

# **Sanford Harmony in Indian River County**

## **What is Sanford Harmony?**

Sanford Harmony is a Social Emotional Learning program combining everyday practices with lessons and activities to teach students skills in empathy, critical thinking, and peer relationships. These components include a classroom “meet up,” a paired “buddy up” activity, and grade level appropriate games and stories.

## **Why is my school using Harmony?**

Use of Harmony in classrooms has shown a decrease in bullying and aggression, and an increase in overall school enjoyment, positive peer relationship interactions, and overall empathy. This program is research based and aligned with standards, and integrates into your students school day.

## **How will this be utilized in my student’s classroom?**

Students will help create Harmony Goals with their class, bringing shared values to their classroom environment, and will hear stories and play games as well as participate in weekly lessons that follow 5 themes: Diversity and Inclusion, Empathy and Critical Thinking, Communication, Problem Solving, and Peer Relationships.

## **Who is Z?**

Z is the “mascot” of Sanford Harmony, and is featured prominently in the younger grade level story books. Z is an alien who crash landed from outer space, and he learns over the stories how to be a good friend, and other critical skills.

## **How can we get involved at home?**

Younger grade level students can access the Sanford Harmony SEL App at home on a tablet (this app does not work on chrome books, computers or phones). The App will allow your student to access the stories at home as audiobooks. Ask if your teacher has created an account, and for that classrooms ID number prior to creating your student’s account.

[www.sanfordharmony.org](http://www.sanfordharmony.org)