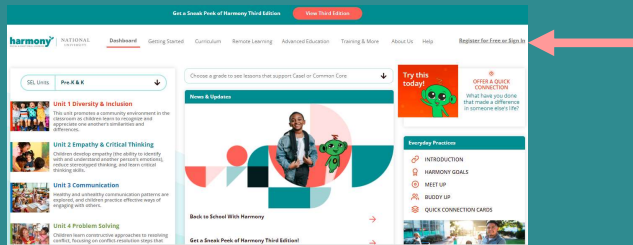


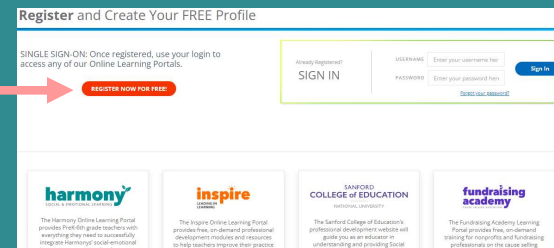
Register for Harmony Online Learning Portal

1). Go to *online.harmonysel.org*

2). Click “Register for Free or Sign In” link in top right-hand corner



3). Click “Register Now for Free!” button in center of screen



4). Complete form and click “Submit” button

Registration Create Your Profile

FIRST NAME: Enter your first name here

LAST NAME: Enter your last name here

EMAIL ADDRESS: Enter your email here

USERNAME: Enter your username here

PASSWORD: Set your password here

CONFIRM PASSWORD: Confirm your password

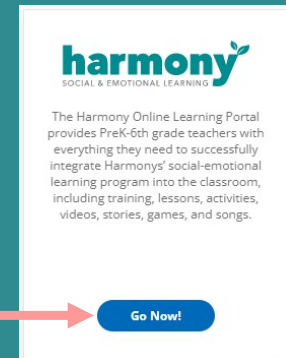
POSTAL CODE: Enter your postal code here

PRIMARY PROGRAM OF INTEREST: Select a program

COUNTRY: United States

Submit

5). Click “Go Now” button under Harmony header





Welcome NHSA!

COMMUNITY BUILDERS



Names Chant

Include the name of a youth in the following exchange:

“We have _____, _____ is here today. Here is what _____ wants to say: _____” (Have the youth say something).

Repeat with each name in the group

Greetings



Jakatora Tjoutuku
Professional Learning Specialist

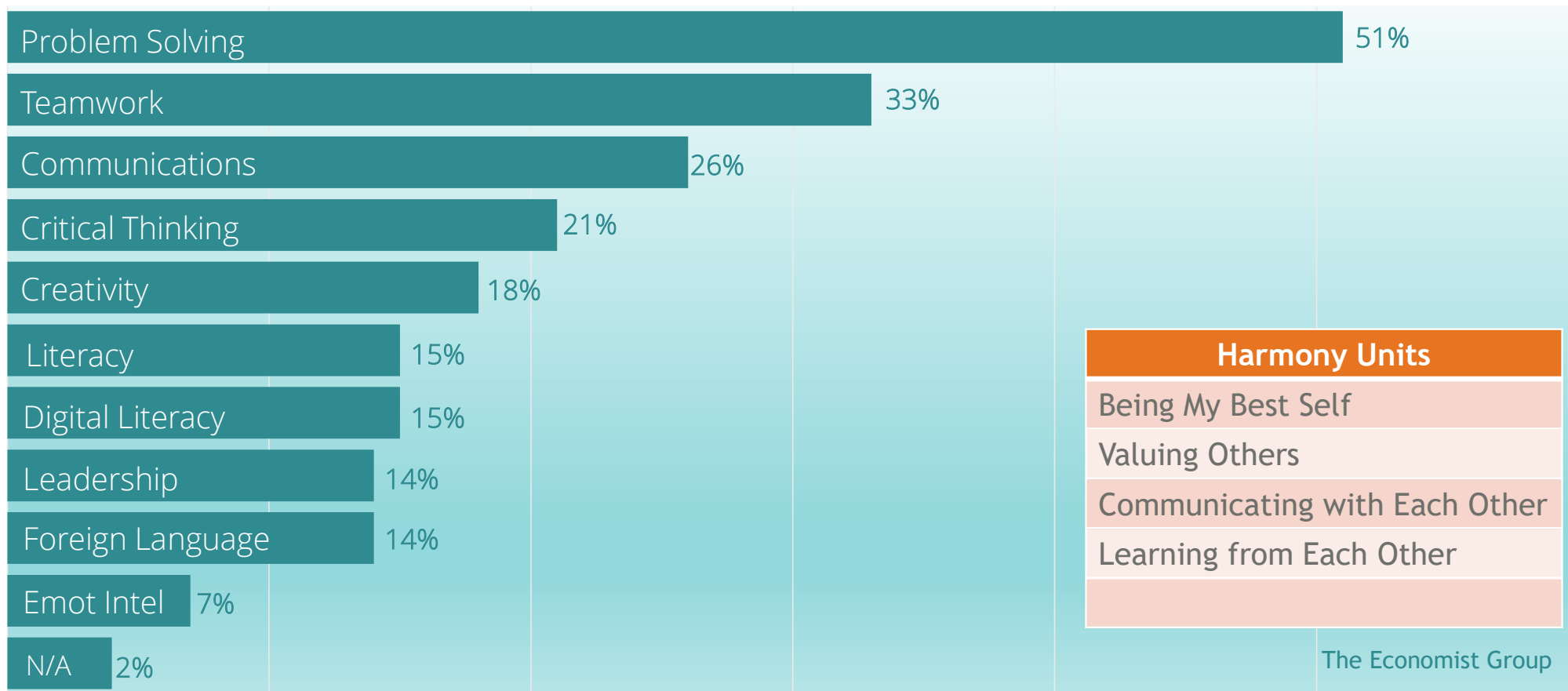
- In chat, share
 - Name
 - Role
 - Experience with Harmony (new or current user)
 - Let's connect!

Harmony SEL

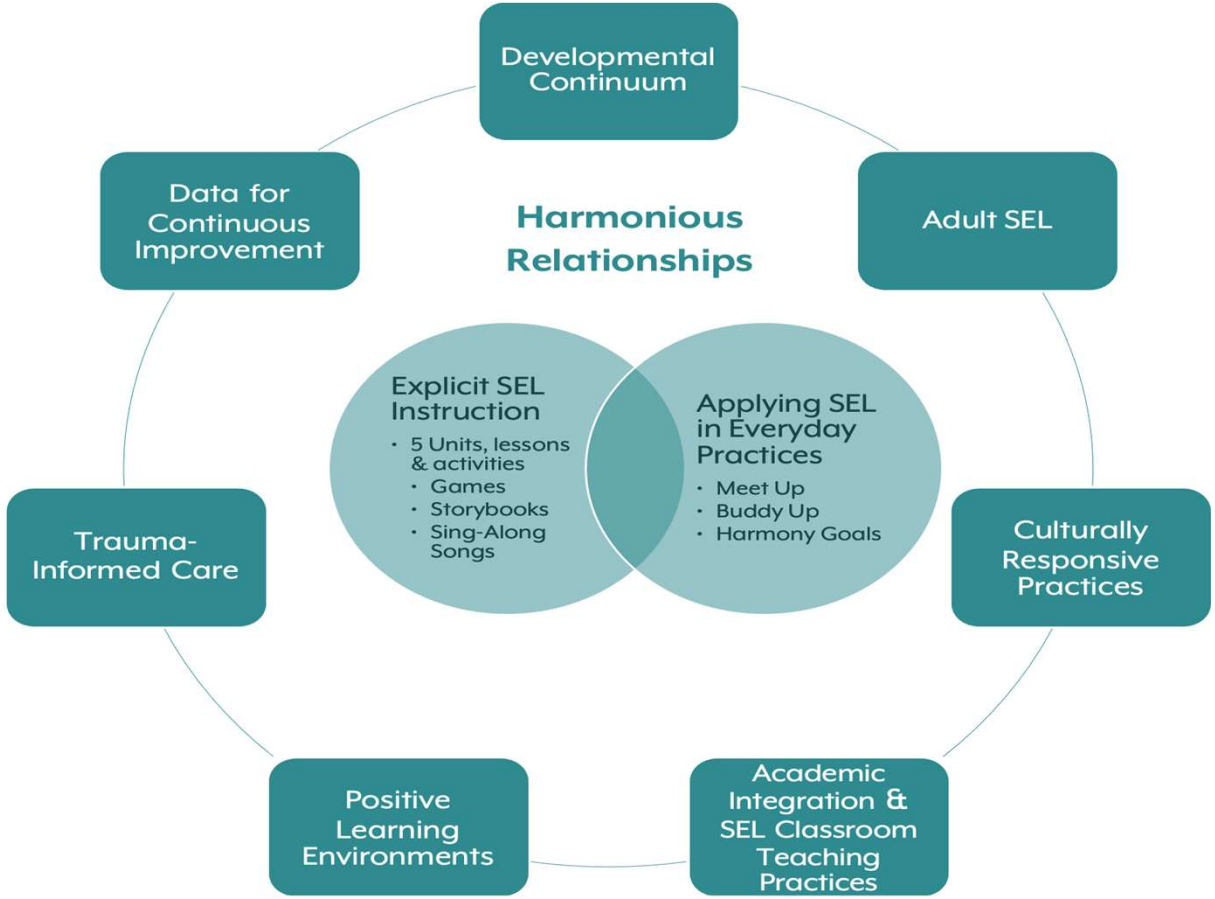
Today's Goals

- Review goals of Harmony SEL implementation.
- Examine the techniques of Harmony Goals and Meet Up
- Explore Harmony Online Learning Portal

Desired Skills in the Workplace



Bridging SEL Integration



- Whole Child Outcomes**
- Positive school climate
 - Improved social and emotional competencies
 - Better relationships
 - Engage with diverse peers
 - Increased connection to schools
 - Improved academic achievement
 - Decrease in bullying, teasing, aggression, and stereotyping

Harmony SEL

Harmony SEL Program Structure

Everyday Practices (Strategies)		Lessons	
<p>Harmony Goals</p>	<p>Class and Personal goals</p>	<p>Lessons & Activities</p>	<p>1 or 2 small or whole group sessions per week</p>
<p>Meet Up</p>	<p>Circle-time, morning meeting</p>		
<p>Buddy Up</p>	<p>Weekly buddy pairs meet & practice SEL skills & build relationships</p>		

Everyday Practices

Harmony Goals, Meet Up, and Buddy Up

Harmony Goals

Harmony Goals



Class Harmony Goals

What are Class Harmony Goals?

- Group agreements to help make the classroom community safe, caring, and supportive
- Reflect how everyone in the class wants to interact and be treated by one another

Class Harmony Goals

Why Class Harmony Goals?

- Establishes **community expectations**
- Promotes **democracy**
- Builds **prosocial behaviors**
- Provides **structure and stability**

Class Harmony Goals Creation Steps

1

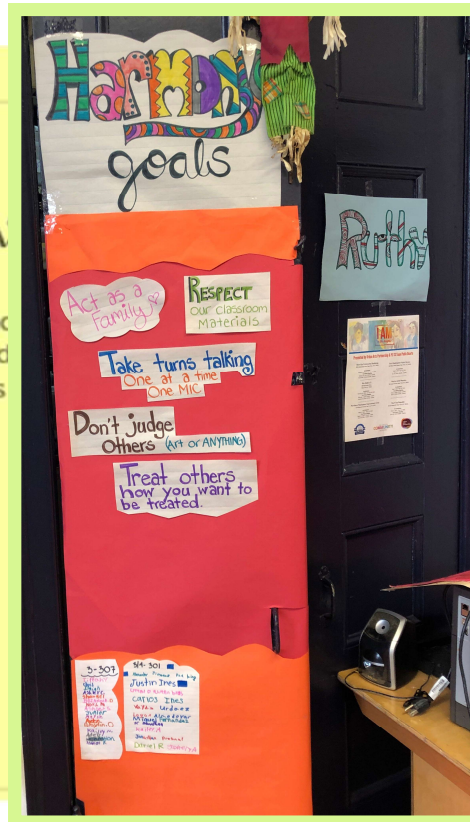
SET THE STAGE

- Share that the class will be creating goals for how they interact and get along
- Ask for examples of other groups that have come up with goals
- Discuss why it is important for everyone to work together

2

DISCUSS IDEAS

- Solicit ideas about what kinds of behaviors lead to positive interactions



4

RECORD, SIGN, DISPLAY, AND SHARE

- Record goals on a Class Harmony Goals
- Have students sign
- Post in a prominent location

5

MONITOR, DISCUSS, AND REVISE

- Discuss successes and struggles with meeting Class Harmony Goals
- Problem-solve as necessary
- Revise the goals as needed

Harmony Goals



Personal Harmony Goals

What are Personal Harmony Goals?

- Established by each student based on outcomes they hope to achieve in relation to the Unit themes

Personal Harmony Goals

Why Personal Harmony Goals?

- Develops critical **self-regulation** and **goal-setting skills**
- Enables creation relationship-driven goals that help to be successful in school and life
- Helps achieve Class Harmony Goals

Personal Harmony Goals Creation Steps

PERSONAL HARMONY GOALS

Progress Chart

Write 1 - 3 personal goals in the spaces below. Each time you're asked to consider your progress, give yourself 1 - 2- or 3- stars. After you've checked in with your personal goals 10 times, start again. What goals need to be set next?

UNIT NUMBER: _____ UNIT THEME: _____

☆☆☆ I'm doing a good job (I can help myself and others).	☆☆ I'm making progress (I need more practice).	☆ I didn't do my best today (I need some help).
--	--	---

Personal Harmony Goals	1	2	3	4	5	6	7	8	9	10
GOAL #1:										
GOAL #2:										
GOAL #3:										

For instructions to set and monitor Personal Harmony Goals, see the Harmony Online Learning Portal.

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4

RECORD AND SIGN

- List personal goals on Personal Harmony Goals Progress Chart
- Store charts in easily accessible location

5

MONITOR, DISCUSS, AND REVISE

- Rate achievement of goals using Personal Harmony Goals Progress Chart
- Share successes and helpful strategies
- Revise personal goals as needed

Personal Harmony Goals

Personal Harmony Goals Tips

- Invite students to take a moment to celebrate success by using productive self-talk.
- Remind students to have an optimistic mindset when faced with challenges by also using productive self-talk.

Harmony Goals

Let's Plan

- How have you implemented Class Harmony Goals so far? How could you refresh that practice?
- How will you introduce Personal Harmony Goals?
- What strategies will you use to integrate Harmony Goals throughout the school day?

Meet Up

Meet Up



What is Meet Up?

Students meet in a circle to

- Greet one another
- Share ideas
- Monitor Harmony Goals
- Solve problems
- Engage in community building activities using **Quick Connection Cards**
- Participate in **Mindful Minute** activities

5 to 15 minutes

Meet Up



Why Meet Up?

- Focuses on **positive relationships** and **expectations**
- Creates a sense of **belonging**
- Builds **inclusion** and **community**
- Enhances **communication, collaboration,** and group **problem solving**
- Fosters **empathy**
- Provides a lens for **introspective** thought and personal **connection**

Meet Up Steps

PERSONAL HARMONY Progress Chart

Write 1 - 3 personal goals in the spaces below. Each time you're ready to check in with your personal goals 10 times, start a new goal.

UNIT NUMBER: _____ UNIT THEME: _____

 I'm doing a good job (I can help myself and others).	
Personal Harmony Goals	1
GOAL #1:	
GOAL #2:	
GOAL #3:	

For instructions to set and monitor Personal Harmony Goals, see the Harmony Online Learning Portal.
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WAYS TO WELCOME Ideas for Meet Up Greetings

Students can greet their neighbors in different languages, using the 25 Ways to Say Hello flyer. <https://online.harmonysel.org/harmony-hello-flyer/>

Students can greet each other using other words and phrases:

- "Hi!"
- "How's it going?"
- "What's up?"
- "Nice to see you."
- Students can sing a class song or chant.

Students can use gestures to greet one another:

- a fist or elbow bump
- a wave
- a bow
- a salute, as in American Sign Language
- the peace sign

Students can toss a ball to one another in the circle, greeting the person to whom they have tossed the ball.

Students can do 'The Wave' with a movement of their choice, performing it in sequence around the circle.

Partners can greet each other in the form of a Knock, Knock joke:

- "Knock, Knock."
- "Who's there?"
- "Jj."
- "Jjwho?"
- "Il Thakkar."

RESPONSE PROMPTS

For Re

COMMUNITY BUILDERS



CLAP, SLAP, SNAP

One person starts as the leader and creates a clap, slap, snap pattern for the whole group to follow. Switch leaders and repeat.

EARLY CHILDHOOD Quick Connection Cards | **harmony**

... you remember ...
 ... at two more times.

... with your palms pressed
 ... put one foot on top of
 ... feet firmly planted on the
 ... feet are roots, your body is
 ... are branches. Then raise
 ... "grow your tree" upward.
 ... v moments, concentrating
 ... possible.

... e for a few minutes without

harmony

red in Meet Up

**end a conversation or get more
 ation:**

- se keep going, ____!
- it happened next?
- se tell me more about ...
- ere more you'd like to share about ...?
- orry that happened to you. How do you
 now about ...?

ress agreement:

- ee because ...
- nk that's a good idea because ...
- ee with you, and I think ...
- ee with what ____ said because ...
- ave the same point of view because ...

press disagreement:

- disagree because ...
- respectfully disagree because ...
- u make a strong point, but to me ...
- ave a different point of view because ...
- nderstand your perspective, but I think ...

Meet Up



Meet Up Tips

- Model
- Host a show and tell
- Teach students to have a non-verbal reaction to respond without interruption
- Use a microphone or other item as a talking piece
- Provide structure to what is shared
- Highlight Harmony Goal of the week and solicit examples

Meet Up



Let's Practice

- Step 1: Greeting
- Step 2: Sharing and Responding
- Step 3: Checking In
- Step 4: Connecting
 - Breathe in and then blow your breath out slowly, imagining the shape of an ice sculpture that your breath is creating in the air.

Meet Up



Let's Plan

- How will you introduce Meet Up?
- What materials will you need?
- What greetings will you use?
- How will you choose students to share?
- When will you check in with others vs self?
- When will you connect with others vs self?

Buddy Up

Buddy Up



Why Buddy Up?

- Brings together **diverse peers** who may not typically work with one another
- Allows students to discover **commonalities, differences,** and **talents**
- Promotes **collaboration, caring,** and **empathy**

Buddy Up



What is Buddy Up?

- Students are paired with a different Buddy each week
- Engage in brief activities and discussions using **Quick Connection Cards**

5 to 15 minutes

Quick Connection Cards

COLLABORATIONS



MIRROR, MIRROR

Take turns mirroring your buddy's actions.

EARLY CHILDHOOD Quick Connection Cards | **harmony**
SOCIAL & EMOTIONAL LEARNING

CONVERSATIONS



What would be a great surprise to find in the classroom?

EARLY CHILDHOOD Quick Connection Cards | **harmony**
SOCIAL & EMOTIONAL LEARNING



Buddy Up



Buddy Up Tips

- Begin with students who are comfortable with one another
- Use **Quick Connection Cards**
- **Model** Buddy Up
- Prepare buddies who need support
- Reinforce **Harmony Goals** – *“I like the way you listened to your buddy and asked questions.”*

Buddy Up



Opportunities to Buddy Up

- Brain breaks
- New student buddies
- Book buddies
- Transitions
- Recess
- Snack or mealtime
- P.E. buddies
- Projects
- Outdoor activities
- Cross grade levels
- Family events



POETRY PROMPT

COLLABORATIONS

Choose a classroom object with your buddy and write a short poem or rhyme about it.

Materials: Classroom objects (e.g., stapler, paper, glue, etc.)

Let's Practice

- In virtual breakout rooms, share
 - Name
 - School
 - Role
 - Response to Quick Connection Card
- If possible, turn camera and microphone on
- Be prepared to share your Buddy's response in the main room

Everyday Practices

Let's Explore

online.HarmonySEL.org



Buddy Up



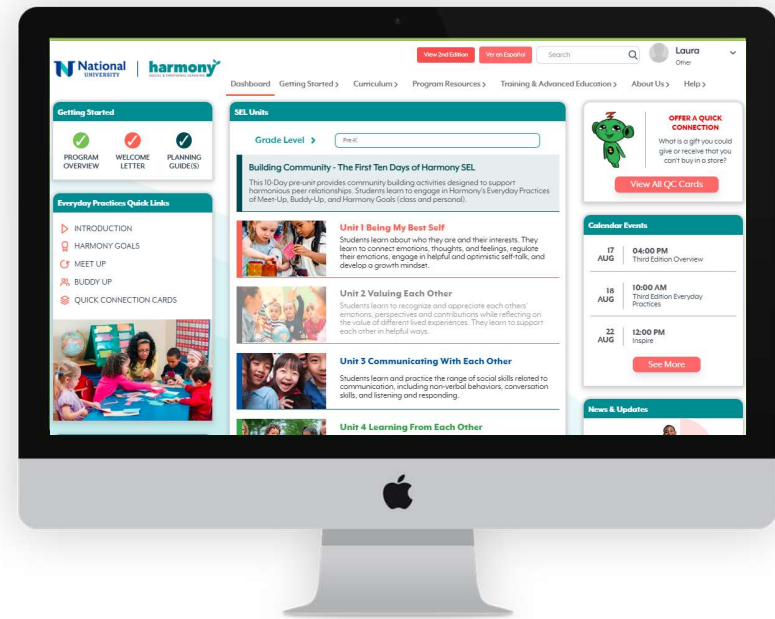
Let's Plan

- What will your Buddy Up board look like? What supplies will you need? Where will it be displayed?
- How will you assign buddies? How will you track buddy pairs?
- How will you introduce Buddy Up?
- Which QCCs will use the first week? Month?

Everyday Practices

Let's Explore

online.HarmonySEL.org



Building Community

The First Ten Days of Harmony SEL

Building Community - The First Ten Days

- Your **personal roadmap** to implement Everyday Practices and mini-lessons
- All the **training resources** required to build upon your knowledge & skills
 - Harmony Online Learning Portal
 - Virtual Instruction Toolkit
 - On Demand Videos

BUILDING COMMUNITY The First Ten Days of Harmony SEL

Getting Started with Everyday Practices

NEW TO HARMONY SEL'S EVERYDAY PRACTICES?

This 10-Day Easy Start Guide is your map for implementing Meet Up and Buddy Up as you start the new school year. Begin with reviewing these training resources to introduce you to the Everyday Practices:

Learn more about Everyday Practices on the [Harmony Online Learning Portal](#).

- Refer to the [Virtual Instruction Toolkit](#) for strategies to prepare and implement the Everyday Practices in a remote teaching environment.
- Access Harmony in Action: Everyday Practices in the [On-Demand Training Videos](#) in the Online Learning Portal.

Once you have reviewed the purpose and intended implementation of each Everyday Practice, it's time to start building strong, healthy peer relationships among your students with Harmony.

EVERYDAY PRACTICES – MEET UP

Meet Up is a class meeting where students gather to greet one another, share ideas, monitor Harmony Goals, solve problems, celebrate accomplishments, and engage as a community.

To help you get started, we have provided daily Meet Up suggestions.

Note: In the beginning, you may find it necessary to introduce the Meet Up steps over a few days to best fit your schedule.

EVERYDAY PRACTICES – BUDDY UP

Whether onsite or in a virtual classroom, **Buddy Up** will enhance students' sense of connection, empathy, shared motivation, and social responsibility toward one another. Buddy Up builds teamwork and trust and fosters an environment for collaboration and learning together.

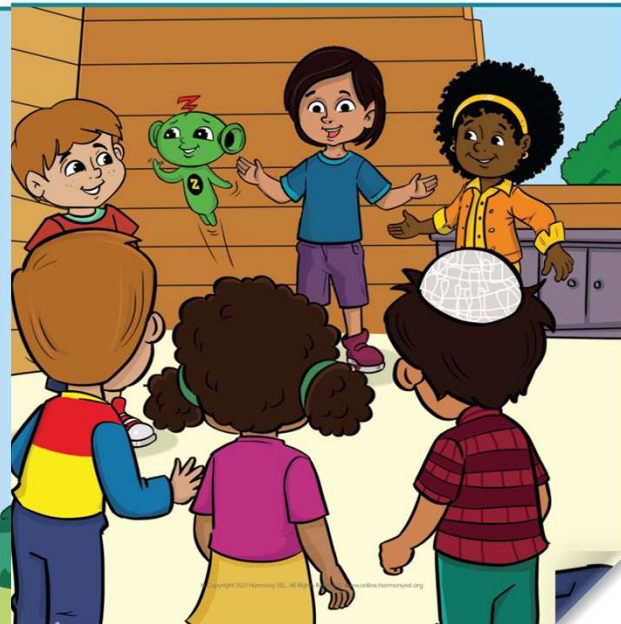
Quick Connection cards, from the [Online Learning Portal](#) or the Harmony Game Room mobile app provide opportunities for students to connect. We have provided favorite Quick Connection suggestions for you to begin the year.

Building Community – Scope and Sequence

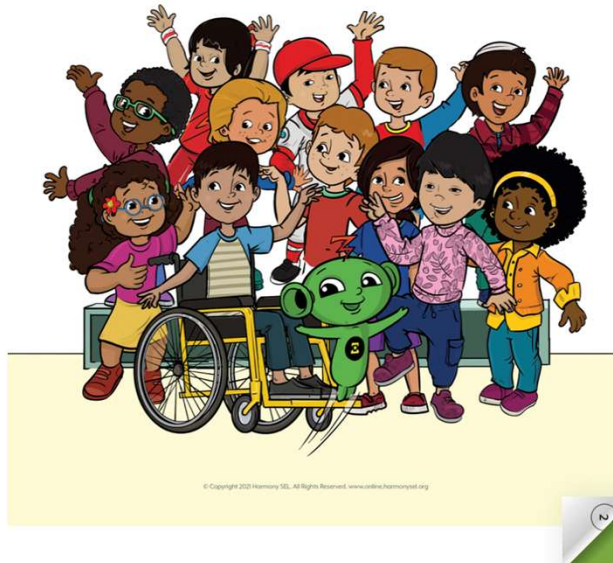
WEEK TWO: Becoming a Community		DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Meet Up						
GREETING		✓	✓	✓	✓	✓
SHARING AND RESPONDING		✓	✓	✓	✓	✓
CHECKING IN	Class Harmony Goals	✓				✓
	Personal Harmony Goals		✓	✓	✓	
CONNECTING	Community Builder					✓
	Mindful Minute	✓	✓	✓	✓	
Buddy Up						
COLLABORATION OR CONVERSATION		✓	✓	✓	✓	✓
Building Community Mini-Lessons						
• Mini-Lesson 3: Caring for Others			✓		✓	
• Mini-Lesson 4: Building Community						

Building Community – Mini-Lessons

Meet the Clubhouse Friends



Meet the Clubhouse Friends



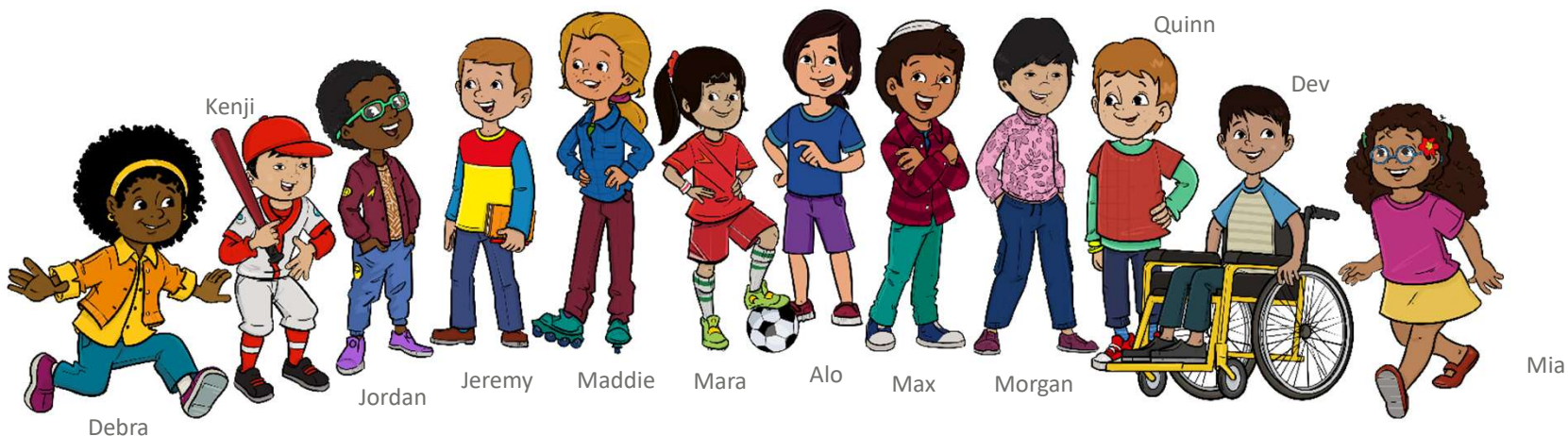
Meet the Clubhouse Friends



Lessons & Activities

Meet the New Clubhouse Friends!

- Updated **cast of characters**
- Updated **artwork**
- Stories now in **PreK-5th grade**



Harmony Third Edition



Being my Best Self

- Recognize their emotions and emotions of others
- Emotional regulation
- Develop growth mindset when they encounter challenges

Valuing Each Other

- Respect differences and appreciate contributions of others
- Support themselves and others when they see that they are being treated unfairly

Communicating with Each Other

- Social and communication skills that promote effective communication and collaboration
- Recognize ways to communicate in different environments and in ways to stand up for oneself and others

Learning From Others

- Learn from others' experiences, understand perspectives of others, and empathize
- Importance of multiple perspectives when solving problems
- Identify ways to make amends for mistakes

Supporting Our Community

- Strategies to support their communities and promote inclusive community involvement
- Developing and repairing trust among community members
- Personal and collective goal setting, including roles we have in our community

Unit Refresh

- 5 lessons per unit
- Unit introduction lesson tied to personal goal setting
- Grade-specific lessons (no more combo grades)
- Academic integration and literacy alignments
- Adult SEL
- Home-School Connections
- Unit Games

Unit Intro Lesson
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

HOME-TO-SCHOOL CONNECTIONS
Keep your students' homes involved! The Home Letter explains this unit's concepts and learning goals. It also has activities to reinforce unit skills at home. You can print and send these as-is, or cut and paste to include in your own newsletter.

HOME LETTER

1.3 - "Oops, I'm OK!": Using Productive Self-Talk and an Optimistic Mindset
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

Fire
LEARNING

BATTLE THE BULLY BOT

ONE PLAYER | 2-5 PLAYERS

SENS
5/48

Lessons & Activities

Let's Explore

online.HarmonySEL.org



Lessons & Activities

Let's Plan

- How will you select Lessons & Activities?
- What materials will you require?
- How long will you have to invest on each lesson? Time per week? Days per week?
- What parts of the lesson will you accomplish?
- What Home School Connection resources will you send home?

Other Resources

Harmony Game Room App

- Android & iOS compatible
- Quick Connection Cards right at your fingertips!
- Filled with fun SEL games
- Great for classroom & home use
- Develops:
 - Prosocial behaviors
 - Communication skills
 - Empathy



Inspire

Inspire

online.InspireTeaching.org



Examples:

- Building Relationships with Students
- Affirming Differences & Valuing Background Knowledge
- Linking Identity & Achievement through Cultural Competence

Next Steps

Professional Learning and Support

Harmony SEL

Professional Learning

Live Online

- Conducted by Harmony certified presenters
- Everyday Practices, Lessons & Activities, Building Community, Family Engagement, Grade Specific, Unit Specific
- 45 minutes
- 2/9/23 Buddy Up

On-Demand

- Self-paced training modules
- Short assessment
- Certificate of completion

Harmony SEL

SEL Webinars

HarmonySEL.org



- Reopening of Schools with a Focus on SEL and Equity (Presenter – National Center for Urban School Transformation)



- The Contrasting Realities of Reopening Schools: Understanding Inequities to Support the Whole Child (Presenters - Linda Darling Hammond, Doug Fisher, Tyrone Howard and Jackie Jodl)



- Strategies for Supporting Diverse Learners in a Digital World (Presenter - Leah Juelke)



- Culturally Responsive Learning Environments (Presenter - Mary Conage)

Q&A

THANK YOU



Harmony SEL

College & Career Readiness

Students are 2 times more likely to obtain a college degree for every 1-point increase in their social competence score.



*Jones, D., Greenberg M, and Crowley, M. Early Social-Emotional Functioning and Public Health: The Relationship Between Kindergarten Social Competence and Future Wellness, **American Journal of Public Health**, Nov. 2015*

Harmony SEL

College & Career Readiness



2x the likelihood of obtaining a college degree for every 1-point increase in social competence score



2x the likelihood of obtaining a college degree for every 1-point increase in social competence score



13% higher academic performance

Everyday Practices and Lessons & Activities

- Promote opportunities to lift student voices, solve problems, and support peers, school, and community.
- Incorporate instruction to reflect student interests, experiences, and challenges.



Changing the World One Relationship at a Time

**We celebrate
one another**



**We respect
one another**



We're focused

**We solve
problems**



**We include
everyone**



Harmony Research and Development

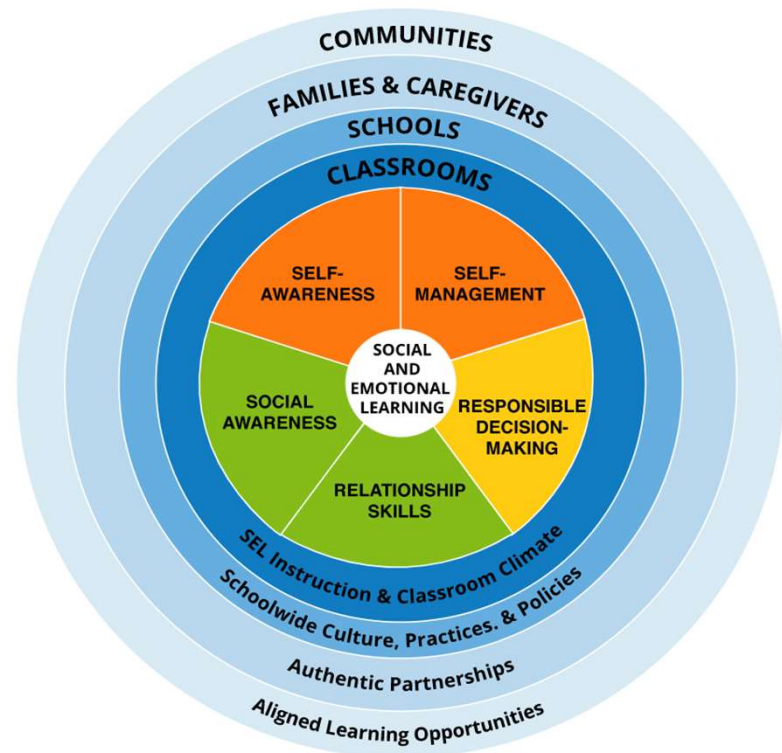


DeLay et al., 2016; Miller et al., 2017; Morrison et al., 2019

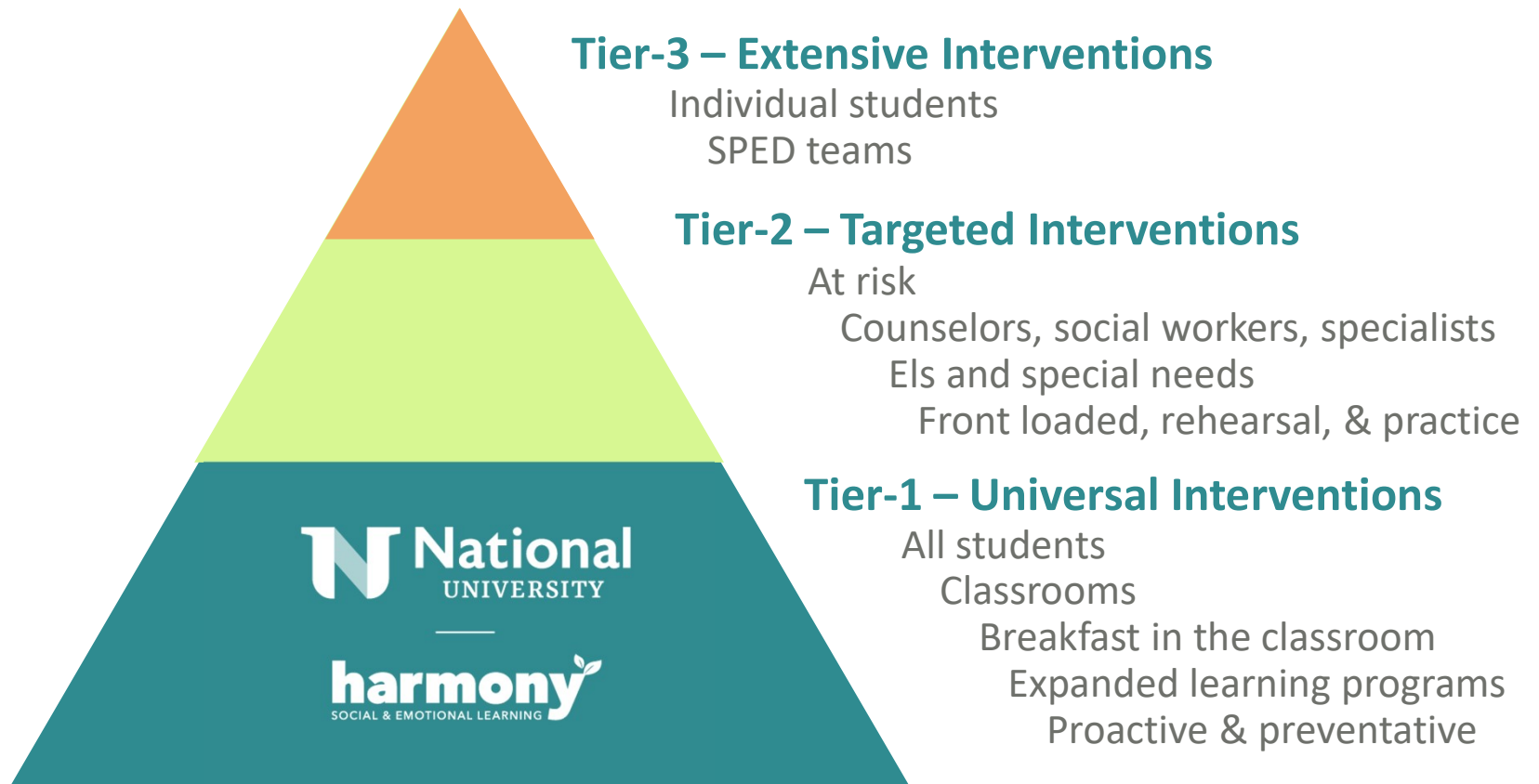
Harmony SEL



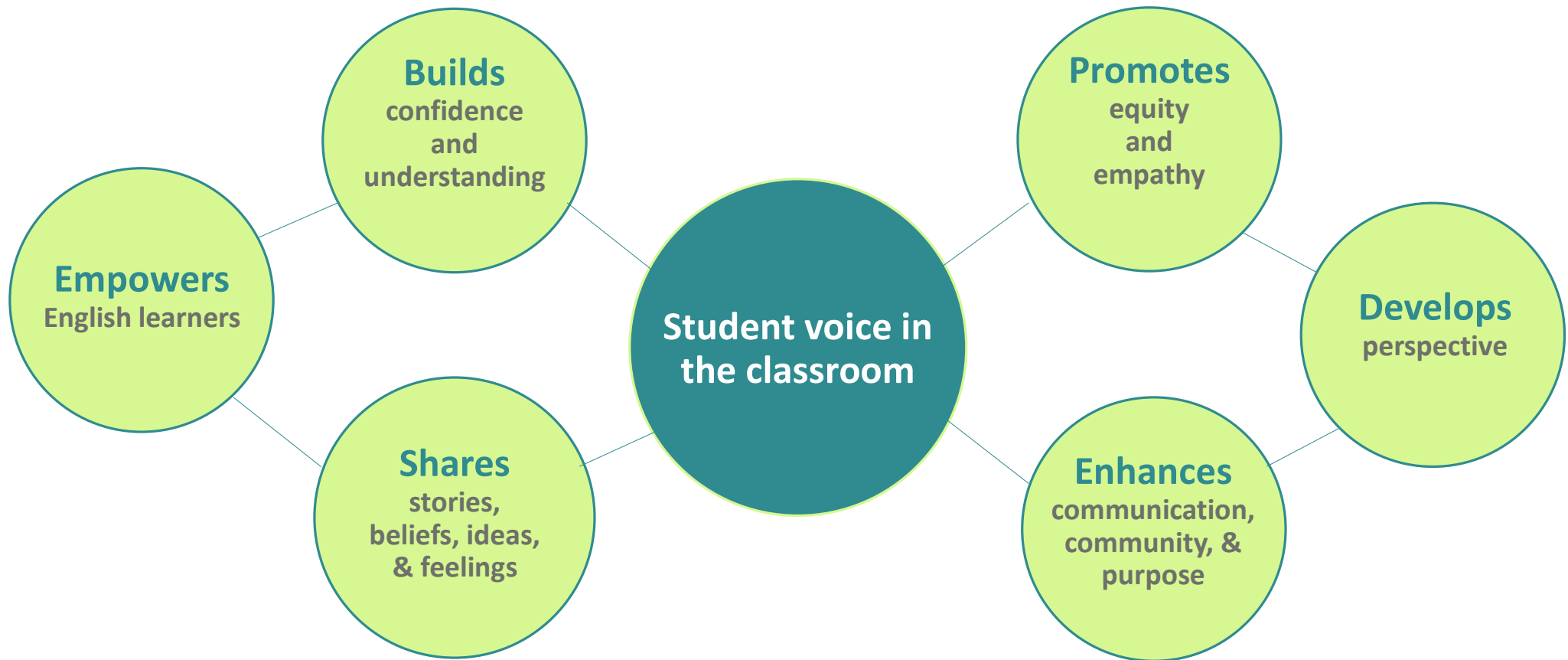
Collaborative for Academic Social & Emotional Learning



Multi-tiered System of Support



Meet Up & Buddy Up Build STUDENT VOICE



Harmony Goals

Goals vs Rules

Think of an example of a rule and a goal

- How do they differ?
- How are they similar?

From a students' perspective

- Who owns **rules**?
- Who owns **goals**?

Buddy Up



What social skills are practiced?

Communication	Critical thinking
Collaboration	Eye contact
Teamwork	Engagement
Respect	Focus
Patience	Inclusion
Taking turns	Encouragement
Participation	Decision making
Self confidence	Cooperation
Problem solving	Compromise
Imagination	Creativity

Unit Overview

- 5 lessons per unit
- Unit Introduction lesson
- Grade-specific lessons
- Aligned Literature Guides
- Academic Integration
- Adult SEL
- Home-School Connections
- Unit Games

UNIT 3

Unit Intro Lesson
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

1.1 - Identifying and Connecting Emotions, Thoughts and Actions
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

1.2
Lor
inci

HOME-TO-SCHOOL CONNECTIONS
Keep your students' homes involved! The Home Letter explains this unit's concepts and learning goals. It also has activities to reinforce unit skills at home. You can print and send these as-is, or cut and paste to include in your own newsletter.

HOME LETTER

1.3
O;

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

1.4 - Having a Growth Mindset
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

1.5 - Finding Answers on our Own * - +
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.

Lesson Overview

- Lesson Synopsis
- Learning Goals
- Materials
- Chunked into 3 sections
- Success Criteria
- Vocabulary instruction
- Differentiation Options
- Everyday Moments
- SEL in Action
- Remote Learning Options

Communication

Display the Lesson

Explain to students

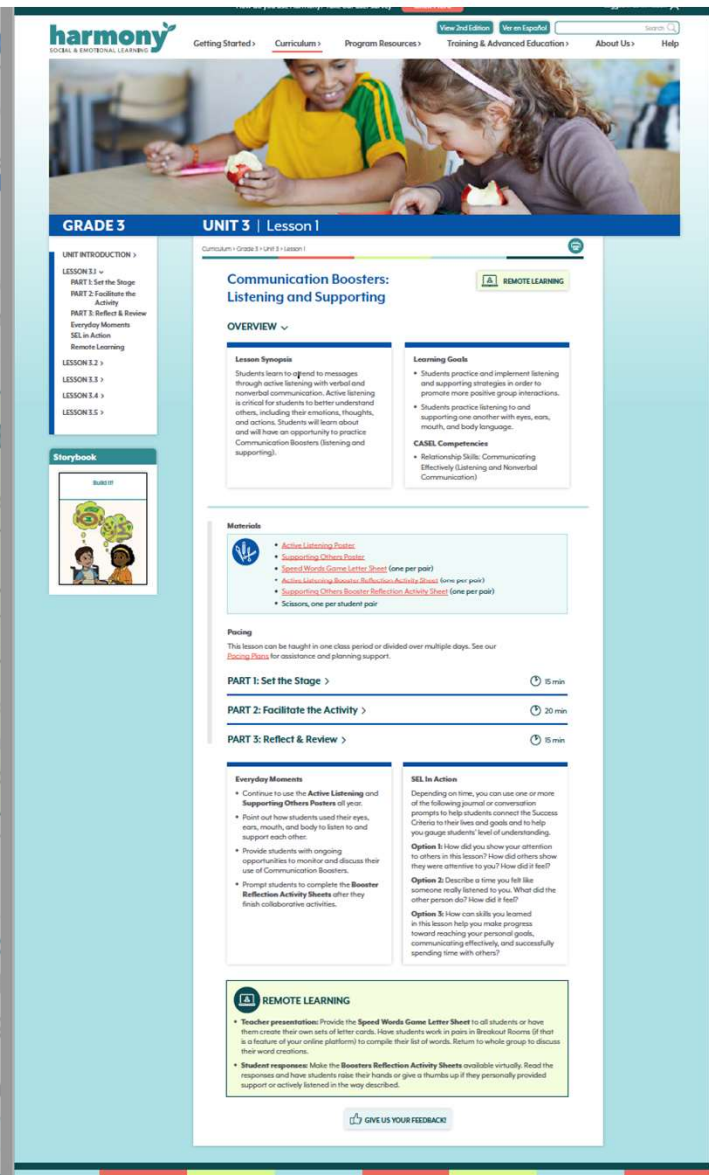
Everyday Moments

- Plan collaborative learning to master
- Have groups reflect

SEL in Action

REMOTE LEARNING

- Physical materials
- Group activities:
- Student response



Communication Boosters: Listening and Supporting

OVERVIEW

Lesson Synopsis
Students learn to attend to messages through active listening with verbal and nonverbal communication. Active listening is critical for students to better understand others, including their emotions, thoughts, and actions. Students will learn about and will have an opportunity to practice Communication Boosters (listening and supporting).

Learning Goals

- Students practice and implement listening and supporting strategies in order to promote more positive group interactions.
- Students practice listening to and supporting one another with eyes, ears, mouth, and body language.

CASL Competencies

- Relationship Skills: Communicating Effectively (Listening and Nonverbal Communication)

Materials

- Active Listening Poster
- Supporting Others Poster
- Speed Words Game Letter Sheet (one per pair)
- Active Listening Boosters Reflection Activity Sheet (one per pair)
- Supporting Others Boosters Reflection Activity Sheet (one per pair)
- Scissors, one per student pair

Pacing
This lesson can be taught in one class period or divided over multiple days. See our [pacing guide](#) for assistance and planning support.

PART 1: Set the Stage > 15 min

PART 2: Facilitate the Activity > 20 min

PART 3: Reflect & Review > 15 min

Everyday Moments

- Continue to use the **Active Listening and Supporting Others Posters** all year.
- Point out how students used their eyes, ears, mouth, and body to listen to and support each other.
- Provide students with ongoing opportunities to monitor and discuss their use of Communication Boosters.
- Prompt students to complete the **Boosters Reflection Activity Sheets** after they finish collaborative activities.

SEL in Action

Depending on time, you can use one or more of the following journal or conversation prompts to help students connect the Success Criteria to their lives and goals and to help you gauge students' level of understanding.

Option 1: How did you show your attention to others in this lesson? How did others show they were attentive to you? How did it feel?

Option 2: Describe a time you felt like someone really listened to you. What did the other person do? How did it feel?

Option 3: How can skills you learned in this lesson help you make progress toward reaching your personal goals, communicating effectively, and successfully spending time with others?

REMOTE LEARNING

- **Teacher presentations:** Provide the **Speed Words Game Letter Sheet** to all students or have them create their own sets of letter cards. Have students work in pairs in Breakout Rooms (if that is a feature of your online platform) to compile their list of words. Return to whole group to discuss their word creations.
- **Student response:** Make the **Boosters Reflection Activity Sheets** available virtually. Read the responses and have students raise their hands or give a thumbs up if they personally provided support or actively listened in the way described.

[GIVE US YOUR FEEDBACK](#)