



A CURRICULUM OF  
HOPE FOR A PEACEFUL  
WORLD

# A Curriculum of Hope for a Peaceful World Newsletter

VOLUME XXXV  
ISSUE I  
WINTER 2021

## Founder's Message

Welcome, welcome 2021! We are so relieved, grateful, and excited that you are finally here. Relieved because on each day in 2020 we received a devastating report of yet another record-breaking statistic of Covid-19 new cases, and heartbreaking news of daily deaths from this globally rampant virus. Everyone on planet Earth was affected in some way. Everyone felt fear, stress, and in some cases despair. An expanded vocabulary evolved focused on our altered lifestyle: masks, social distancing, testing, virtual learning, Zoom, wash your hands, quarantine, disinfectant, stay home. There were directives issued regularly on the importance of wearing masks and staying 6 feet apart to slow down the transmission of the virus. Most people complied some did not, causing an escalated health crisis worldwide.

My husband and I now live in a three-room apartment in an assisted living complex with approximately ninety residents ranging in age from 62 to 103. We have been in a "lockdown" state since March 16, 2020 to keep us safe and healthy. For the most part that goal has been accomplished except for the usual issues old people have normally, like falls, pneumonia, dementia, etc. There has been a great deal of free time, thus an opportunity for meditation, prayer, and discussions with resident friends here and family members by phone. Naturally, reactions to our altered world conditions have been extremely varied, from positive and optimistic, to neutral and unconcerned, to negative and frightened, to waiting to die.

This I have learned to be true. In a blink of an eye everything can change. When our hearts are touched by negative world events, we MUST remain positive and know that dire conditions are temporary and we will be all right. Patience is required. The second fact I have learned is that there is a huge abundance of compassionate, caring and kind people who have immediately stepped in to care for each other in many ways. First on the list are our wonderful healthcare workers, who have extended themselves beyond reasonableness. They have worked tirelessly, constantly caring for the most ill among us. Others from age 5 and on have volunteered to help those who are unemployed and in need of food by fund raising, creating food banks, and distributing food to thousands of families daily. Neighbors have extended themselves with positivity to those who are lonely and without hope. First responders, friends and strangers who created uplifting parades. Conclusion: Even though we hear daily of anarchists, racists, murderers and rioters, the world is full of marvelous human beings who have risen to the challenges of a Global Pandemic

Please remember and know for sure that your voice needs to be heard, your compassion needs to be shared and your loving nature needs to be spread among those who are fearful and doubting the return to normalcy. Each of you has the ability to be a true peace maker because every person has a wellspring of peace within them and peace is the foundation of a more humane world. First recognize your own loving nature and believe in the impact you can have on others who need your inspiration. Second, spread your goodness among those who need it, and keep your focus on peace in all your interactions.

Some of you may be fearful and doubting as you struggle through each day in our altered universe. Just remember to love each other, to help each other and to share your abundance of goodness. Go forth and spread your message of

peace through kindness, empathy, and love. Our very ill world population needs the support of every peacemaker right now. Blessings for your good health, peace and joy in a more normal world in 2021.

2021  
Happy New Year

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Jeanne Morascini, Founder

## SEL Resources

### [Free Daily Check-In Google Forms for Distance Learning \(jenniferfindley.com\)](https://jenniferfindley.com)

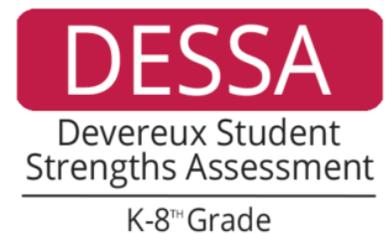
One of the most difficult parts of distance learning is not having enough time to touch base with every child. Check-ins help students feel heard, valued, and connected. Check-in with students by asking, “How are you feeling?” or check in by asking about a topic such as, “How are you feeling about the new math work today?” Check-ins can occur at any time of the day. One option is to have daily check-ins using Google Forms. Control—click on the link above and you will find two check-in forms: one for the beginning of the day and one for the end of the day. The forms can be modified. You can see your students’ responses by creating a spreadsheet. The spreadsheet is automatically sorted by date and time so you can keep your responses organized. You can also sort the responses alphabetically by student name.

### A Little Spot Books



Diane Alber became inspired to start writing and illustrating books because she saw a need for a book that inspired art and creativity in children. She developed this series to help children visualize their emotions as spots so it would be easier to identify and manage them. The books teach about different emotions (anger, anxiety, peace, happiness, sadness, confidence, and love) and what they are, what affects them, and how to control or change them in a way that is easy for children to understand. There are also **A Little Spot** books to address kindness, responsibility and honesty. Visit the website to find a social-emotional learning chart that links the books and free printables to the five main components of social-emotional learning: self-management, self-awareness, responsible decision making, social awareness, and relationship skills. The author has also posted links to read alouds on YouTube. [www.dianealber.com](http://www.dianealber.com)

**DESSA** is a standardized, strength-based SEL assessment that measures the social and emotional competence of youth in kindergarten through 8th grade. It is a standardized, strength-based behavior rating scale completed in 5 to 8 minutes and used by educators and parents to measure the social-emotional competence for children in grades K-8 (the DESSA-High School Edition is available for students grades 9-12). The DESSA is both nationally standardized and norm-referenced. In addition to the full, 72-item DESSA and 43-item DESSA-HSE, the DESSA-mini (a shorter, 8-item social emotional learning assessment) can be used to monitor students’ social and emotional development throughout the school year, providing data to determine quality SEL intervention. Aperture Education’s 8 social and emotional learning (SEL) competencies are directly aligned to the Collaborative for Academic, Social and Emotional Learning’s (CASEL) five SEL competency framework. The DESSA is available in both English and Spanish. Users have access to the DESSA, DESSA-HSE, and DESSA-mini, as well as to the full suite of growth strategies and foundational practices. Visit <https://apertureed.com/products-solutions/dessa-system-2/dessa-overview/> for more information.



## Resources

[CTAUN | Committee on Teaching About the United Nations](https://www.teachun.org)

[teachun.org](https://www.teachun.org) has a wealth of teacher resources organized by age and topic. Articles, booklists, fact sheets, toolkits, case studies, websites, documentaries, and more are available to support instruction on children around the world, climate change, conflict, food and agriculture, gender, globalization, human rights and international relations.

**Southern Poverty Law Center** has launched its first original podcast- *Sounds Like Hate*. The documentary explores the reality of hate in America. It can be downloaded from all major podcast platforms.

If you are looking for resources to teach about diversity (race, ethnicity, ability, religion, or gender) make sure you check out **Teaching Tolerance**. <https://www.tolerance.org/topics>

You can also listen to Teaching Tolerance podcasts. Each episode explores an aspect of a Teaching Tolerance topic or framework and is produced with educators in mind. Catch up on the latest thinking and scholarship that matter to you and your students. Available from wherever you get your podcasts.

## Just For Fun Feel-Good Reads

Are you looking for something new to read? These books were recommended by Best as the “12 Best Feel-Good Books to Read in 2020”.

**'The Art of Showing Up: How to Be There for Yourself and Your People'**

by Rachel Wilkerson Miller

**'Sourdough: A Novel'**

by Robin Sloan

**'Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness'**

by Ingrid Fetell Lee

**'Ella Minnow Pea: A Novel in Letters'**

by Mark Dunn

**'Gmorning, Gnight!: Little Pep Talks for Me & You'**

by Lin-Manuel Miranda

**'A Man Called Ove: A Novel'**

by Fredrik Backman

**'Simon vs. the Homo Sapiens Agenda'**

by Becky Albertalli

**'The Little Book of Hygge: Danish Secrets to Happy Living'**

by Meik Wiking

**'Becoming'**

by Michelle Obama

You find out more about each at:

[12 Best Feel-Good Books to Read in 2020 \(bestproducts.com\)](https://www.bestproducts.com)



“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

– Helen Keller



## Caring For Our Planet

Chilean company **BUREO** recognized the urgent need to keep one of the most harmful forms of plastic pollution, **fishing nets**, from entering the oceans. They knew that, in many cases, the problem was not the fishermen but rather the lack of options available when the nets met their end of life. So they worked with fisheries and local communities to provide an incentivized program to collect, clean, sort and recycle fishing nets into NetPlus™ recycled pellets. The pellets are then used in a variety of products from sunglasses to skateboards, creating positive solutions for end-of-use fishing nets, employment opportunities for local workers, and funding for community programs. Visit [Shop Bureo](https://bureo.co) to learn more. <https://bureo.co>



**Solar Cookers International (SCI)**, founded in 1987, spreads solar cooking awareness and skills worldwide, particularly in areas with plentiful sunshine and few sources of cooking fuel. SCI has enabled 30,000 families in Africa to cook with the sun's energy, freeing women and children from the burdens of gathering wood and carrying it for miles as well as creating cleaner air, saving trees and soil, saving money for food and education, and helping women and children to be safe from violence. Tens of thousands of individuals and organizations--from all over the world--have learned about solar cooking through SCI's publications and educational materials, and have benefited from SCI's information exchange networks, research, and technical support. SCI is headquartered in Sacramento, California and maintains an office in Nairobi, Kenya. At <https://solarcookers.org> you can download SCI's free, classic guide of solar cooking basics which will give you what you need to begin solar cooking, wherever you live in our world.

### The Altered Nozzle

Water use is closely connected to climate change as we use large amounts of energy to pump, treat, transport and finally heat the water. The Altered:Nozzle products will change the way we use water and energy. It is easy to install into your existing tap and will help you to consume up to 98% less water while you are washing your hands or brushing your teeth. <https://alteredcompany.com>

### Ooho

Ooho is a flexible plastic packaging material made from 100% seaweed and plants, and designed specifically as a container for consumable liquids like water, juices and sauce sachets. Any liquid product is sealed inside a gelatinous membrane made from seaweed, developed by applying sodium alginate found in brown algae and calcium chloride together to create a concrete. The product is designed to be eaten either during or after its use. However, if it isn't, the company claims the material will take on average six weeks to degrade.

<https://www.oohowater.com/>

### TetraBIN

TetraBIN is a garbage can with an interactive surface that awards users with prize points for every item thrown in it. The internal surface of the tank is equipped with motion sensors. When garbage enters the bin, a chicken leg is displayed on the outer panel, which flies directly into the mouth of a hungry dog. The purpose is to motivate people to throw garbage into trash bins.

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



## Opportunities



**KABOOM!** is a national nonprofit that works to achieve play space equity. Kids who don't have access to play miss out on childhood and are denied critical opportunities to build physical, social and emotional health. **Build it with KABOOM!** grant opportunities are based on geographic locations where and when **KABOOM!** currently has funding. Go to <https://kaboom.org/grants/build-it-with-kaboom> to find out more.

### 40th Annual New England League of Middle Schools Conference & Exhibits

Promoting middle level best practices by providing collaborative learning experiences that support students' academic, social, and emotional growth. This year's conference is virtual—March 10, 11, & 12, 2021. [New England League of Middle Schools | Annual Conference | USA \(nelms.org\)](#)

Check out **Coursera** for free online courses.

<https://www.coursera.org/>

I recently finished **Managing Emotions in Times of Uncertainty & Stress** which was developed by the Yale Center for Emotional Intelligence. Its purpose was to provide participants with the knowledge, skills, and strategies to understand and manage their emotions and those of their students. The 10-hour online course is designed for school staff, including teachers, counselors, paraprofessionals, principals, and non-teaching staff in preK-12 schools. <https://www.coursera.org/learn/managing-emotions-uncertainty-stress?>

**Virtual Tours** This is the perfect time to do a little traveling (virtually of course). Scroll down to find links to museums, zoos, aquariums, and theme parks. <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>  
You can also check out these **live animal cams**— [25 Best Animal Live Cams to Watch This Winter — Animal Live Stream \(parade.com\)](#)

**Responsive Classroom** is offering one-day winter virtual workshops including one for special area teachers and a new 4-part course entitled “Keep the Responsive Classroom Fire Burning” for educators feeling burned out from the challenges of teaching this fall. <https://www.responsiveclassroom.org/courses/one-day-workshops/>

### The United Nations and Indigenous Peoples: Advocating for Education

On January 24th, 3:00—5:00, you will meet Indigenous leaders at the CTAUN webinar. Indigenous educators from the United Nations and Civil Society will share how they have kept their partnership alive and the path to recognition for the rights of Indigenous Peoples. [www.teachun.org](http://www.teachun.org)



*There is no doubt that 2020 has been a painful year. We can, however, find some things to make us smile.*

**Caring about “the whole child” has become important again.**

Many humans found their inner-creative selves.

**Gratitude.**

Zoom has kept us connected and in some cases improved meetings.

People can work from home and do their work well.

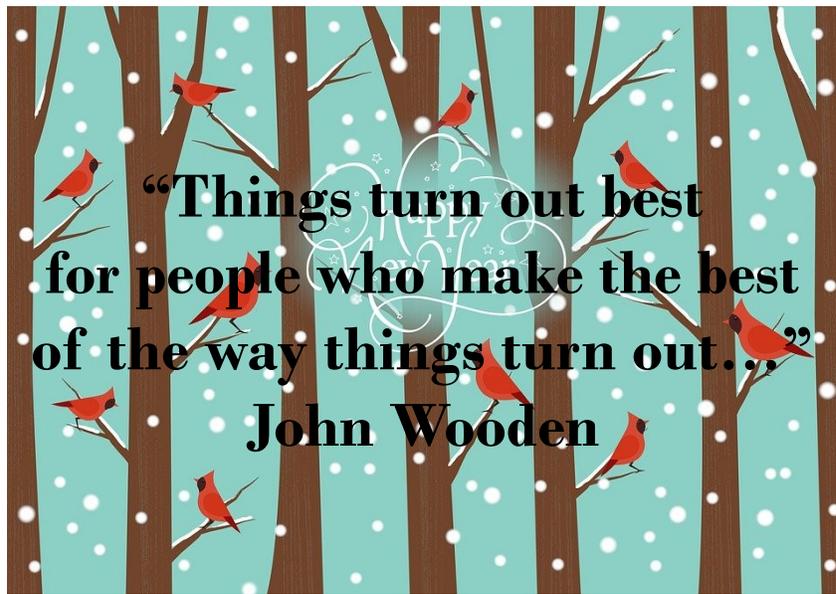
**WE REDEFINED THE WORD “HERO”.**

**Hobbies like baking, sewing and gardening made a comeback.**

*More people adopted pets in need.*

Old dogs can learn new tricks.

The United States had the highest voter turnout in 120 years.



Even kids learned to appreciate screen breaks.

**Drive-in movie theaters and drive-in concerts.**

The world saw the job of teachers in a whole new light.

**Telemedicine.**

The standardized testing benchmarks are no longer valid.

Virtual visits to museums, zoos and aquariums.

Acts of kindness.

We gained a new appreciation for toilet paper, paper towel, wipes, and hand sanitizer.

Less travelers meant many places around the world saw an increase in wildlife returning.

*Getting outside.*

*Conversations about climate change returned.*

**streaming-services (such as Netflix)**

*The lockdown had a noticeable*

**gave us**

*impact on air quality.*

**Puzzles and board games.**

**something to talk about.**

**The vaccine.**

Each of us had the opportunity to reset what is most important and what we value.



## Curriculum of Hope for a Peaceful World Newsletter Subscription Information

Dear Readers,

It is that time of year when we ask each one of you for your continued support. We greatly appreciate those of you who are subscribers and patrons. Your dedication to our peace efforts and generosity toward our monetary needs are vital to our continued work on several projects. Our digital subscriptions have saved on paper and postage, helping us be more environmentally and fiscally responsible. The PDF version is in color and has live links, making it more convenient to use. **We urge you to make the switch by sending your email address to Linda Shea, Subscription Manager, [hshea@snet.net](mailto:hshea@snet.net).**

This Newsletter is sent to over 1,400 individuals and organizations in 22 countries and it is often distributed onward to others. The creation and mailing process are done by dedicated volunteers. Copying is accomplished willingly by our State Executive Secretary. The cost of paper, toner and labels for mailed copies is borne by Connecticut State Organization, DKG, which also contributes 25% of the proceeds from its annual fund raiser. All other expenses are covered by subscriptions and contributions. We are blessed with 25 patrons whose generosity has helped to sustain us throughout the years. Now, in our 35th year of continuous publication, our distribution continues to increase.

If you are aware of schools or individuals who would benefit from our publication, please let us know.

**Current email subscribers will continue to receive the newsletter until you request to be removed.** Any questions or comments, contact Jeanne at [Jemora@aol.com](mailto:Jemora@aol.com) or 1-860-228-9293. In advance, we thank you.

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My check for \$8.00 payable to Curriculum of Hope for a Peaceful World is enclosed.

\_\_\_\_\_ I would like to be a Patron for Peace to support your work.  
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# The Last Word

## Recipe for a Happy New Year

Anonymous



Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing— don't do it), prayer and/or meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

If you would like to receive a color PDF version by email, please contact **Linda Shea**, Subscription Manager [hshea@snet.net](mailto:hshea@snet.net)

Curriculum of Hope is a Standing Committee of Connecticut State Organization, DKG.  
Our intent is to promulgate resources and information, not to endorse products.

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