

Hello Glades County Families,

We have provided an outline for the next four lessons from the Community Wellbeing Pillar. Please take a moment to look over the next four lessons of the community pillar. As a reminder, these lessons may look a little different for each grade level; the lessons vary and are designed to be age appropriate. Students in lower grade levels will be learning simpler and age appropriate ideas of what it means to be a compassionate community. Students in higher grade levels will be tasked with building upon already formed ideals of how to help each other.

If you should have any questions or concerns about these lessons please feel free to contact either Andrea Schillinger, the Director of ESE and/or Jay Reed, LCSW the District's Lead Mental Health Specialist. Please see their contact information below.

Lesson Outline

Lesson Five: Generating Compassion (Approximately 30 minutes) - Students will become more aware of the emotions of others and in turn will realize they can show compassion by helping others in many ways..

Lesson Six: Compassionate Listening (Approximately 30 minutes) - After an initial experience of distracted listening, students will be asked to interact again in a way that is fully present, without judgment, and with a warm heart that allows them to take in and care about how the other person is feeling.

Lesson Seven: Wellness Buddies- Part One (Approximately 20 minutes) - In this lesson, we practice a practical, community-building application of compassion by creating individual and group Wellbeing Charters. This allows us to use the energy of the classroom community to maximize the potential for individual development, growth, and self-awareness. When we work together to achieve our wellbeing goals, we can feel supported by our Wellness Buddies.

Lesson Eight - Wellness Buddies - Part Two (Approximately 20 minutes) - Students will continue to work on the goals of their wellness charters. Establishing ways to improve their school community.

Thank you again for helping us embark on this journey to build a more compassionate community for our students.

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