UBUNTU COMMUNITIES
SKILLFUL TOGETHERNESS CURRICULUM

PART 1: BUILDING BRIDGES USING THE POWER OF UBUNTU

Early childhood and school-age learning communities are extremely complex environments with many unique needs and wants for all stakeholders. This training is tailored to the organization's needs to introduce the concept of Ubuntu and unpack some powerful approaches for relationship-forming and decision-making. Described as "super empathy," Ubuntu has the power to strengthen the fabric of teaching teams and all community stakeholders.

3 hour training (online asynchronous, or in-person upon request).

PART 2: THE U SCHOOL LEXICON

The U School Lexicon is a guide to speaking truthfully and usefully with children and other humans. It contains a vocabulary and framing which helps all people understand how they can be powerful problem-solvers, helps children and grown-ups communicate with less friction, and supports social-emotional and executive function development.

Three trainings totaling 6 hours (online asynchronous).

PART 3: MINDFUL PARENTS AND EDUCATORS (MP&E)

MP&E introduces four core mindfulness techniques to build individual practice that can focus and adjust our attention to adapt to life in a more optimal way. The applications of these techniques are further explored in the context of teaching and classrooms through a continuum of ways to share these awareness practices with the children in our care.

Four 3 hour training sessions totaling 12 hours (online asynchronous).

PART 4: PLANS FOR PEACE AND CONFLICT

The Ubuntu PEACE Plan is a proactive cultural community plan for keeping the fun *before* conflict arises. It coaches community stakeholders towards more concrete and shared understandings of safety, awareness, and interpersonal communication.

Conflict is a normal aspect of humanity, and can be embraced as teachable moments through peaceful and respectful conflict resolution strategies. When conflict has arisen, The Ubuntu Plan for Conflict guides stakeholders through the process of returning to the fun through actionable problem-solving solutions.

2 hour training (online asynchronous).

Contact Ryan Brown for training opportunities: ryan@ubuntucommunities.com