Lee-Anne Gray

Lesson Plan

DAY 1 We Are All One: Diversity, Inclusion, and Communication

* Intersectionality in the classroom
* Showing kids differences and similarities
* Sexuality and gender for all ages
* Ageism
  + Young
  + Elder
* Empathy Circles

DAY 2 Living Together in Peace: Kindness and Anti-Bullying

* Three Mantras to help kids and teens deal with bullying
  + For the bullied student to say to themselves;
  + For the bullied student to say to a peer, if there is a trusted one nearby;
  + And one for the bullied student to say directly to the bully, if brave enough.
* Anti-bullying strategies for all that protect LGBTQ+ youth
* Finding peace and kindness within when bullied
* Self-compassion for bullies, bystanders, and victims.

DAY 3 Mindfulness Matters: Tools for Kids to De-Stress and Cope with Emotions (include Yoga, Meditation, Breathing)

* Self-Regulation: How to cope with feelings, frustration, and failure
* Learn to self-soothe in the 5 domains of self-regulation (Stuart Shanker)
* The 4 Dimensions of Self-Compassion for Teens
* Cultivating an inner ally

DAY 4 Doing Good: Things We Can Do Together to Make the World a Better Place and Collaboration

* LGBTQ+ friendly lessons for students, teachers, parents, and others;
* Sexuality and Gender education for the early, elementary, middle, and high school years;
* Social Justice strategies for improving classrooms, schools, and communities – No step is too small and every one matters!
* Loving Kindness practice for young people.

DAY 5 Positive Psychology and Social Emotional Learning: More Mindfulness for Kids, and how Teachers and Parents can help.

* Self-compassion and compassion in families
  + Research shows that families benefit form self-compassion practice even if only one parent commits to it.
  + This presentation focuses on how to implement self-compassion practices in families without requiring any compliance nor commitment from others.
* Self-compassion and compassion in classrooms
* Self-compassion and compassion in schools
* Self-compassion and compassion for teachers
* How to teach self-compassion and compassion to students
* Using Empathy Circles in families, classrooms, schools, and more!