



Symposium on Educational Excellence 2024

Nonviolent Communication for the Classroom

Mel Tennyson, School of Nursing, Oregon Health and Science University

Keywords

Empathy; Quality of Life; Communication; Nonviolence; Feelings; Needs

Abstract

Background:

The concept of "Nonviolent Communication" (NVC) has been developed by Marshall Rosenberg (1934-2015) as a tool for communicating across differences and conflict. Nonviolent Communication is an approach to communicating feelings and needs based on nonviolent principles. This is not a technique for ending disagreements between people, but the goal is to increase empathy and improve the quality of life for people who communicate using these tools, as well as the people around them.

Objectives

1. Learn about the fundamentals of nonviolent communication, and why this style of communication is effective for classroom dialogue.
2. Understand the difference between feelings and needs.
3. Practice talking about feelings and needs in a classroom setting, using a board game.

Purpose:

This interactive workshop will introduce participants to the concept of Nonviolent Communication as developed by Marshall Rosenberg, and will give participants the opportunity to try out some classroom tools and games for talking about feelings and needs. In particular, we will look at the "No Fault Zone" game developed by Sura Hart and Victoria Kindle Hodson. Participants will have the opportunity to practice playing the game in small groups.

Methods

- Powerpoint presentation of nonviolent communication, feelings and needs (30 minutes)
- Overview of the "No Fault Zone" game (20 minutes)
- Small-group interactions through playing the game (40 minutes)

Results

Participants will:

- Be able to explain the basics of nonviolent communication
- Have a clear understanding of the difference between feelings and needs
- Gain skills for using nonviolent communication in the classroom
- Become familiar with the "No Fault Zone" game
- Walk away with tools for introducing nonviolent communication in the classroom

Resources

International Resources for Nonviolent Communication (NVC):

- The Center for Nonviolent Communication: <http://www.cnvc.org/>
- Nonviolent Communication: <http://www.noovioleotcommunication.com/index.htm>
NVC Academy: <https://nvctraining.com/>
- Nonviolent Communication in Schools:
<https://www.cnvc.org/about-us/projects/nvc-schools/noovioleot-commuoiatioo-schools>
- The No-Fault Zone Game: [http://www.thenofaultzone.com/the no-fault zone.html](http://www.thenofaultzone.com/the-no-fault-zone.html)

Local (Oregon/Portland) Nonviolent Communication (NVC) Resources:

- Portland-based NVC Trainer LaShelle Lowe-Charde: <http://wiseheartpdx.org/>
- Oregon Network for Compassionate Communication: <https://orncc.net/>
- NVC Book Practice Meet-Up Group (SE Portland):
<https://www.meetup.com/NVC-Book-Practice-Group/?gclid=Cj0KCQj1b>
- Northwest Compassionate Communication: <http://nwcompass.org/new-website/>
NVC Family Camp (Vashon Island, WA): <http://www.nvcfamilycamp.org/>

Books:

- Nonviolent Communication: A Language of Life
- The Compassionate Classroom
- The No-Fault Classroom
- Life-Enriching Education
- Teaching Children Compassionately