



Balancing Your Classroom Each and Every Day

EDUO 9319 3 Semester Credits/Units

Instructor – Molly Schreiber

mschreiber@dominicancaonline.com

Public Course Syllabus

Please contact the instructor for Full Syllabus Information

Course Overview

Learn to balance your classroom each day. Begin and end the day with connection that maintains a thriving classroom community, achieved by combining the foundations of Yoga + Mindfulness with Morning Meetings + Closing Circles to authentically connect to community building, social-emotional learning, and academic achievement. Required text to be purchased by students: *Morning Meetings and Closing Circles*, by Monica Dunbar.

Course Learning Objectives

Participants will have opportunities to:

- Gain knowledge of current research supporting the need for social-emotional education in schools today.
- Learn the four components of a daily Morning Meeting and Closing Circles and how best to implement them in their classrooms.
- Gain experience in leading circle activities through implementing their own lessons into the educational setting.
- Gain a foundational understanding of yoga and mindfulness through the lens of Challenge to Change, Inc.

Course Relation to CCS or other Professional Standards

SEL Competencies (CASEL):

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

How to Submit Coursework

Each completed assignment in this course is submitted to the instructor for review. Follow directions at the end of each assignment on how to prepare and submit your assignments. Name each file submitted with your last name and assignment number (i.e. BrownAssignment3. Make sure you place your full name, course number and assignment number at the top of each document page. You will receive feedback from your instructor within 5 days indicating successful completion of the assignment or the need for revision. Assignment grades will be averaged for the final course grade.

Submit completed work to the corresponding Module dropboxes in Moodle

Course Modules

Module #1 - Foundations Movement + Mindfulness	
Objective	Participants will learn the foundations of Yoga + Mindfulness to use as the basis for their Morning Meetings + Closing Circles.
Assignment(s) Include Activities and Needed Materials	<p>Materials:</p> <ul style="list-style-type: none"> ● Computer or laptop to access materials ● WIFI and internet access ● Space for movement (suggested to have a yoga mat, comfortable clothes and water bottle) ● Quiet area to practice meditation <p>Activities:</p> <ul style="list-style-type: none"> ● Introduction to Challenge to Change, Inc. - explore slideshow <ul style="list-style-type: none"> ○ Make sure to click on the links to gain the full experience of what Challenge to Change, Inc. is and how we are able to provide you expert and research-based content. ● View: What is Yoga? ● View: Five Words/ 8 Limbs of Yoga ● View: 7 Benefits of Deep Breathing <ul style="list-style-type: none"> ○ Assignment #1 - After viewing and exploring the previous (4) bullets, create your own presentation (Slides, video, voiceover are all great options). The presentation should feature your new understanding of yoga and how it could be applied in the classroom or learning community. Presentation should be approximately (15) minutes of content. ● Participate in a Yoga Class - (31:00 mins for the class and 30 mins for reflection) or another yoga class of your choice. <ul style="list-style-type: none"> ○ Assignment #2 - Be mindful of how your mind and body feel during the class, please provide a 2-page written reflection of what was happening during your class. Use the following questions to help guide you: How were you feeling mentally at the beginning? How were you feeling mentally at the end? Were there any physical sensations that surprised you? Were there any physical sensations that felt different from one side to the other? How would you be able to share this with your learning community to help them experience something similar? ● Introduction to Mindfulness - view slideshow ● Participate in a Mindfulness Activity - Guided Meditation (Fill Your Bucket) <ul style="list-style-type: none"> ○ Use this link and click on the Fill Your Bucket Meditation ● Assignment #3 - Begin to incorporate mindfulness into your daily life through daily meditations - create a cumulative document of your daily reflections (with a minimum of 21 days recorded) and submit to the module OR sign up for our (21) days of Mindfulness Challenge and complete for (21) days. <i>Link provided when course commences to participants.</i> ● Assignment #4 - Explore the Yoga + Mindfulness Resource Portal (link provided upon course registration) - exploring the Yoga + Mindfulness portal with the mindset of your classroom. List resources that you would utilize in either a Morning Meeting or a Closing Circle. Use this template to guide your thinking <p>Submit all of your completed Module #1 (assignment #1, assignment #2, assignment #3, assignment #4) work in the corresponding LMS submission area.</p>
Assessment	The Course Assessment Rubric will be used to assess if the module objective(s) were met. Grades and comments will be issued via the LMS

Module #2 - Social-Emotional Learning in Education Today	
Objective	Participants will gain knowledge of current research supporting the need for social-emotional education in schools today.
Assignment(s) Include Activities and Needed Materials	<p>Materials:</p> <ul style="list-style-type: none"> ● Computer or laptop to access materials ● WIFI and internet access <p>Activities:</p> <ul style="list-style-type: none"> ● Mindfulness Activity - find a mindfulness practice on the Yoga + Mindfulness Portal to complete (access given upon registration) ● Explore SEL on the Challenge to Change, Inc. site ● Explore the Fundamentals of SEL on the CASEL site ● Explore What is Social Emotional Learning? on the Six Seconds site ● Article from Six Seconds ● Assignment #5 - Submit a 2-page written reflection on the need for social-emotional education in today's schools and what you are already doing in your classroom and/or what you plan to do in your classroom to incorporate Social-Emotional learning into your school day. Reflections to be sent via Google Classroom or Moodle. <p>Submit all of your completed Module #2 (assignment #5) work in the corresponding LMS submission area.</p>
Assessment	The Course Assessment Rubric will be used to assess if the module objective(s) were met. Grades and comments will be issued via the LMS

Module #3 - Foundations of Morning Meetings	
Objective	Participants will learn the four components of a daily Morning Meeting and closing circle and how best to implement them in their classrooms.
Assignment(s) Include Activities and Needed Materials	<p>Materials:</p> <ul style="list-style-type: none"> ● Computer or laptop to access materials ● WIFI and internet access <p>Activities:</p> <ul style="list-style-type: none"> ● Mindfulness Activity - find a mindfulness practice on the Yoga + Mindfulness Portal to complete (access given upon registration) ● View: Foundations of Morning Meetings slideshow ● View and/or listen to this discussion with the author Monica Dunbar of Morning Meetings & Closing Circles. ● View two examples of morning meetings <ul style="list-style-type: none"> ○ Example #1 ○ Example #2 ● Assignment #6 - You may want to complete this assignment AFTER reading the book (next assignment). After viewing and exploring the first (4) bullets, create a 'pitch' to your school or learning community to implement Morning Meetings + Closing Circles. This could be done through a press release type paper, a video, a presentation, a graphic, a song! Use a method that would draw your audience into the content and get them excited about using it. ● Assignment #7 - Read Morning Meetings & Closing Circles by Monica Dunbar and write a 3-page reflection of the book including a summary, key takeaways, and wonderings that you still have. <p>Submit all of your completed Module #3 (assignment #6 and assignment #7) work in the corresponding LMS submission area.</p>
Assessment	The Course Assessment Rubric will be used to assess if the module objective(s) were met. Grades and comments will be issued via the LMS

Module #4 - Putting it into Practice	
Objective	Students will gain experience in leading circle activities through implementing their own lessons into the educational setting.
Assignment(s) Include Activities and Needed Materials	<p>Materials:</p> <ul style="list-style-type: none"> ● Computer or laptop to access materials ● WIFI and internet access <p>Activities:</p> <ul style="list-style-type: none"> ● Assignment #8 - Develop (3) welcome messages that you could use throughout the school year. Pick a topic/message that would work best for the beginning of the year, middle of the year and end of the year. Examples. ● Prior to the next (2) assignments, pull the state academic standards that you will be using and your state SEL standards (if you have them). ● Assignment #9 - Morning Meeting Planning Guides - First Six Weeks of School - using this template or this template (or one of your choosing) - create outline plans for the first six weeks of school for both Morning Meetings + Closing Circles.) ● Assignment #10 - Participants will submit detailed lesson plans for three morning meetings they plan to hold within their own classrooms. Each lesson plan must identify two CASEL aligned social-emotional standards (or your state SEL standards) that are being met, with each standard being used no more than twice for all three lesson plans. At least one lesson plan must also cite an academic content standard that is being touched upon within the meeting. Use Google Classroom or Moodle Dropbox. Use your own lesson plan for your district or you may use this template. <p>Submit all of your completed Module #4 (assignment #8, assignment #9, assignment #10) work in the corresponding LMS submission area.</p>
Assessment	The Course Assessment Rubric will be used to assess if the module objective(s) were met. Grades and comments will be issued via the LMS

Course Assessment Rubric

EXCELLENT	ACCEPTABLE	NOT ACCEPTABLE
Meets or Exceeds Course Objectives: A to A-	Majority of Work Meets Course Objectives; B+ to B-	Needs Considerable Improvement: Resubmit Work Suggested: C or below
All work submitted reflects in-depth understanding of course objectives.	Most work submitted reflects in-depth understanding of course objectives.	Work shows little or no in-depth understanding of course objectives.
Assignment responses show evidence of new knowledge evidenced by thoughtful, detailed and accurate assignment responses.	Most assignment responses show evidence of new knowledge evidenced by thoughtful, detailed and accurate assignment responses.	Responses show little to no evidence of new knowledge as evidenced by lack of thoughtful, detailed and accurate assignment responses.
Work submitted was organized and clearly articulated. The student carefully followed all assignment instructions. The instructor did not have to provide continual assignment clarification or request revisions.	Most work submitted was organized and clearly articulated. The student carefully followed all assignment instructions. The instructor had to provide continual assignment clarification or ask for revisions.	Work submitted was not organized or not clearly articulated. The instructor had to provide constant clarification and ask for continued revisions.
Assignment content and required projects were original.	Assignment content and required projects were original.	Evidence that not all assignment content and required projects were original.
Work is free of spelling and/or grammatical errors.	Work has few spelling and/or grammatical errors.	Work has numerous spelling and/or grammatical errors.

Course Materials:

Required Book:

- Morning Meetings and Closing Circles by Monica Dunbar

Recommended Reading:

- The Morning Meeting Book by Roxanne Kriete and Carol Davis
- Grow: Tending to the Hearts and Minds of Children Through the Practice of Mindfulness by Julie Strittmatter, Melissa Hyde and Molly Schreiber
- The Social Neuroscience of Education: Optimizing Attachment and Learning in the Classroom by Louis Cozolino; W. W. Norton & Company, 2013
- Mindset: The New Psychology of Success and How We Can Learn to Fulfill Our Potential by Carol Dweck; Ballantine Books, 2006
- Mindset: The New Psychology of Success and How We Can Learn to Fulfill Our Potential by Carol Dweck; Ballantine Books, 2006
- The Whole-Brain Child by Daniel Siegel and Tina Payne Bryson; Bantam Books, 2011