Ubuntu:
Living Better Together

Wendell Veurink

Preferred Titles: Dad and Grandpa
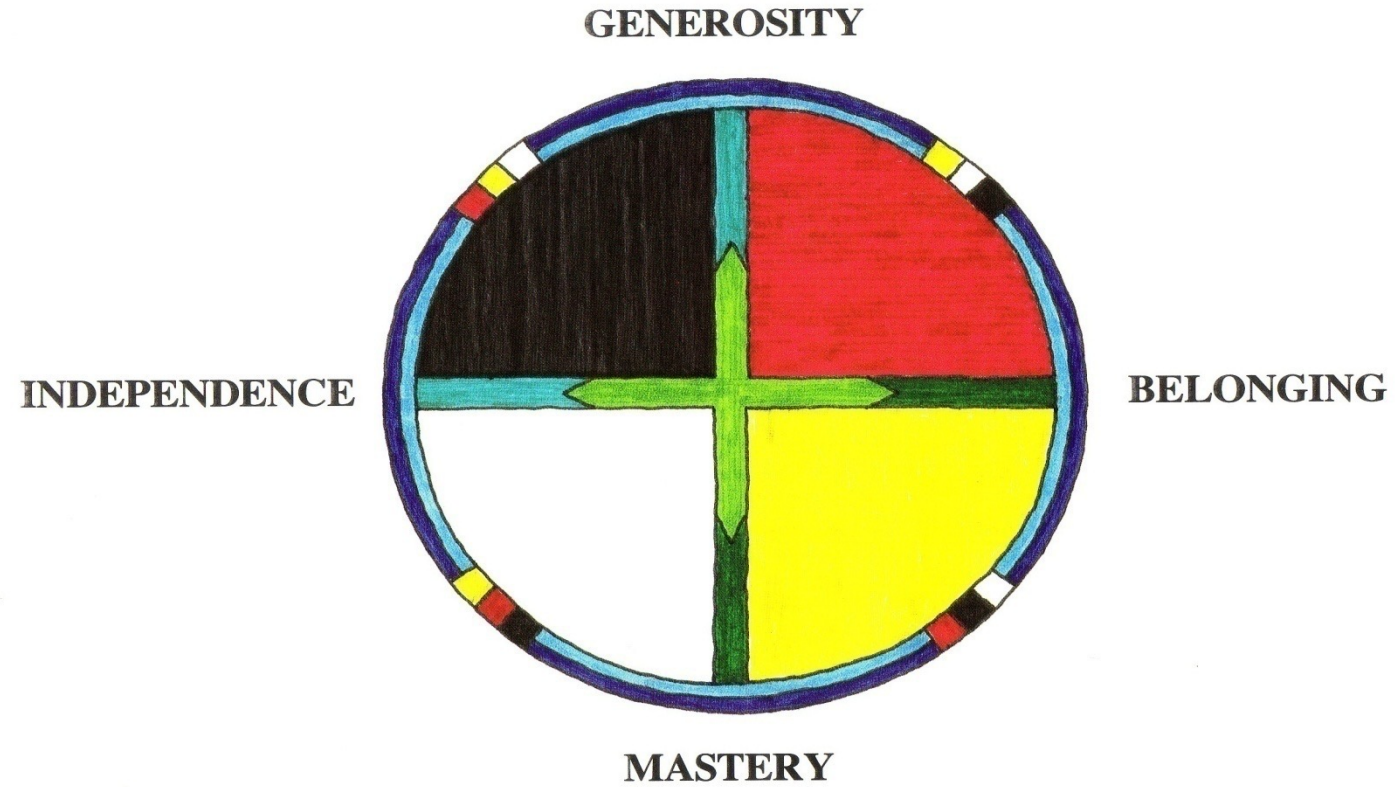
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Circle of Courage

Comparison of Values

Coopersmith (self esteem)	Circle of Courage partnership)	Traditional Western (dominator values)
Significance	Belonging	Individualism
Competence	Mastery	Winning
Power	Independence	Dominance
Virtue	Generosity	Affluence

Trauma Sensitive

- Realize the impact of Adverse Childhood Experiences (ACEs) on neurobiological development and attachment
- Recognize the impact of trauma on learning and behavior
- Respond by building resilience and avoiding re-traumatization

Type of Mindset

IMPORTANCE OF THESE TWO MINDSETS

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- Fixed mindset
- Growth mindset

Kindness video - Purpose

Consilience
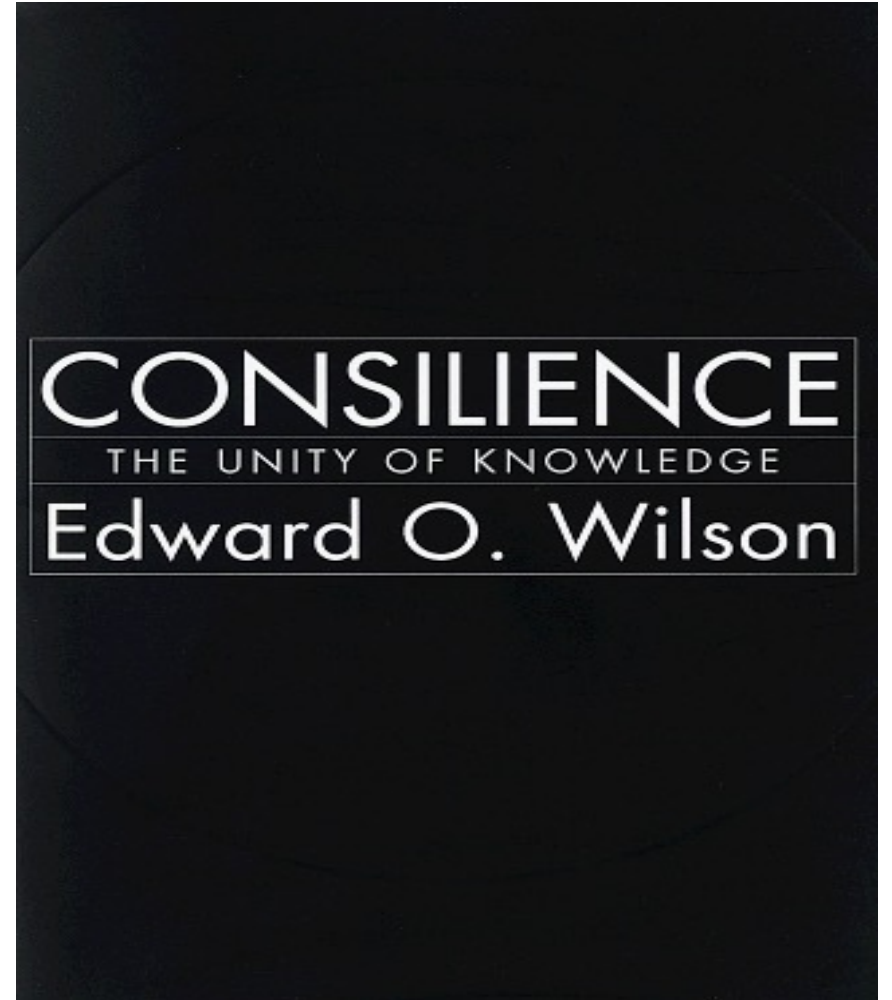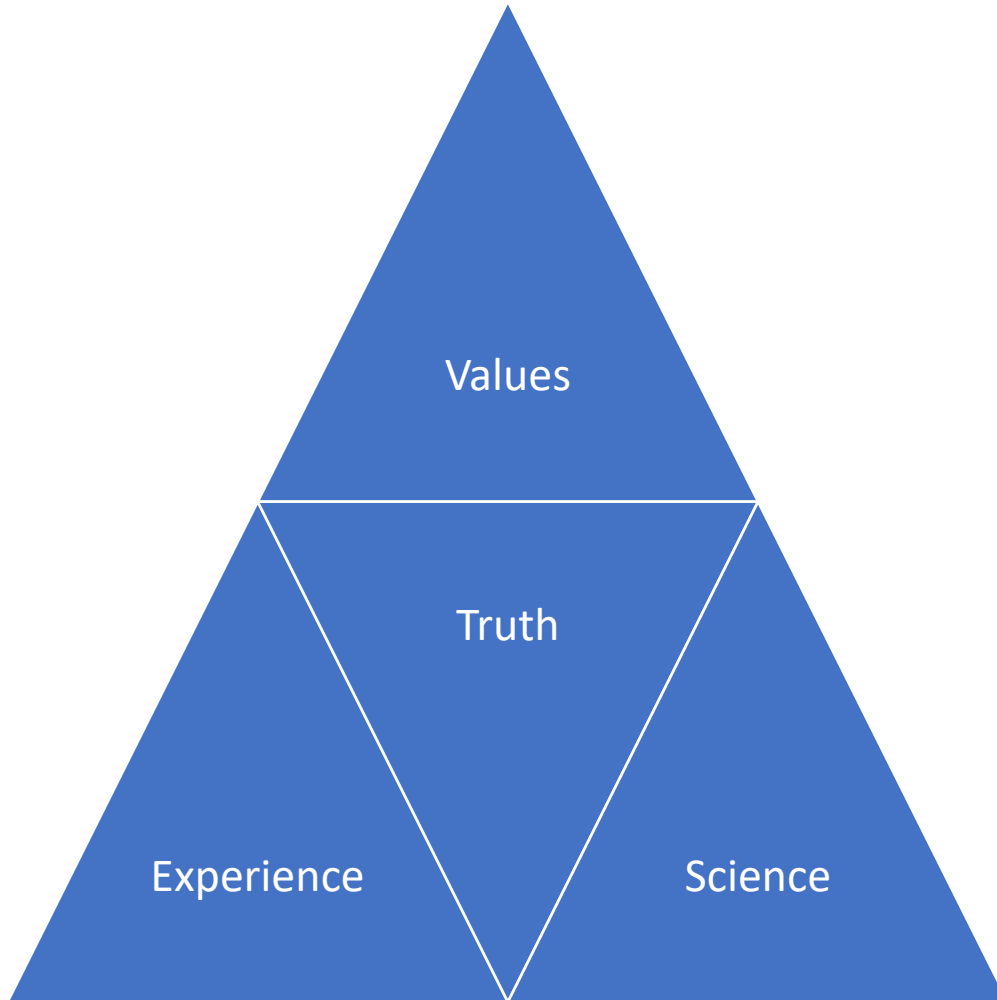
Gertrude Matshe

Mandela - Ubuntu

UBUNTU

ubuntu
(oo-BUUN-too)

"I AM, BECAUSE WE ARE."

What I've come to learn is that the world is never saved in grand messianic gestures, but in the simple accumulation of gentle, soft, almost invisible acts of compassion, everyday acts of compassion. In South Africa they have a phrase called ubuntu. Ubuntu comes out of a philosophy that says, the only way for me to be human is for you to reflect my humanity back at me.
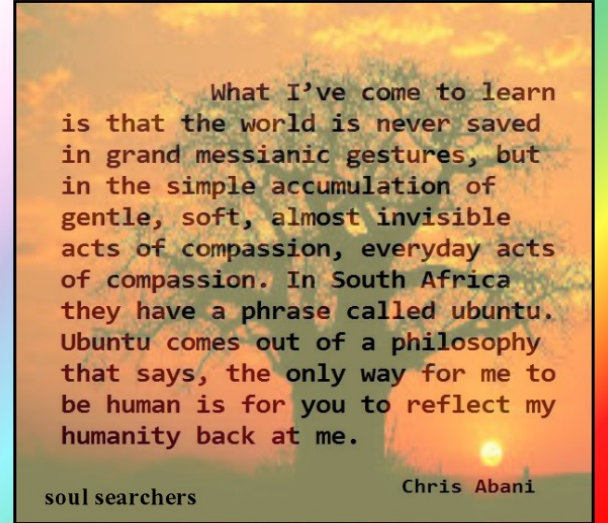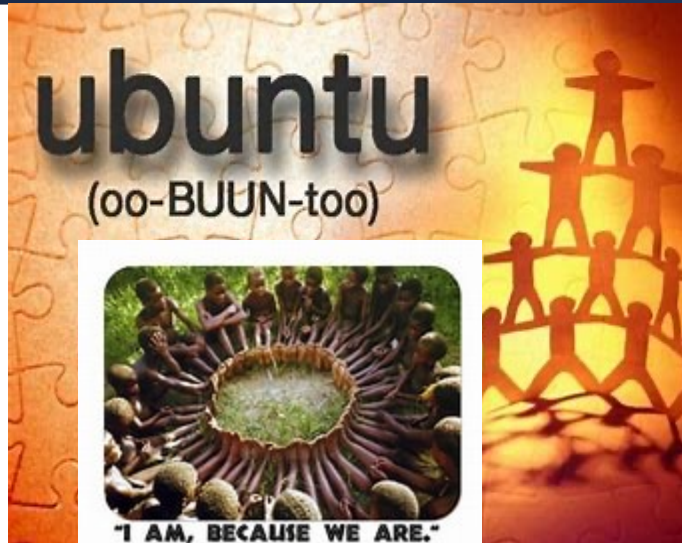
soul searchers   Chris Abani

- 1. Way of life from which we can all learn
- 2. Encompasses all our aspirations about how to live life well, together
- 3. It exists when people unite for the common good
- 4. If we join together we can overcome our differences and problems

Ubuntu in Education

Ubuntu has been used for promoting in guiding African education and for decolonizing it from western educational philosophies. This education uses spirituality, environment, society, community, and family as knowledge resources but also as learning and teaching media. The education essence is the environment, society, community, and family well-being.

Ubuntu education is all about learners becoming focused on their social circumstances. Including, respect, recognition, participation, and interaction are essential features of Ubuntu education. Learning and teaching methods include community and group approaches. The outcomes, methodology, content, and objectives of education are organized by Ubuntu.

"I AM, BECAUSE WE ARE."

See Yourself in Other People

- Sawubona – South African greeting meaning "I see you"

- Ubuntu recognizes the inner worth of every human being – starting with you

- We are only who we are thanks to other people

- We are enough, no better, no worse

- Everyone deserves to be treated with humanity

TASK –

1. Connect mindfully with someone you don't know

2. Notice your judgements, feel them and quietly let them go

No man is an island.
No man stands alone.

Dennis Brown

Strength Lies in Unity

- Make unity a priority
- Wealth does not equate to worth
- There is power in the many (group work)
- In times of trauma, humans seek comfort in togetherness
- Our Force together can be a force for good

TASK

1. Show up
2. Give your time (most precious gift)
3. Get involved

IF YOU WANT TO GO FAST, GO ALONE.
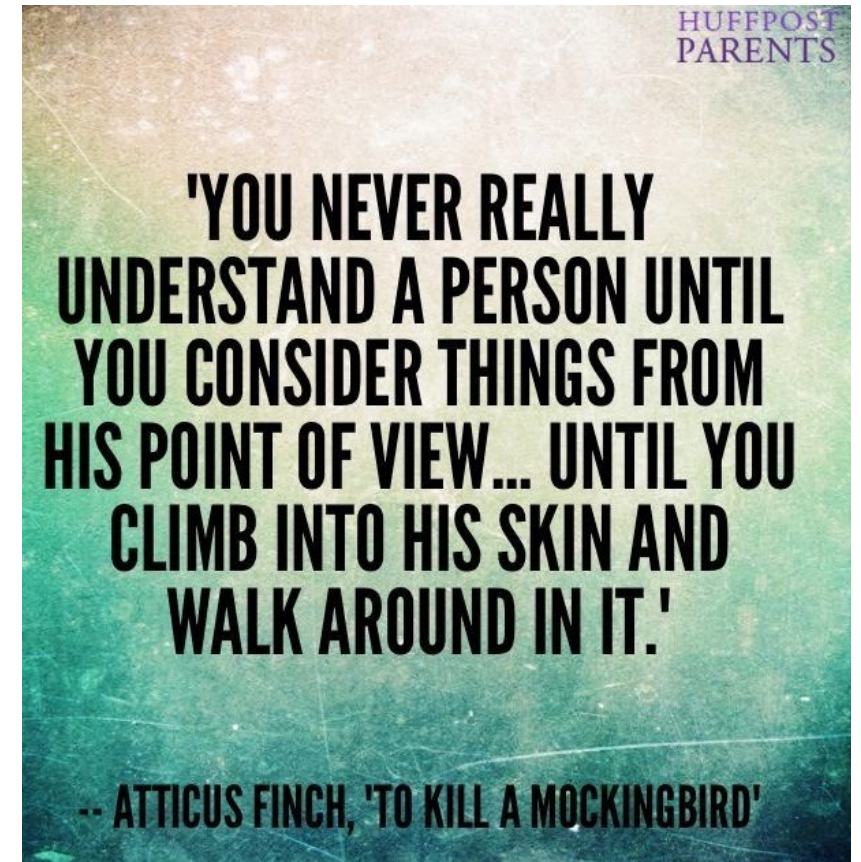IF YOU WANT TO GO FAR, GO TOGETHER.

- African Proverb

Put yourself in the Shoes of Others

- Important to turn down the volume of our own self-righteousness

- Even if you don't disagree, consider the other side

- Theologian Ian Maclaren – "Be kind for everyone you meet is fighting a hard battle"

- Consider we all didn't all win the parent, school, community or life lottery

TASK

1. Engage positively in the other person's story

2. Admit when you are wrong

3. Verbalize the other side of an argument

HUFFPOST PARENTS

'YOU NEVER REALLY UNDERSTAND A PERSON UNTIL YOU CONSIDER THINGS FROM HIS POINT OF VIEW... UNTIL YOU CLIMB INTO HIS SKIN AND WALK AROUND IN IT.'

-- ATTICUS FINCH, 'TO KILL A MOCKINGBIRD'

If you don't like something, change it. If you can't change it, change your attitude.

~ Maya Angelou

Choose to See the Wider Perspective

- Ubuntu teaches that we should look at the world from every angle, every perspective

- "If the wider perspective could be understood through as many eyes as possible, then perhaps moving on would be possible too"

- Fixation on self righteousness can leave us bitter and divided.

- Behind the question of "why" is the chance to see the wider perspective.

TASK

1.   Ask will the problem matter tomorrow or in a week or month?

2.   Focus on what life has given you, rather than what it denied you

3.   Write a gratitude list

4.   Try new things

"Every soul is **beautiful** and precious; is worthy of dignity and respect, and deserving of peace, joy and **love**."

— Bryant McGill

Have Dignity and Respect for Yourself and Others

- If you respect yourself, you are much more likely to extend that to others.
- You can't pour from an empty cup
- Don't be afraid to ask for help
- Look beyond the label
- Allow people to maintain their dignity

TASK

1. Ask yourself what you need to do to bring dignity to your day
2. Help yourself and others escape the cycle of self criticism
3. Do a kind thing for yourself and others

Empathy

Believe in the Good of Everyone

- Whatever the circumstances, good can prevail

- Learn from our children

- It takes strength and determination to see the good in someone we don't know

- Confront your bias

TASK

1. See the good in yourself first

2. Think of someone you dislike and try to change that view

3. Smile (as much as possible)

When you choose to see the good in others, you end up finding the good in yourself.
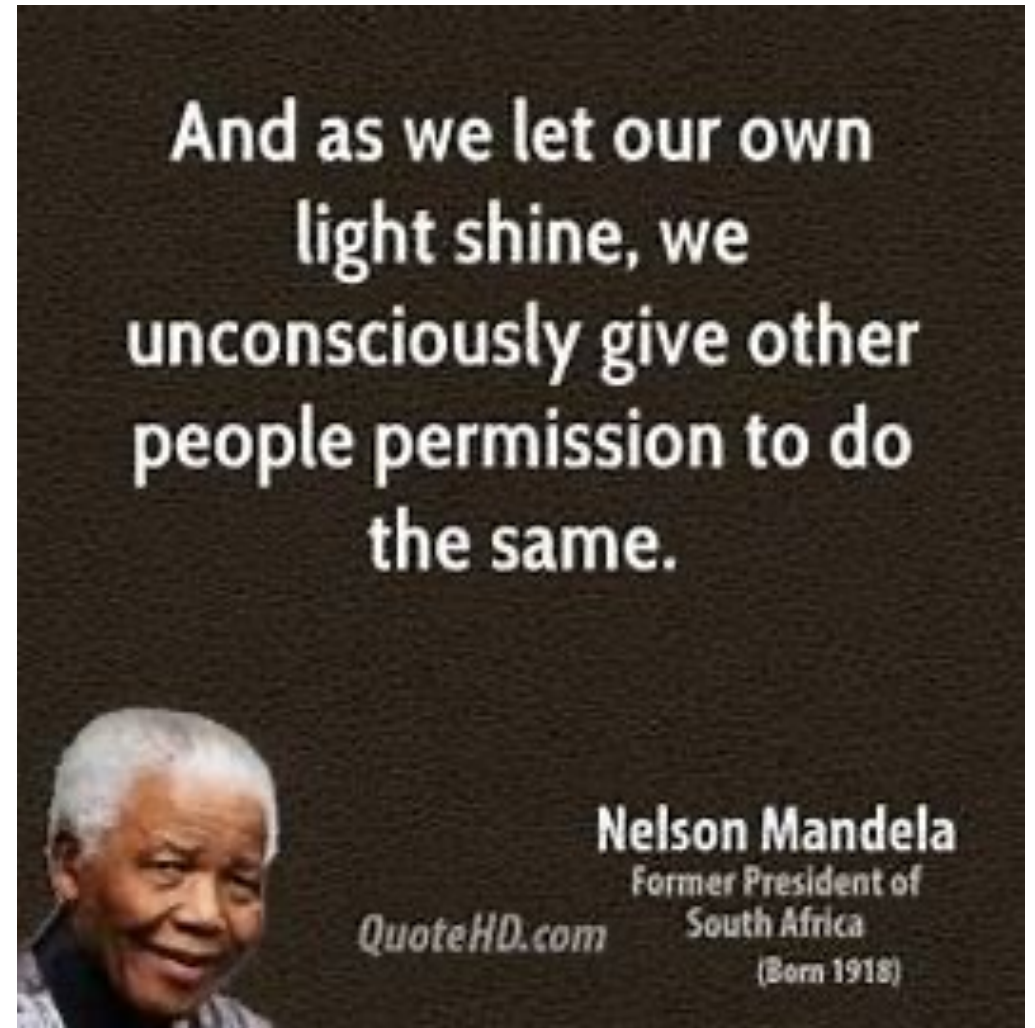
WisdomHealingCenter.com

Choose Hope over Optimism

- Hope requires trust and having faith
- Optimism is a feeling and feelings come and go.
- Hope helps us project into the future
- Hope is contagious

TASK

1. When hope feels lost, accept the situation and then take action
2. Make a gratitude list
3. Find your faith

And as we let our own light shine, we unconsciously give other people permission to do the same.

Nelson Mandela
Former President of South Africa
(Born 1918)

QuoteHD.com

Seek out Ways to Connect

Find the joy of joining

The key to connection is education

Look to the natural world to provide connection

Ubuntu says in order to feel human we need to feel connected.

TASK

1.   Journaling

2.   Let yourself be vulneralble

3.   Do something creative.

"I want to sing like the birds sing, not worrying about who hears or what they think."

~ Rumi

The Power of the F-word: Forgiveness

- Ubuntu tells us forgiveness can give us back our self-respect and dignity

- Pride and self-righteousness can hold us back

- Forgiveness is a respectful act that comes from within

- "Without forgiveness there is no future" Desmond Tutu

- You are only human so its time to forgive yourself

TASK

1. Make a list of all the advantages of forgiving

2. It is a process that takes time and effort

3. Keep going, it may not be a one time thing

THE WEAK CAN NEVER FORGIVE. FORGIVENESS IS THE ATTRIBUTE OF THE STRONG.

QuoteHD.com

Mahatma
Indian
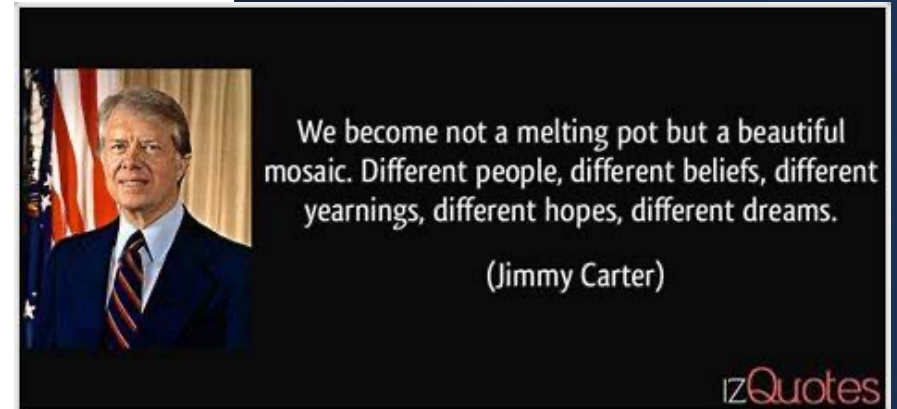
Teach children about forgiveness

Embrace our Diversity

- Ubuntu says we should put aside our differences and see others for who we are 'human beings in this together'

- Need cultural humility

- We can choose to see our diversity as a cause for celebration

- Different does not mean worse

TASK

1. Look for ways you can be more flexible

2. Challenge your belief about people from certain cultures being a certain way.

3. Find one thing each day to be more flexible.

We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.
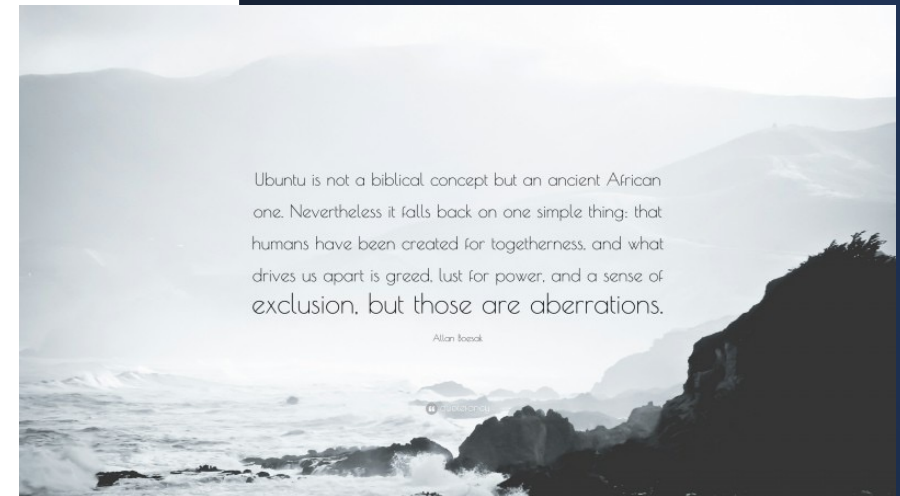
(Jimmy Carter)

izQuotes

Acknowledge Reality (however painful)

- Ubuntu says we should accept without blind judgement either what happened to us or what has happened to other people

- Practice empathy

- We don't need to struggle alone

- Be open to learning and changing for the greeter good

- There is no place for pride when it comes to dealing with each other.

TASK

1.	Help someone else face reality in a kind constructive way.

2.	Focus on the present moment, don't fight what "is"

Ubuntu is not a biblical concept but an ancient African one. Nevertheless it falls back on one simple thing: that humans have been created for togetherness, and what drives us apart is greed, lust for power, and a sense of exclusion, but those are aberrations.

Allan Boesak

Find the Humor in our Humanity

LAUGHTER DOES WONDERS FOR THE HEART.

- Do you have a "well of joy" inside you?

- When there is no exit humor is the way out

- You can fake a smile but laughter is more authentic

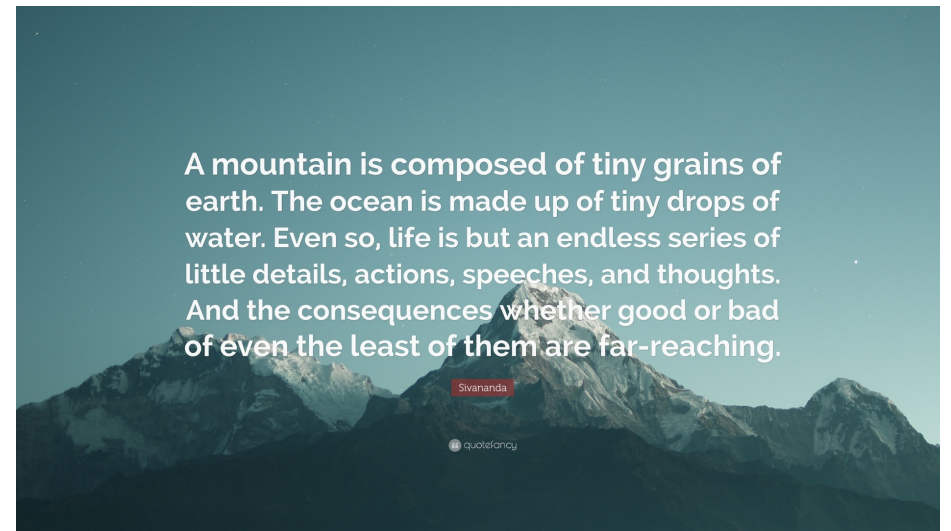- Humor is an attractive quality that allows us to show our humanity

TASK

1. Find the funny side to turn a situation around

2. Learn to laugh at yourself

3. Seek out place or things that make you laugh

Why Little Things Make a Big Difference

- Ubuntu says we all count and so does everything we do.

- Tiny acts can change narratives

- Serving others is never a waste of time

- Small everyday acts of kindness is another way to spread ubuntu

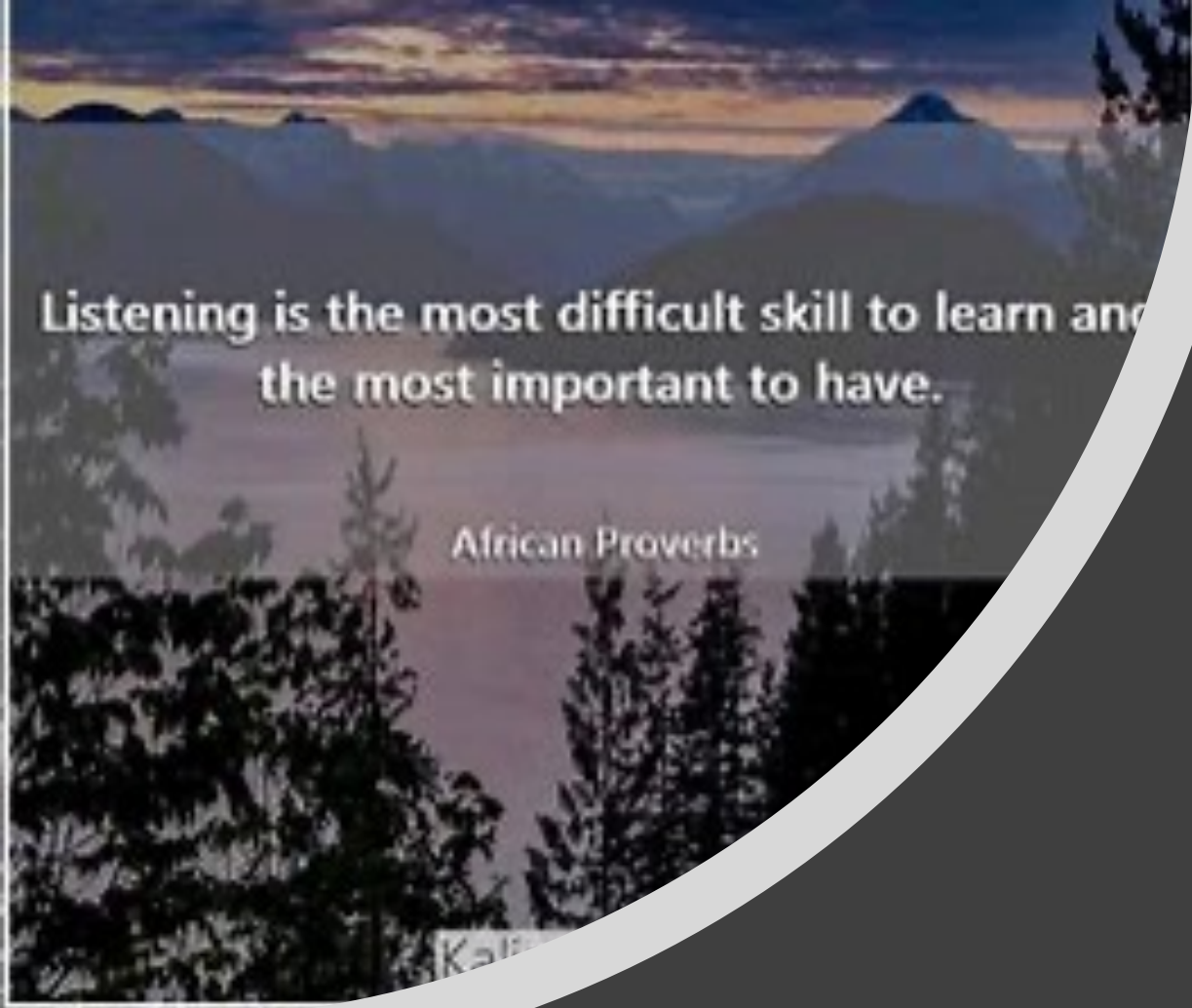- Gratitude for other people and what they do for us matters.

TASK

1. Show up

2. Be what you want

3. Make a list of the small things that make a difference to you

Privatization is a neoliberal and imperialist plan. Health can't be privatized because it is a fundamental human right, nor can education, water, electricity and other public services. They can't be surrendered to private capital that denies the people from their rights.

Hugo Chávez

A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, life is but an endless series of little details, actions, speeches, and thoughts. And the consequences whether good or bad of even the least of them are far-reaching.

Sivananda

Ruby - Service

Learn to Listen so You can Hear

Listening is the most difficult skill to learn and the most important to have.

African Proverbs

- Know the difference between being listened to and being heard

- Emoti, ons cam leap in before logic sometimes called "Amygdala Hijack"

- Ubuntu is about making a pact to listen more, even when we think it doesn't affect us in the here and now.

TASK

1. Reflect on your emotions when you were not heard

2. Take time to check what someone means

3. Walk away from someone who is not in a good place to listen but come back and try again

Gertrude Matshe

CORE VALUES

Adapted from the Core Values of
Starr Commonwealth, Albion, MI.

WE BELIEVE –

Everyone has the
responsibility to help
and no one has a right to
hurt another person.

People can change and
problems are opportunities
to learn and grow.

All children and families
have strengths that can be
nurtured and developed.

All people are social equals
and we celebrate the
oneness of humankind.

Gertrude Matsh3

Empathy

Ubuntu

Dead Poet Society - Conformity