

Welcome to **THE FAMILY ROOM**

BUILDING PEACE in the FAMILY
with
LITTLE FRIENDS FOR PEACE

Thursday, May 14th 2020





Collaborative Action *for*
Family Engagement



Turning the Page

Engaging Families for Student Success.

THE FAMILY ROOM


AGENDA

1. **Welcome & Introductions**
2. **Building Peace in the Family** with Little Friends for Peace
3. **Q & A with LFFP**
4. **Question Corner** with Child Psychologist Dr. Seth Shaffer & Education Specialist Mariela Puentes
5. **Wrap-up**
(Surveys & Upcoming Webinars)



LOGISTICS:

- Please **mute** your microphone while you're not speaking to avoid background noise.
- Use the **Q&A** feature to ask questions
- Use the **Chat** feature to introduce yourself or add comments
- You can choose **gallery** or **speaker** view



Collaborative Action *for* Family Engagement

A Statewide Family Engagement Center

A project of MAEC, INC.

MAEC, Inc.



MAEC was founded in 1991 as an education non-profit dedicated to increasing access to a high quality education for culturally, linguistically, and economically diverse learners.

Vision

MAEC envisions a day when all students have equitable opportunities to learn and achieve at high levels.

Mission

MAEC's mission is to promote excellence and equity in education to achieve social justice.



@MAEC4ed

WWW.MAEC.ORG



@MidAtlanticEquityConsortium

“Family engagement needs to be more than a series of random acts. It requires a **systemic, integrated, and comprehensive** approach to working with families in support of children’s learning.”

**Susan Shaffer,
President, MAEC**



Who We Are

CAFE

The Collaborative Action for Family Engagement (CAFE) Center is a project of MAEC, Inc. We apply an equity lens to family engagement. By building relationships among schools, parents, and community organizations, we improve the development and academic achievement of all students.



Collaborative Action *for*
Family Engagement

CAFE Conceptual Framework

- Families are committed to actively supporting their children's learning and development.
- The complex intersections of race, socioeconomic status, gender, religion, ethnicity, disability, and language must be addressed to facilitate engagement.



Our Goals



Goal One

Improve and sustain regional and statewide family engagement efforts which focus on increasing high impact, culturally responsive family engagement by addressing systemic barriers to enhance communication and collaboration among SEAs, LEAs, schools, community-based organizations, families, and students.



Goal Two

Build capacity of educators and parents to practice high-impact, culturally responsive family engagement through increased awareness, knowledge, and skills.

TURNING THE PAGE

Engaging Families for Student Success

Our Mission

Turning the Page links public schools, families and our community so that, together, we can ensure students receive valuable educational resources and a high-quality public education.

Our Vision

Turning the Page is confident that with hard work and continued cooperation, we as a community can improve the education of public school students by engaging their parents and families as active and effective participants in their children's education.

Through resource-rich programming, trust in our relationships and those we support, and a dedicated, detail-oriented staff, we look forward to building on our continued successes in the communities we serve.



Little
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PEACE

LFFP Preview

Introduction / Information

Our Mission

To counter violence and contribute to a worldwide culture of peace by sharing skills to prevent, resolve, and transform conflict with individuals, families, teams, and communities.

Our Vision

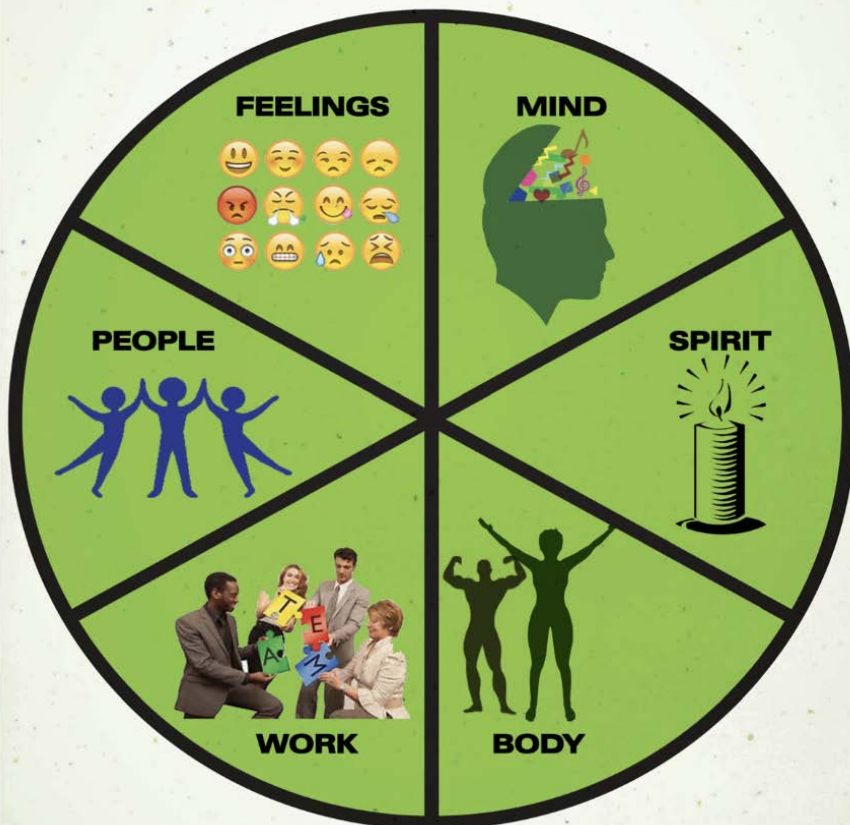
LFFP's vision is the Beloved Community, a world where relationships are based on respect and acceptance, conflicts end in reconciliation, and everyone is safe, cared for, and able to realize their unique potential. From playground put-downs and family fights to street crime and global conflict, violence builds from the ground up. We work to interrupt our current culture of violence through peace-building. By teaching peace at an early age and practicing peace at every age, we can together answer the violence with skills for peace.





The Wellness Wheel

Find peace within using The Wellness Wheel



The Wellness Wheel Checklist



Use the wheel as a checklist for examining one's self to become aware of areas of wellness (balance/peace), and areas of challenge (imbalance/unpeace).

A person of peace strives for an Inner Wheel that is balanced and moving with positive, loving energy, filled with compassion and care, open to sharing and cooperating. As problems and conflicts arise, they are seen as opportunities for relationships to grow and to cultivate win-win outcomes.

A broken, unbalanced Wheel takes away peace and often leads to anger, conflicted interactions, and eventually a broken relationship. We cannot Teach Peace well unless we have peace.

Elements of the Wheel	Balanced, Peaceful Wheel	Unbalanced, Unpeaceful Wheel	Practices to Grow Peace
Mind	Focused Stimulated with uplifting thoughts	Cluttered Distracted Bad thoughts	<input type="checkbox"/> Learn <input type="checkbox"/> Read <input type="checkbox"/> Identify and imitate your heroes and heroines <input type="checkbox"/> Meditate <input type="checkbox"/> Imagine <input type="checkbox"/> Play
Spirit	Positive Healthy energy Hope Gratitude	Negative Unhealthy No energy Darkness Loss of hope	<input type="checkbox"/> Enjoy <input type="checkbox"/> Sing <input type="checkbox"/> Live simply with money, time and people <input type="checkbox"/> Center yourself <input type="checkbox"/> Pray <input type="checkbox"/> Prepare spirit for love and sex
Body	Good physical condition Energy Free to give and receive affection	Bad physical shape Low energy Pain	<input type="checkbox"/> Relax <input type="checkbox"/> Walk <input type="checkbox"/> Stretch <input type="checkbox"/> Work out <input type="checkbox"/> Eat healthy <input type="checkbox"/> Cook large and freeze portions
Work	Energetic Stimulating Fun place Using one's gifts and talents	Lacking motivation and self-esteem Not using one's gifts and talents	<input type="checkbox"/> Work with people you like who energize you <input type="checkbox"/> Depend on and care for one another <input type="checkbox"/> Plan and organize <input type="checkbox"/> Abandon perfection <input type="checkbox"/> Become a human being, not a human doing <input type="checkbox"/> Take naps <input type="checkbox"/> Let go then persevere
People	Enjoying others Open Non-competitive Helpful Caring spirit	Fear Competition Controlling of others Anxiety	<input type="checkbox"/> Share resources and skills <input type="checkbox"/> Love <input type="checkbox"/> Laugh <input type="checkbox"/> Pursue your enthusiasms <input type="checkbox"/> Listen, Reflect back <input type="checkbox"/> Respond <input type="checkbox"/> Go to your heart <input type="checkbox"/> See with compassion <input type="checkbox"/> Connect <input type="checkbox"/> Confide <input type="checkbox"/> Communicate often to build relationships
Feelings	Loving Caring Uplifting Safe	Sad Angry Resentful Mean	<input type="checkbox"/> Cry <input type="checkbox"/> Rejoice <input type="checkbox"/> Thank <input type="checkbox"/> Trust that it will all work out



Peace Pledge & I Care Rules

TOOLBOX Centering Ritual

Peace Building Pledge - Respect

With left hand on heart and right hand raised forming a "V" peace sign with two fingers, the group echoes the leader after each line.

**I am a Peace Builder
I Pledge...**
**To Talk to Others with Respect
To Treat People with Care
To Make Peace not Break Peace
To BUILD PEACE
at Home
at School
and in my Neighborhood
Each day!!**



TOOLBOX Theme 1

I Care Rules - Group Discipline

Participants take turns in reciting the rules.

- 1. We listen to each other**
- 2. Hands are for Helping, not Hurting**
- 3. We use "I Care" language**
- 4. We care about each other's feelings**
- 5. We are responsible for what we say and do**



(Order "I Care Rules" Poster and "I Care Cat" from www.peaceeducation.org)



Practicing Positivity

Practicing Positivity

Peace is positive thinking; it is the conscious act of rewiring our thoughts and managing our minds.

Affirmation Bubbles



Fill yourself with Peace. Use your arms to make big circles around your body. As you bring your arms up, say one of the affirmations below and fill yourself with good energy, believing the words as you say them.

- *I can achieve my goals*
- *I am hopeful*
- *I am grateful*
- *I am a peacemaker*
- *I can help change the world*



Little
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Peace Tool Card
Centering

For more, visit www.lffp.org.

Peace Squats



Take the time to rid yourself of bad thoughts, habits, and negativity to make room for the positive. As you squat stretch your arms out and use them to push down the negative and bring up the positive and say:

- *Push down hate and bring up love*
- *Push down meanness and bring up kindness*
- *Push down negativity and bring up positivity*
- *Push down bullying and bring up friendship*
- *Push down peacebreaking and bring up peacemaking*



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Peace Tool Card
Centering

For more, visit www.lffp.org.

Bucket Filling

Be a Bucket Filler!

"One kind word can change someone's entire day."
- **Unknown Author**

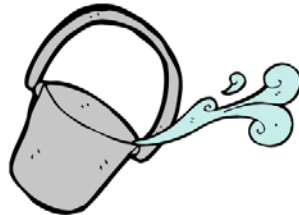
We all have invisible buckets above our heads. Kind words and actions fill our buckets and make us happy, but negative thoughts and actions tip our buckets and leave us feeling sad.

Bucket Fillers



*I like you
You are awesome
I care about you
I think you are wonderful*

Bucket Tipplers



*I don't like you
You are annoying
You are not my friend
I don't care about you*

I-Care Language

What we say and how we say it matters. Using I-Care language lets people know that you care about them and their feelings.



Examples

- I like you
- Can I help you?
- Please
- Thank you
- Do you want to join us?
- Let's be friends!
- You're awesome!



Peace Tool Card
Kindness

For more, visit www.lffp.org.



Peace Tool Card
Kindness

For more, visit www.lffp.org.

Stop, Think, Act

TOOLBOX Theme 3

DEVELOP POWER TO DISARM SELF AND ANOTHER

DANGER Most conflicts flow out of feelings of being abused or threatened and erupt before combatants take time to STOP and THINK before they ACT.

STOP Resist the reflex to retaliate.
Reclaim your center.
Release your anger.
This allows room for you to go to your heart where you can disarm yourself and see the other with compassion.

THINK Imagine a compassionate response that considers your opponent's perspective, goals, blindneses and scars from previous experiences and shows your care for him or her and for yourself.

ACT Use an I-message like on the next page.
Listen actively.



Stop. Think. Act.

Regret is unnecessary. Think before you act.
- William Shockley

STOP

THINK

ACT



Most conflicts flow out of feelings of being abused or threatened and erupt before we take time to STOP and THINK before we ACT.



Little
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Peace Tool Card
Core Tools

For more, visit www.lffp.org.

De-escalation

De-escalation

Sometimes we find ourselves in situations where it is difficult to maintain our inner peace. When this happens take time to de-escalate and recenter yourself.

Shark Fin



Place the side of your hand up above your head.

Slowly bring your hand down, past your head and down your body.

As your hand moves down, breathe out with a "shhh" sound.



Peace Tool Card
Centering

For more, visit www.lffp.org.

Finger Breathing



Hold one hand out, palms open and fingers spread.

Use the index finger of your other hand to trace up and down your open hand.

*As you trace up, breath in through your nose
As you trace down, breathe out.*

Continue until you have traced each finger.



Peace Tool Card
Centering

For more, visit www.lffp.org.

Contact Us

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🐦 @littlefriendsforpeace

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240-838-4549



Q&A with Little Friends for Peace

Chat your questions to LFFP in the chat box

The background of the slide is a photograph of children on a school bus, overlaid with a semi-transparent purple filter. A boy in the foreground is looking out the window, while other children are visible behind him.

The Question Corner

with Dr. Seth Shaffer, Psy.D.
and Mariela Puentes, M.Ed.

*Today's featured topic:
Education & Child Anxiety*

*Disclaimer:

Seth Shaffer, Psy.D. (Lic# PSY 27492) is a licensed clinical psychologist in the State of California. The information provided by Dr. Shaffer in the MAEC *Family Room Series* webinars or website newsletters does not establish a 'therapist-client' professional or confidential relationship between Dr. Shaffer and any other person who accesses or learns of the information. All information shared by Dr. Shaffer is based solely on his knowledge, expertise, and clinical training, but is not intended to be a clinical mental health service or therapy for a specific person or circumstance.

Any viewer/participant who believes that they may be experiencing psychological distress or symptoms should consult a local mental health professional right away. They may consider calling the Substance Abuse and Mental Health Services Administration (SAMHSA) 24/7 National Hotline (1-800-662-4357) or another reputable referral organization for help.

**If you have a question,
please send it to us in the
Chat Box located on the
right side of the screen!**



MORE RESOURCES:

Health (related to COVID-19): **Center for Disease and Control:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

COVID MYTH BUSTERS: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Mental Health: American Psychological Association: <https://www.apa.org/topics/covid-19/local-mental-health>

Food: MAEC and its partners are assisting with getting families in need access to food. Contact MAEC for more information.

Education: MAEC: <https://maec.org/covid-19/state-resources/>

National Association of School Psychologists: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources>

Department of Education: Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus outbreak: <https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf>

Special needs: Autism Speaks is offering a free online course for parents. This can help parents sharpen skills for helping children on the spectrum with social communication, academic skills, positive behaviors, and independence. This offer is **ONLY** good through June 1, 2020. <https://autismcertificationcenter.org/coursework/foundations>

National Association of School Psychologists: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Connect with us!

Up-to-date COVID-19 information and resources for families across America:

<https://maec.org/covid-19/state-resources/>

Sign up for our newsletter,
Learning at Home

www.maec.org/newsletter



@MAEC4ed

WWW.MAEC.ORG



@MidAtlanticEquityConsortium

Newsletter Question of the Week

How are you maintaining social connections while physically distancing?

Submit your words, artwork, scanned letters, to be included in our weekly newsletter.

<https://maec.org/covid-19/voices-from-the-community/>

THE FAMILY ROOM Series

WHAT TO EXPECT

1. Welcome & Introductions
2. Highlighted Guest
3. Q & A Session
4. Wrap-up
(Surveys & Upcoming Webinars)



Collaborative Action *for*
Family Engagement



The Family Room Webinar Series

**The Family Room: Every Thursday
at 2pm Central / 3pm Eastern**

Thursday, May 21st

Carla Easter (NIH) & Exploring our Genes!

Thursday, May 28th

Ann Caspari (NASM) & Flights of Fancy

 **MAEC** | Collaborative Action *for*
Family Engagement

 ***Turning the Page***
Engaging Families for Student Success.

THANK YOU!

Please take our brief survey for today's event.

SEE YOU NEXT WEEK

