CHILDREN'S HOME SOCIETY OF NEW JERSEY

KIDSBRIDGE

March 7, 2025

Being Creative with SEL

Meeting the Challenges of Youth in Mercer County NJ

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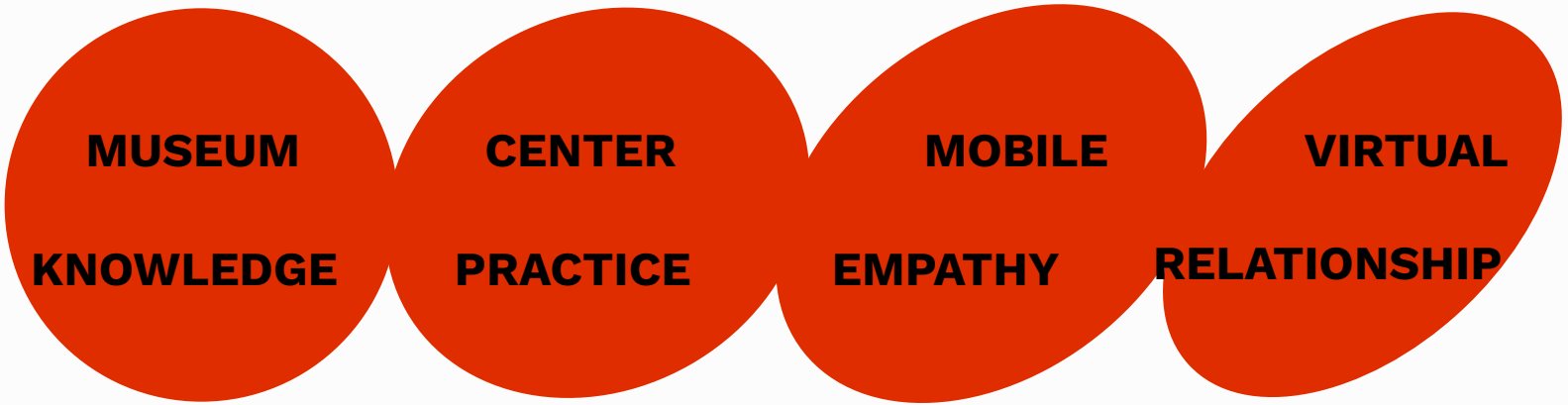
WELCOME!



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MICHAEL ROSEBOROUGH

Director of School Based Services for CHSofNJ

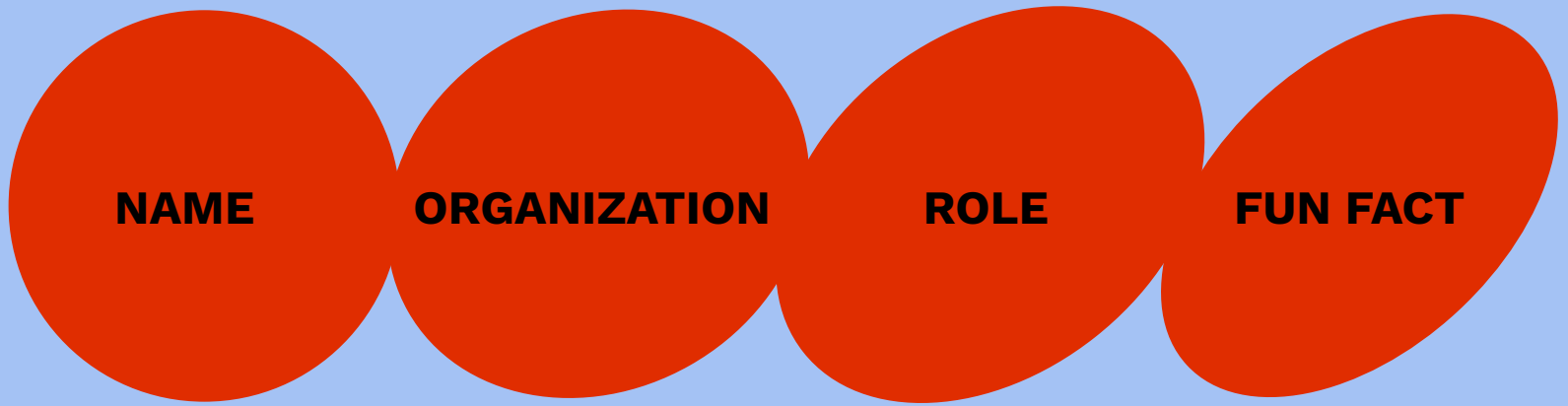
FUN FACT: I flew single-engine planes as a teenager.

MARIANNE ALT

Education Program Supervisor for CHSofNJ/Kidsbridge

FUN FACT: I saw Kraftwerk in concert last night!

WHO'S IN THE ROOM?



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CHILDREN'S HOME SOCIETY OF NEW JERSEY

Saving Children's Lives and Building Healthy Families Since 1894

- Adoption & Birth Parent Services
- Counseling Services
- CCR&R, Childcare Subsidy & Early Childhood Education - Ocean County
- Maternal Child Health & Family Success Centers
- Head Start & Early Head Start
- School Based Services
- Kinship Services

KIDSBRIDGE

Growing UPstanders through Empathy, Empowerment and Emotional Regulation

- Mindfulness & Self-Regulation
- UPstander & Antibullying
- Addressing Bias
- Inspiration & Leadership
- Adults & The Community

Challenges to Mercer County Youth

Access to Resources
Bullying & Bias
Low Confidence in Adults
Lack of Self-Confidence
Isolation & Loneliness

EVOLUTION

2006–2019

Kidsbridge Tolerance Museum

THE COLLEGE OF NEW JERSEY

FIELD TRIPS

EXHIBITS

KNOWLEDGE & EXPERIENCES

Kidsbridge Tolerance Center

EWING SENIOR & COMMUNITY CENTER

FIELD TRIPS

STATIONS

PRACTICE & INTERACTION

Kidsbridge Mobile

VARIOUS SCHOOLS & CAMPS, PRESCHOOLS

WE COME TO YOU!

WEEKLY SESSIONS

(SELF) EMPATHY & EMPOWERMENT

2020-2022

PANDEMIC

KIDSBRIDGE@ HOME

70 DIGITAL LESSONS FOR FAMILIES & TEACHERS

KIDSBRIDGE CONNECTS

HOMESCHOOL COOPERATIVES

9-WEEK VIRTUAL PILOT WITH 3RD & 5TH GRADERS

VIRTUAL SESSIONS WITH VARIOUS SCHOOLS & CAMPS

KIDSBRIDGE OUTSIDE

MASKED SESSIONS WITH CAMPS

MERGER

2023-2025

AFTER SCHOOL EXTENDED PROGRAMS

POSITIVE IMPACT 4TH-6TH GRADES

MERCER COUNTY BOYS & GIRLS CLUBS 4TH & 5TH GRADES

8-WEEK PROGRAMS FOCUSED ON MENTAL WELL-BEING

5TH GRADE RESIDENCY

GREENWOOD ELEMENTARY SCHOOL

15-SESSION CUMULATIVE SEL LEADERSHIP PILOT

PRESCHOOL RESIDENCY

TRENTON HEAD START BELLEVUE

24-SESSION INTRODUCTORY SEL PILOT

RELATIONSHIP

5TH GRADE RESIDENCY

LEADING WITH EMPATHY

A 15-session program that helped the students reflect on:

1. their SEL skills and tools gained from their elementary school experiences.
2. their role as leaders in the school and how they will continue to lead with empathy in their new school next fall.

6 ESSENTIAL QUESTIONS

- What does ‘Leading with Empathy’ look like, sound like, and feel like?
- How can I determine if someone Leads with Empathy?
- How do Empathy Leaders care for themselves and others?
- Who are the Empathy Leaders in our community?
- Who do I know in my life that Leads with Empathy?
- What do I believe about leadership and how would I like to Lead with Empathy?

APPROACHES

Inspiring Music
Circle Check in and Check out
Calming Techniques
Journals*
Small Groups
Movement
Drawing
Public Speaking
Goal-Setting
Adult Role Models

RELATIONSHIP

PROGRAM OUTLINE

SESSIONS 1 - 5

Introduction & Vocabulary

Leadership Characteristics

Empathetic Leader Characteristics

Upstander Leader Characteristics

Bronco Bingo

SESSIONS 6 - 10

Building Resilience

Leaders Practicing Mindfulness*

Local Leaders Introduction & Questions & Wax Museum Prep Pt.1

Local Leaders & Wax Museum Prep Pt. 2

Greenwood Wax Museum

SESSIONS 11 - 15

Local Leadership Panel

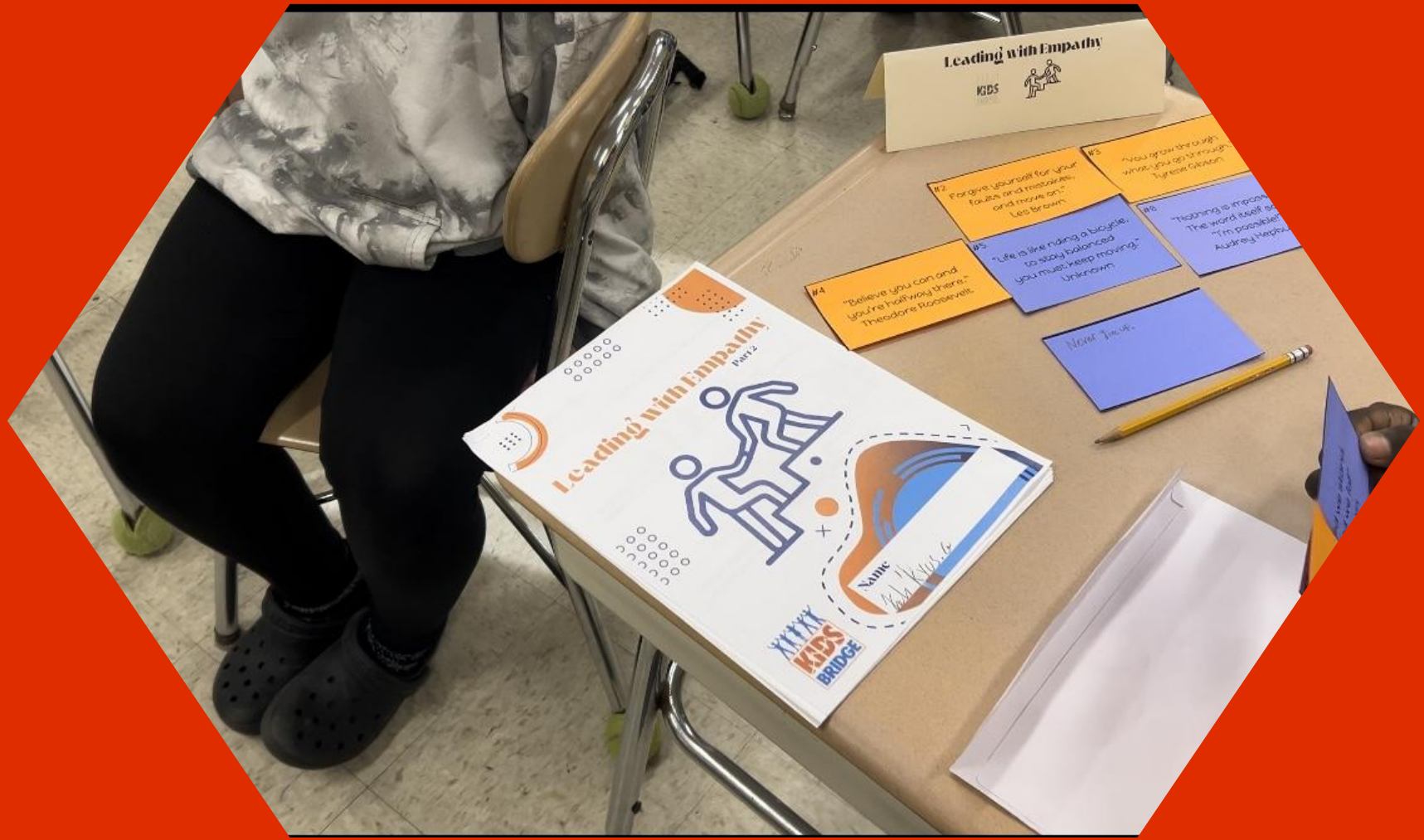
Empathetic Leaders in My Life

Empathetic Leader Philosophy Statements

Student Vision Boards

Labyrinths*

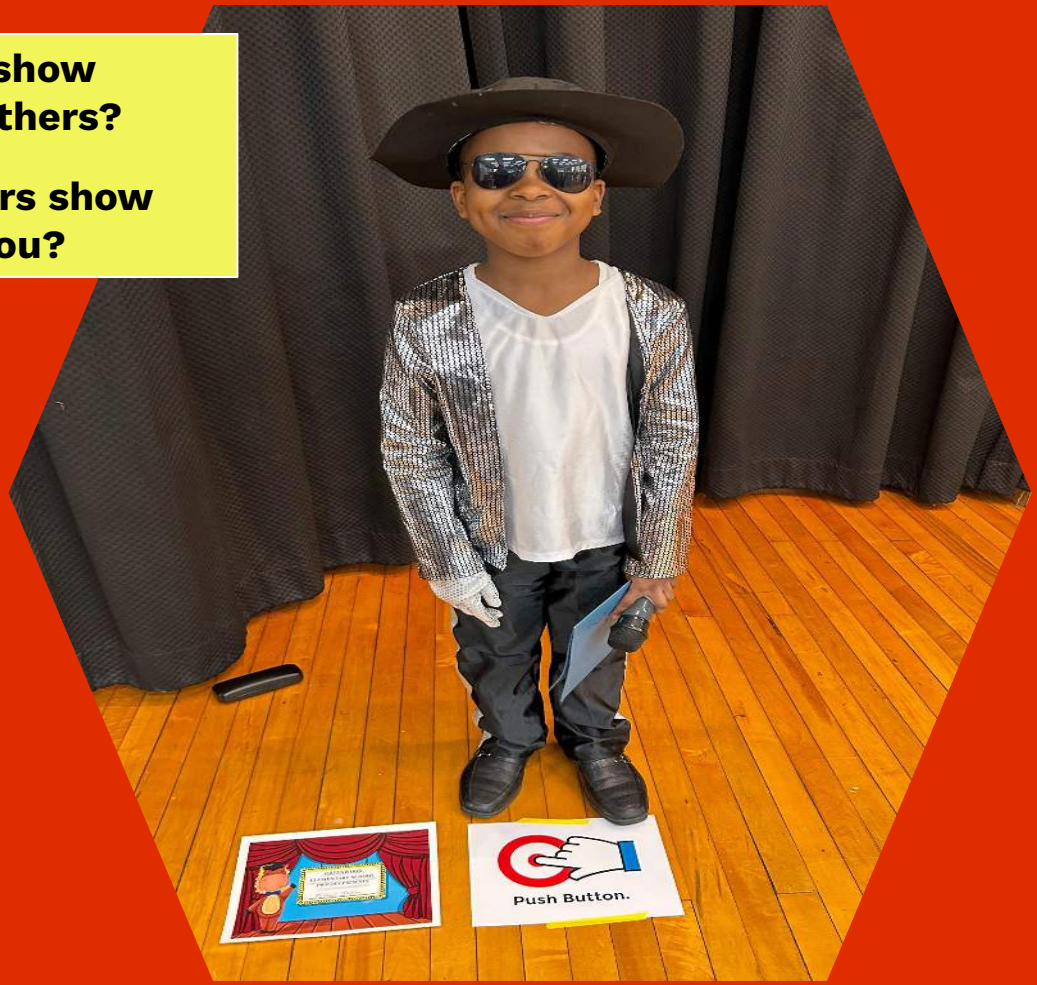
JOURNAL & MOTTOS - RESILIENCE



WAX MUSEUM

How did you show empathy to others?

How did others show empathy to you?



LOCAL LEADERS PANEL

“The path to victory begins when you stop thinking of yourself as a victim.”

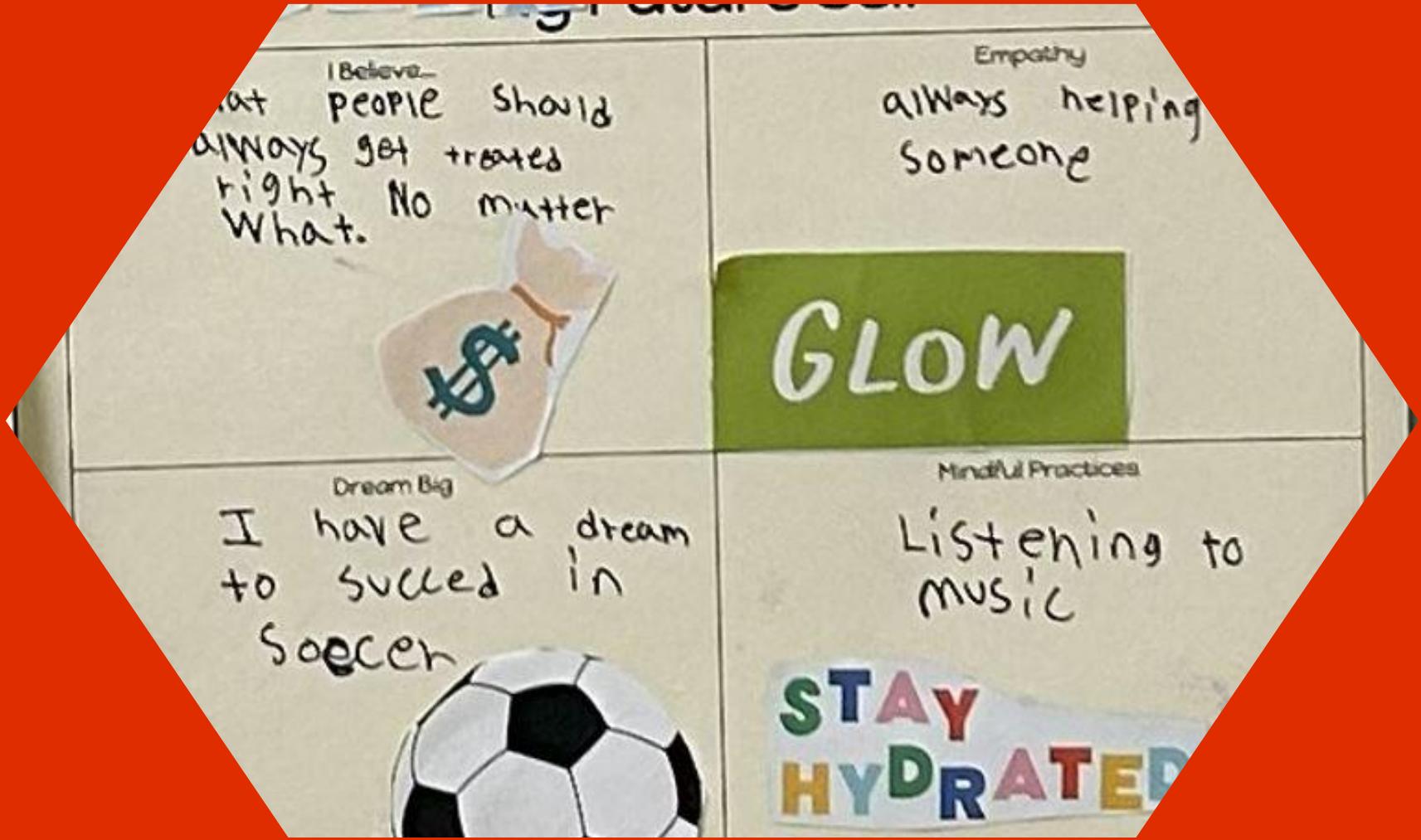
LOCAL LEADERS PANEL

How do you show empathy as a leader?

“FUTURE ME”

I Believe
Empathy
Black lives Matter
black lives matter
BLACK Lives Matter
Dream Big
Mindful Practices
EXERCISE

"FUTURE ME"


I Believe
at people should always get treated right No matter What.
Empathy
always helping someone
GLOW
Dream Big
I have a dream to sucled in Soecer
Mindful Practices
Listening to music
STAY HYDRATED

“FUTURE ME”

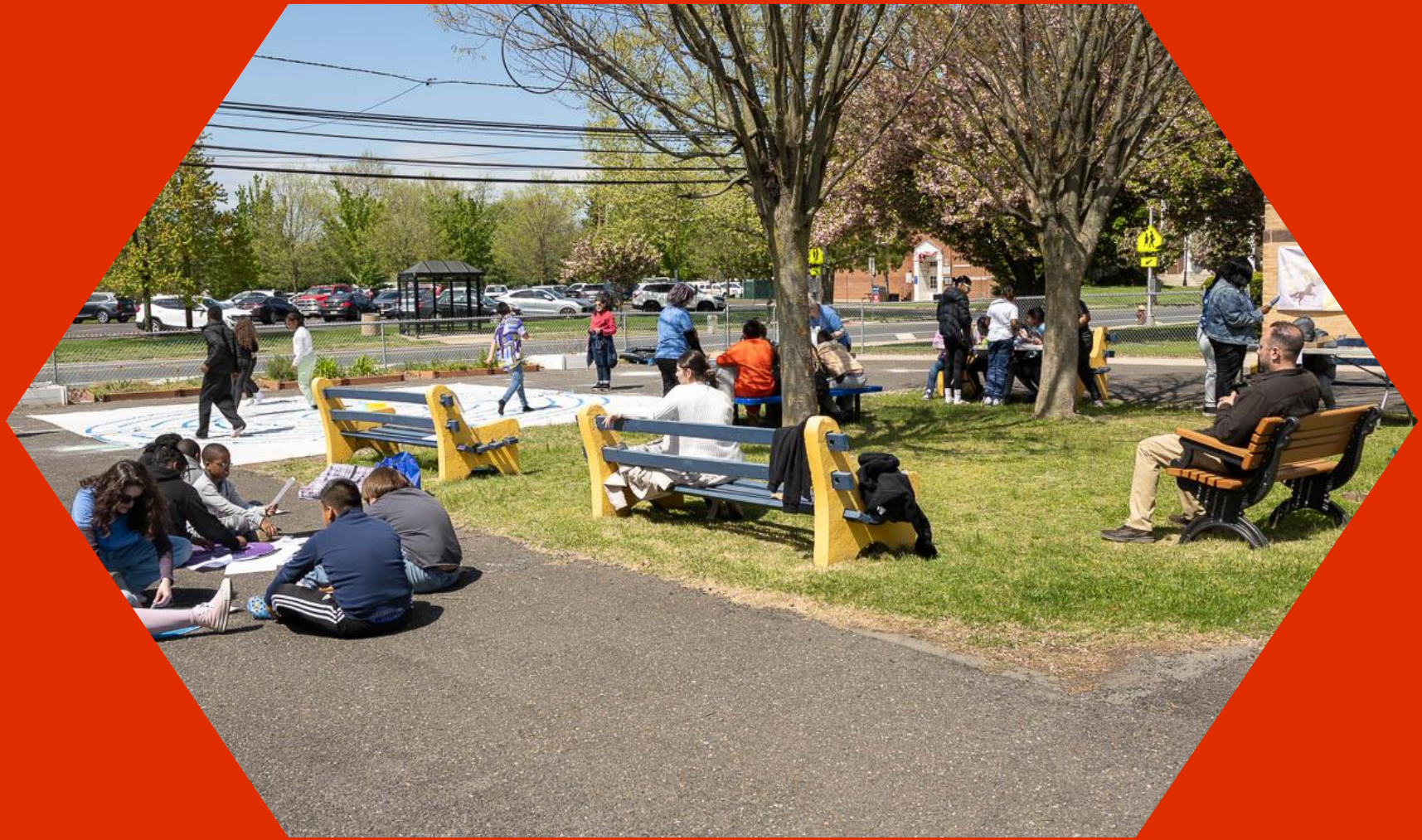
Future Self
I Believe
people should stop treating
the world crazy and thats why im
going to stop hitting
Empathy
FRIENDS LOVE
THROUGH ALL KINDS
OF WEATHER, AND
FAMILIES STICK
TOGETHER IN ALL
Family
IS
EVERYTHING
Mindful Practices
volcano breath
5 finger breating
Wilson

LABYRINTH DAY

LABYRINTH DAY

LABYRINTH DAY

LABYRINTH DAY



QUESTIONS?

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