help Now! Strategy
Station 4



Count backwards from 10 as you walk
around the room.

Help Now! Strategy
Station 5



Touch a piece of furniture or a surface near
you. Notice its temperature and texture.

Help Now! Strategy
Station 6



Press your palms together firmly or rub
your palms together until they get warm.

Help Now! Strategy
Station 7



Notice the 3 sounds within the room
and 3 sounds outside.

Help Now! Strategy
Station 8



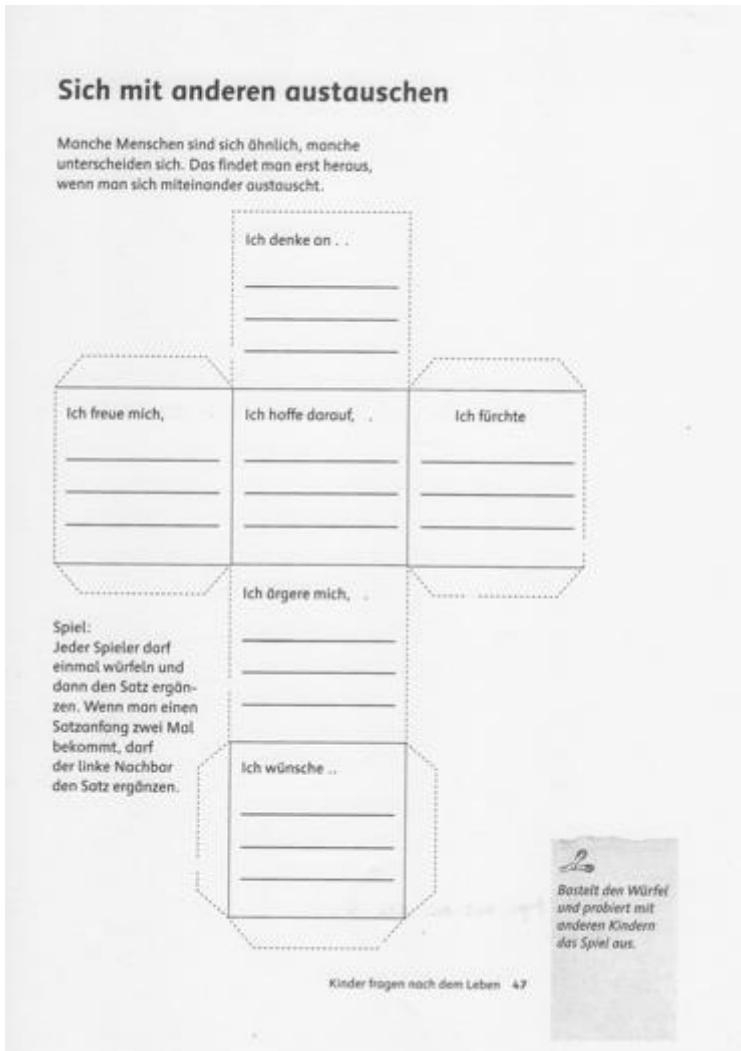
Walk around the room.
Notice the feeling of your feet on the
ground.

Help Now! Strategy
Station 9



Slowly push your hands or back
against a wall or door.

Finding Similarities



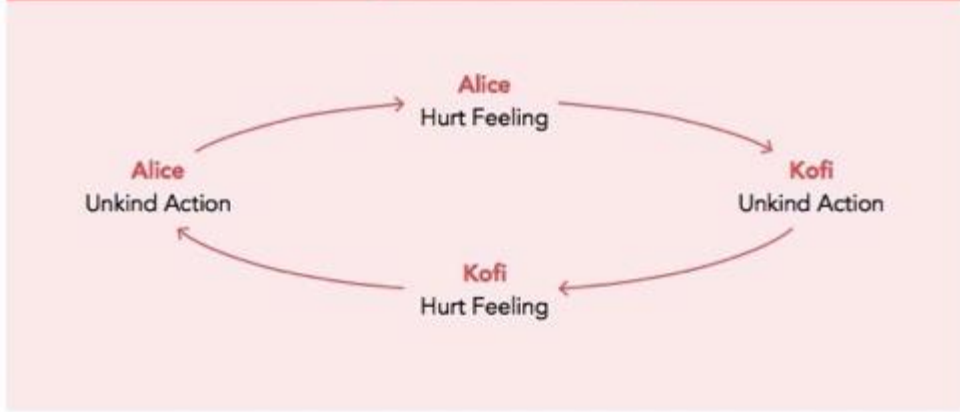
- I think about...
- I am happy...
- I hope...
- I fear...
- I am upset...
- I wish...



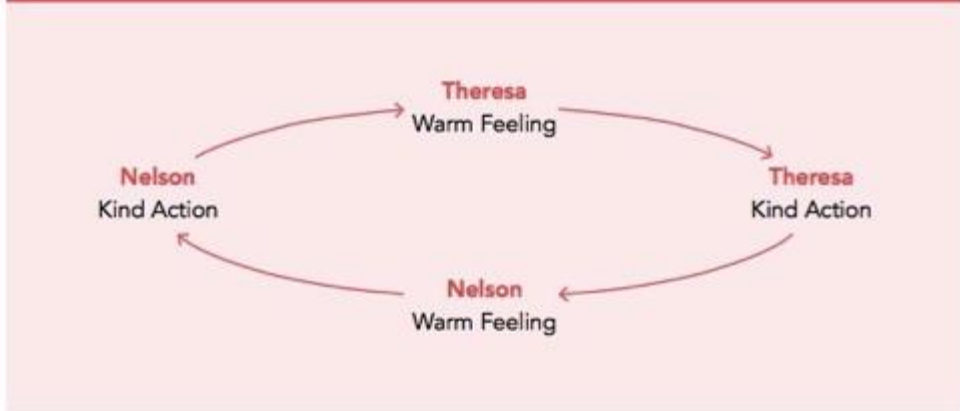
Chapter 7: We're All in This Together

Feedback Loops

Negative Feedback Loop



Positive Feedback Loop



Is it a System?

Systems Checklist

- Does it have parts and what are they?
- Are the parts connected to each other? How?
- If we change one part, does it change other parts?
- Are the parts connected to other things on the outside? How?

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