



# Teach Peace: Developing Hope and Empathy in Schools and Classrooms

4/27/2022

**Presented by**

Kathleen M. Kryza, MA

Master Speaker, Consultant, Coach



**Hosted by**

Dr. John Kelly

& George Dayton

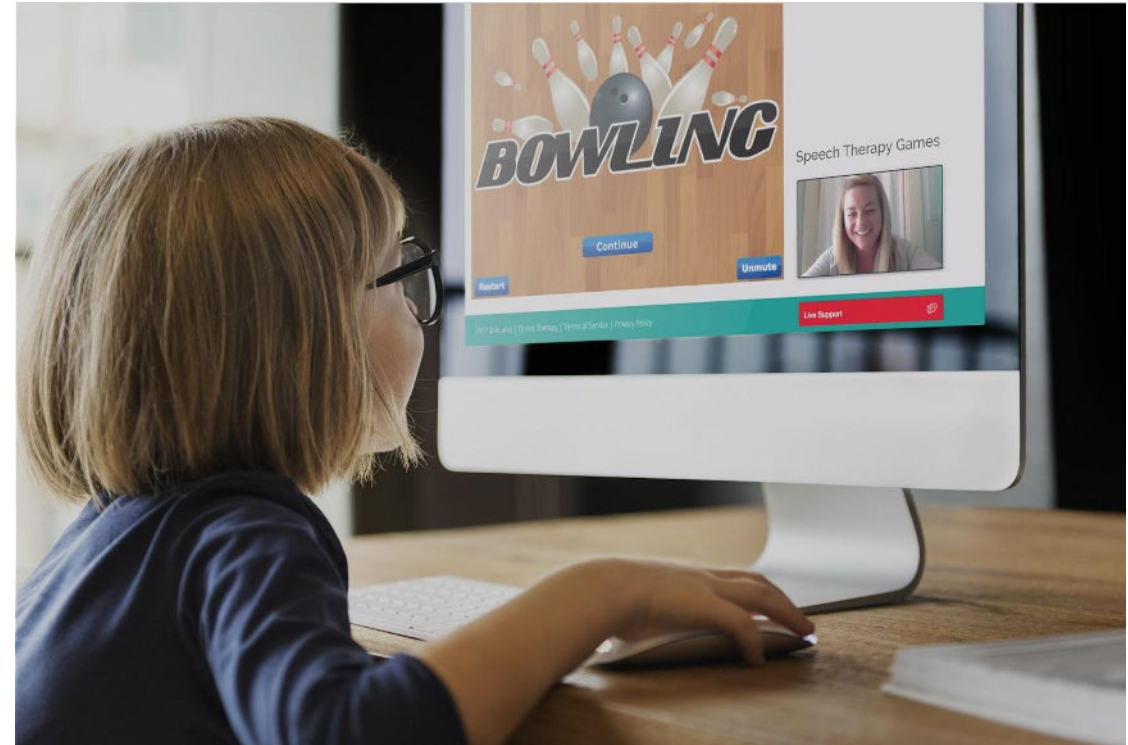
# Agenda

<b>Introduction</b>	5:00 pm EST (5 minutes)
<b>Presentation</b>	5:05 pm EST (25 minutes)
<b>Discussion</b>	5:30 pm EST (20 minutes)
<b>Q&amp;A</b>	5:50 pm EST (10 minutes)

# Who is eLuma?

## eLuma

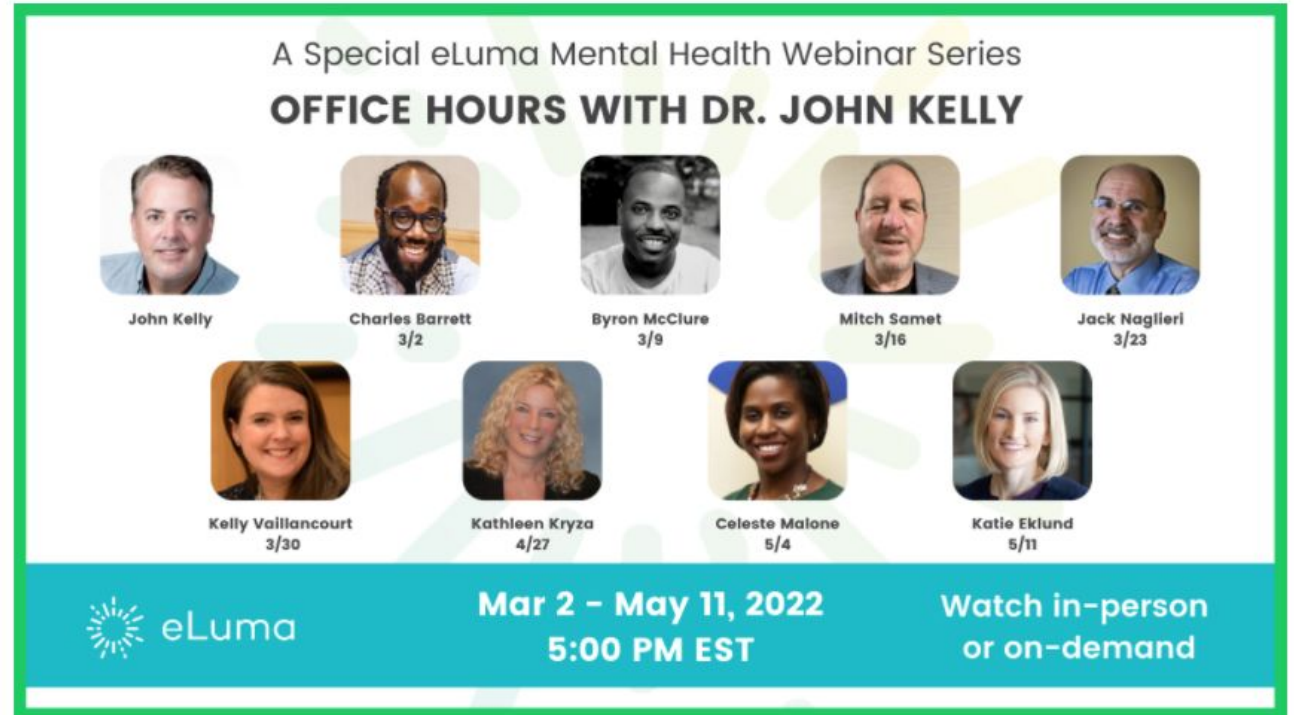
- ▶ Dedicated to solving problems in the areas of special education and mental health
- ▶ Provides live services online with dedicated therapists
- ▶ Founded in 2011
- ▶ Comprised of 300+ dedicated team members
- ▶ Over 30,000 students served in 36 states
- ▶ Follow us on Twitter [@eLumaTherapy](https://twitter.com/eLumaTherapy)
- ▶ Follow us on Facebook [facebook.com/elumatherapy/](https://facebook.com/elumatherapy/)












# The Webinar


## A few facts:

- ▶ Part of our Webinar Series, “Office Hours with Dr. John Kelly.”
- ▶ Closed captioning provided via Zoom
- ▶ Recording link, Slide Deck and Certificate of Attendance will be sent after the webinar.



A Special eLuma Mental Health Webinar Series  
**OFFICE HOURS WITH DR. JOHN KELLY**

 John Kelly	 Charles Barrett 3/2	 Byron McClure 3/9	 Mitch Samet 3/16	 Jack Naglieri 3/23
 Kelly Vaillancourt 3/30	 Kathleen Kryza 4/27	 Celeste Malone 5/4	 Katie Eklund 5/11	

 eLuma **Mar 2 – May 11, 2022** 5:00 PM EST Watch in-person or on-demand

# The Presenter

## Kathleen M. Kryza, MA, Master Speaker, Consultant, Coach

- ▶ Kathleen Kryza is an outstanding international presenter/consultant who has been teaching and presenting for over 30 years.
- ▶ She is the author of six educational books and has been included in several instructional videos.
- ▶ Kathleen is passionate, informed and committed to bringing the best educational pedagogy to schools and teachers.



**Kathleen M. Kryza, MA**



Developing Hope and Empathy in Schools and Classrooms

*By Kathleen Kryza*

[www.kathleenkryza.com](http://www.kathleenkryza.com)



Hold

calmsage.com

The image features two hands, one on the left and one on the right, reaching towards each other and holding the word "HOPE" in a bold, sans-serif font. The hands are silhouetted against a bright, hazy sky with soft clouds, suggesting a sunrise or sunset. The word "HOPE" is positioned centrally between the hands, with the fingers of both hands gripping its edges. The overall mood is one of optimism and shared purpose.

HOPE

The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination, and the energy to get started.  
– Norman Cousins, American journalist.

# What is Hope



- Hope isn't an emotion: it's a way of thinking or a cognitive process.
- Hope Theory argues that there are three main things that make up hopeful thinking:
  - Goals – Approaching life in a goal-oriented way.
  - Pathways – Finding different ways to achieve your goals.
  - Agency – Believing that you can instigate change and achieve these goals.

*C. R. Snyder, Kevin L. Rand, & David R. Sigmon, Hope Theory*

Evolutionary biologist, Frans de Waal, has shown that we are social animals who have naturally evolved to care for each other.





### **Empathy and the Brain:**

Because our brain's neural circuitry is malleable and can be rewired through neuroplasticity one's tendency for empathy and compassion is never fixed. We all need to practice putting ourselves in someone else's shoes to reinforce the neural networks that allow us to become more empathetic

The Neuroscience of Empathy, Christopher Bergland , Posted Oct 10, 2013

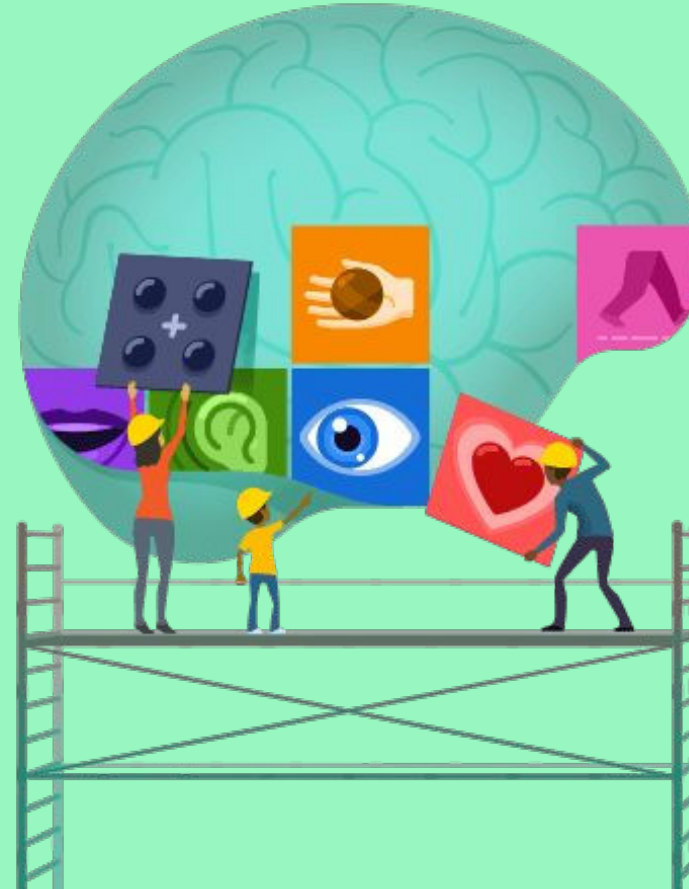
# Our Stories Matter

- Oxytocin is the neurochemical responsible for empathy and narrative transportation. What we know is that oxytocin makes us more sensitive to social cues around us.
- This neural mechanism keeps us safe but also allows us to rapidly form relationships. By knowing someone's story relationships with strangers are formed.

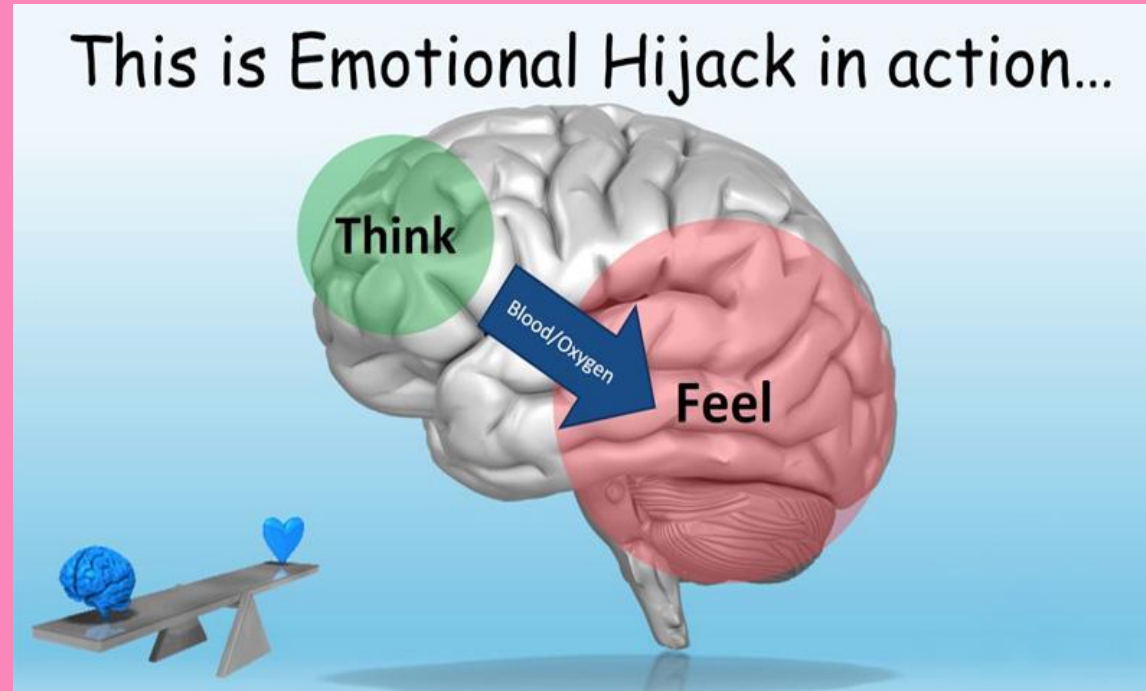


# Story and the Empathic Brain

- An emerging body of research highlights the power of stories to help children handle their own and other people's feelings.
- Neuroscience backs this up. Researchers at Emory University in Atlanta, US, say that fiction tricks our brains into thinking we are part of the story. The empathy we feel for the characters wires our brains to have the same sensitivity towards real people.



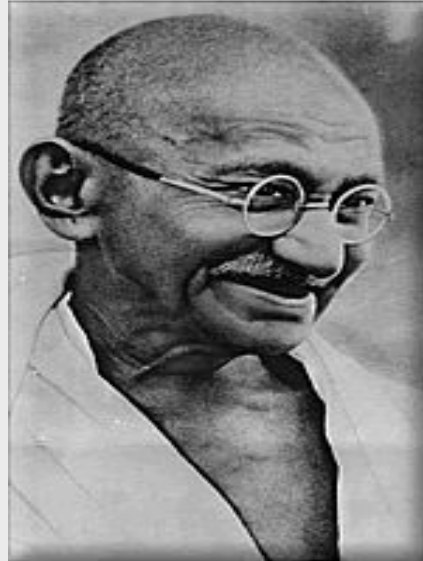
# The Neuroscience of Anger



- Students benefit from understanding the the role of the amygdala in “hijacking” the brain’s higher-order skills, like self-control. provides useful context for student to learn to self-regulate.
- Students need tangible ways to understand this concept and learn strategies to put their pre-frontal cortex back in charge of making decisions for them.

**We Must BE the change we wish  
to see in the world!**

-- Ghandi



**Thank You for Being Here Today!!!**

**Kathleen Kryza, MA, CIO**

**[www.kathleenkryza.com](http://www.kathleenkryza.com)**

**[kkryza@me.com](mailto:kkryza@me.com)**

A group of diverse children of various ethnicities and ages are smiling and looking towards the camera. The image is overlaid with a green and yellow gradient. The text "Q&A" is centered in white.

**Q&A**

# Upcoming Webinars



**Celeste Malone,  
PhD, MS**

**Culturally Responsive Mental Health**  
**Wednesday, May 4, 2022 at 5 pm EST**

\*This is part of our Webinar Series, "Office Hours with Dr. John Kelly." You will receive an email with the watch link as the webinar gets closer.

# Upcoming Webinars



**Dr. Katie Eklund**

**Universal Screening for Mental & Behavioral Health  
in Schools**

**Wednesday, May 11, 2022 at 5 pm EST**

\*This is part of our Webinar Series, "Office Hours with Dr. John Kelly." You will receive an email with the watch link as the webinar gets closer.

# Thank You

For more information contact:

**[www.eluma.com](http://www.eluma.com)**



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