

# Why Harmony?

- Teacher kits and training provided at NO COST through the generous donation of T. Denny Sanford and National University
- Supportive online resources and modules
- Harmony strategies support Common Core State Standards, Restorative Justice Practices, and Positive Behavioral Interventions and Supports

## Sanford History

Sanford Harmony was developed and researched at the School of Family Dynamics at Arizona State University. Researchers identified that beginning in early childhood students can develop misconceptions about one another and often do not learn how to communicate effectively. Practical strategies were researched and designed to promote communication and connection in the classroom.

## Supported by Research

Harmony was first introduced in schools in 2008. Initial research indicates positive results including results in student confidence, school enjoyment, academic achievement, and empathy while decreasing conflict, stereotyping, and aggressive behavior. Current studies to measure the efficacy of Harmony are being conducted across the country by the Sanford Education Center's Higher Education Collaborative.

# Together We Can Change the World

By helping children develop better relationship skills, Sanford Harmony:

- Builds positive classroom learning communities
- Puts the focus on teaching and learning
- Brings out the best in students
- Helps to reduce conflict in the classroom

Join the **movement** and help us **change** the world...  
one student, one teacher,  
one classroom at a time!



Contact Sanford Harmony  
to **Get Started** Today:



844.480.4500



sanfordharmony@nu.edu



sanfordharmony.org

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Changing the World One  
Classroom at a Time...

## What Is Harmony?

Welcome to Sanford Harmony — a Pre-K - 6th grade social-emotional teaching program that helps teachers cultivate strong classroom relationships between all students.

Harmony teacher kits include the everyday practices of Meet Up and Buddy Up and a set of thematic lessons, activities, storybooks and games that enhance discussions, decision-making, and problem solving.

"I've spent much of my career making sure children have the skills to be successful in life—for when they go to college, and in their future careers. What appealed to me about Harmony is that we teach social-emotional skills in a way that really completes the circle of student development and achievement."

-Scott Page, Director of Sanford Harmony at National University

## Designed with Teachers in Mind

Harmony is flexible and encourages you to use the materials in a way that meets the unique needs of your students and classroom.

Meet Up and Buddy Up easily integrate with classroom curriculum. Meet Up engages students in discussions and encourages them to understand different perspectives and feelings of their peers. Through Buddy Up students collaborate on a variety of lessons and projects. Harmony lessons and activities:

- Bring diverse peers together
- Enhance communication skills
- Explore commonalities and differences
- Develop problem solving strategies for working cooperatively and resolving conflict
- Promote group identity and teamwork



## Nurturing Student Success

Today's elementary school classrooms are more diverse than ever. Sanford Harmony promotes positive interactions and experiences with diverse peers by breaking down the barriers to friendship and teaching important relationship skills. Harmony strategies, lessons and activities incorporate cognitive, affective, and behavioral competencies:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making



When these **core elements** are **present** in the classroom, students can **succeed!**

