

SEL ADVISORY #2

MIRRORS, WINDOWS, &
TRANSFORMATIVE EMPATHY



REMINDER: SEL ADVISORIES FOCUS THIS YEAR:



Taking Care of
Ourselves



Taking Care of
Others

You are the average of the 5 people you
spend the most time with.

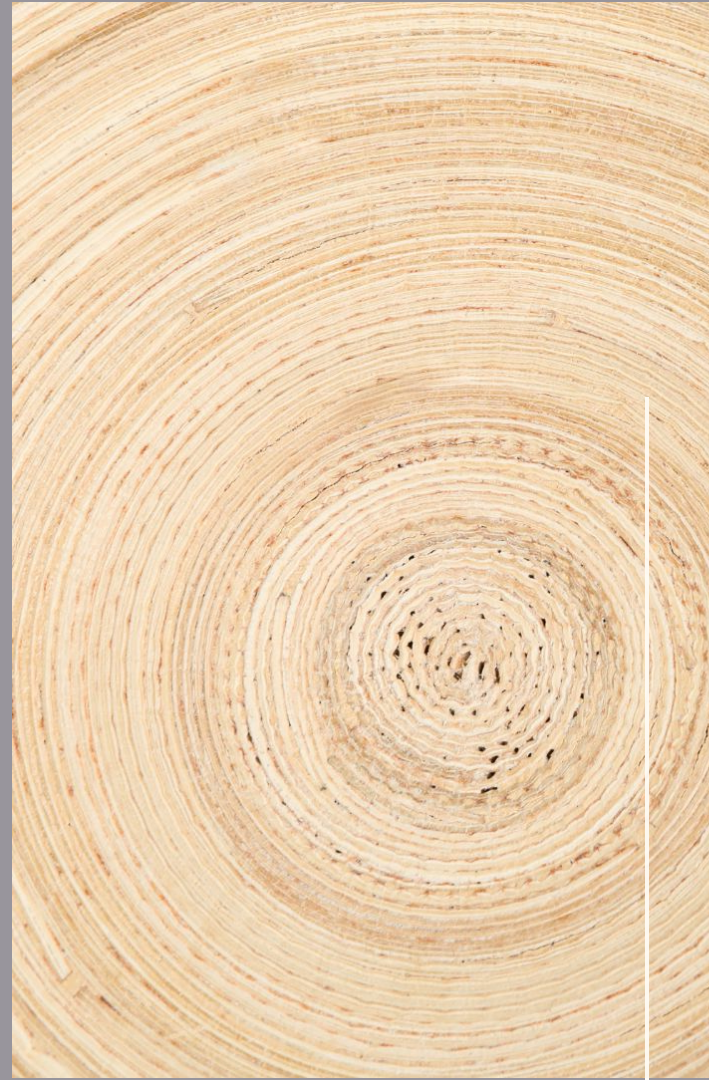
— Jim Rohn



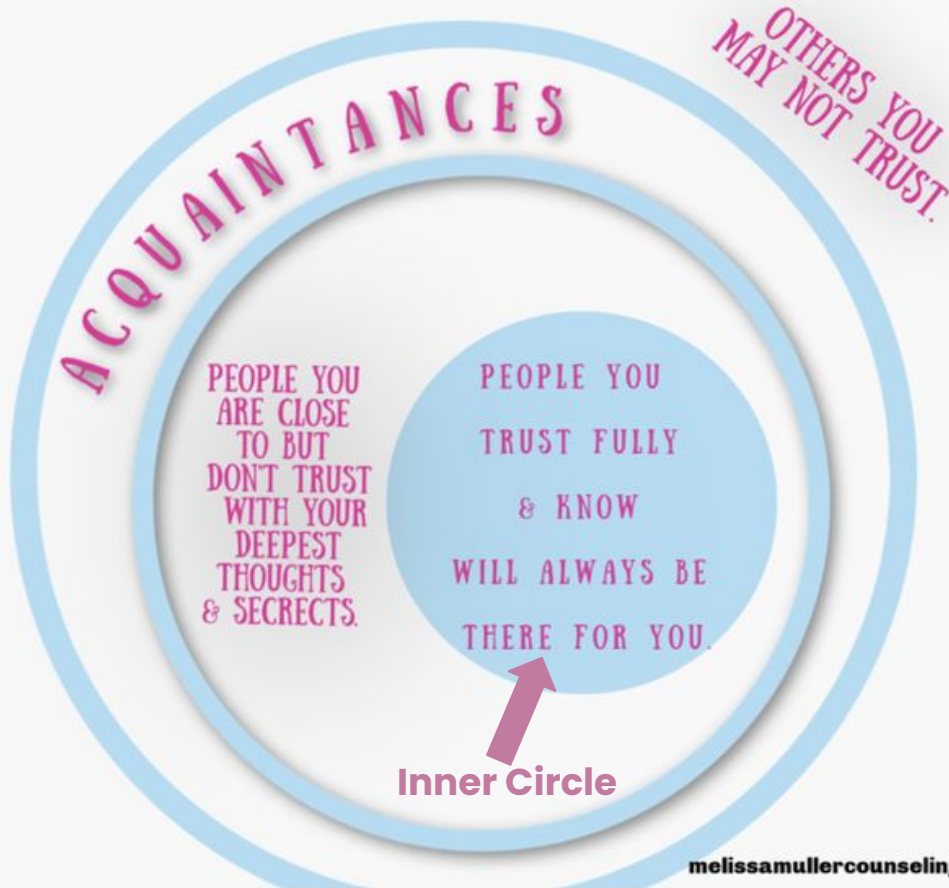
Types of Communities

The ones we find
ourselves in

The ones we create
for ourselves



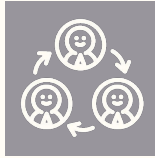
CIRCLES of TRUST



WHO'S IN YOUR INNER CIRCLE?



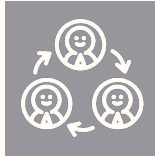
WIRED FOR CONNECTION



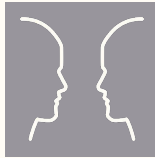
Wired to find comfort from
connection



WIRED FOR CONNECTION



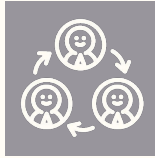
Wired to find comfort from
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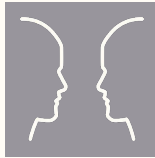
Learned to find safety
through belonging & likeness



WIRED FOR CONNECTION



Wired to find comfort from connection



Learned to find safety through belonging & likeness



Best way to get back to calm & ready is our inner circle

Inner Circles Are Like Mirrors



Mirrors

Mirrors are important to help us understand ourselves. Mirror communities help us find safety and belonging in the spaces we live in.



01

Mirrors

Why do we need mirrors?







A scenic landscape featuring a large, rugged mountain with distinct horizontal geological layers. The mountain is reflected in a calm body of water in the foreground. On the right side of the lake, there is a small cluster of buildings, including a prominent stone tower or castle, surrounded by trees. The sky is overcast with soft, grey clouds. The overall color palette is muted, with blues, greys, and earthy tones.

Mirrors

What are the drawbacks?

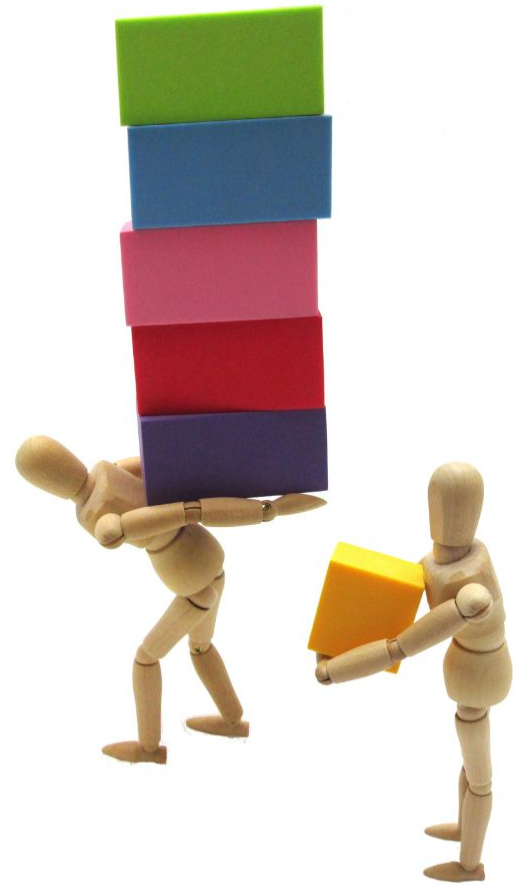


Mirrors don't always help us understand people who are different from us



With only mirrors, we never see our own biases

We may never
recognize the barriers
that exist for those
who are unlike us





02

Windows

What Are Windows?



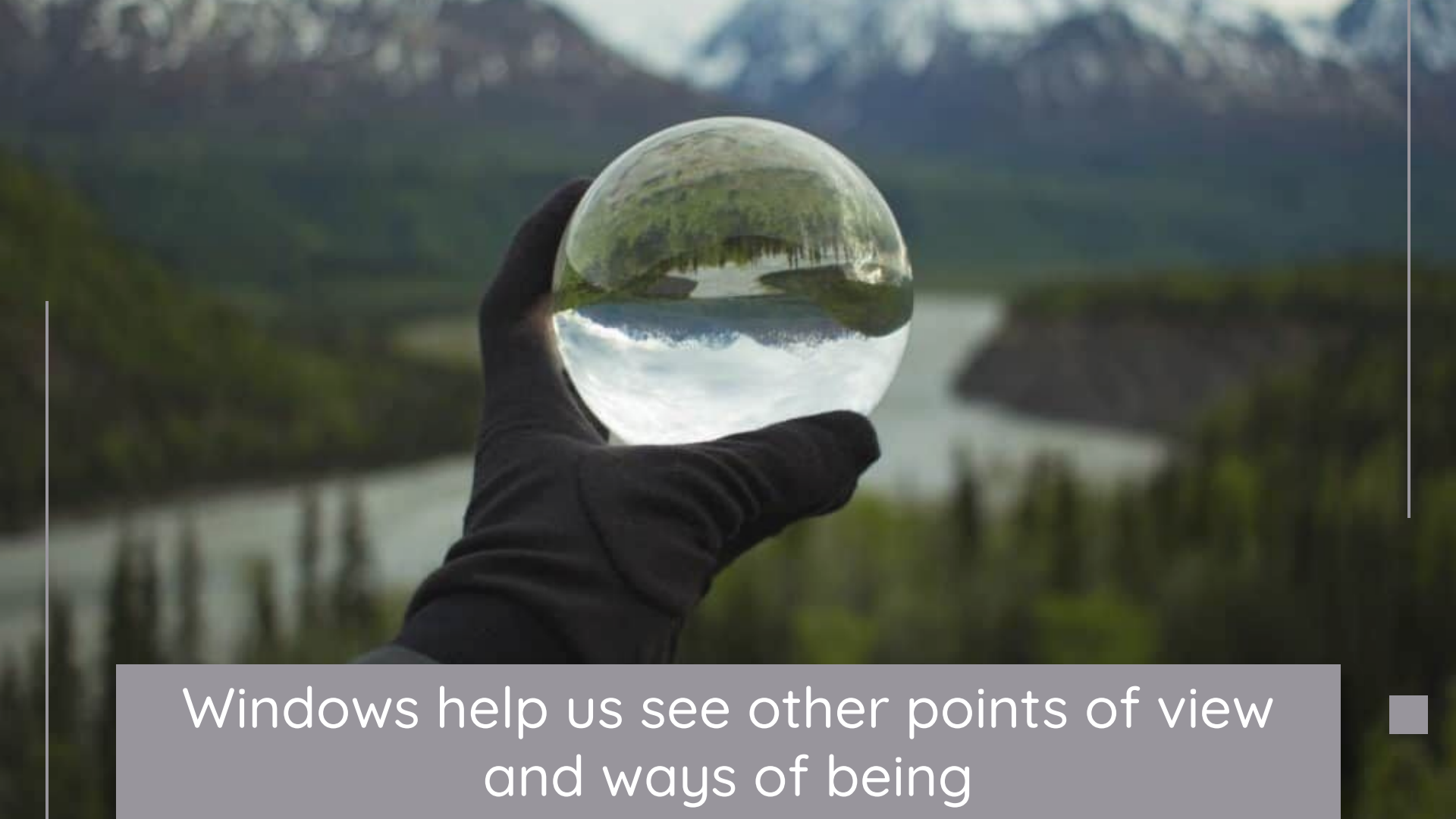
Windows

Windows are connections and openings we have to experiences different from our own.



Why
do we
need
windows?





Windows help us see other points of view
and ways of being





Allows us to find
commonalities
with people who
aren't part of our
own groups



Without windows, we never confront our
biases, blindspots, and limits



We may not have an inner circle, and
windows helps us feel seen



SPARKSHORTS





03

Transformative Empathy



TRANSFORMATIVE EMPATHY

01

Deep – A feeling AND an action

02

Pushes us out of our comfy inner circle to build bridges across differences

03

Accepting – Affirms others as they are – full allowance



04

FUHSD VOICES

Let's hear from some of
our students & staff





ACTIVITY TIME

Choose an extension activity from the menu

05



BRIDGE BUILDING - EXPRESSIONS OF TRANSFORMATIVE EMPATHY

DEEP LISTENING

"I'm going to step back, hold space, and tune into you"

CANDID & KIND COMMUNICATING

"I'm going to communicate honoring my own needs and honoring your needs as well"

UNDERSTANDING & ALLOWANCE

"I'm going to push past my comfort zone and seek to understand you, though you are different"

ACTS OF CARE & SUPPORT

"I'm going let your influence or change me and I'm going to make a choice to support you based on what you need"





Questions? Comments? Suggestions?

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