# An Awfully Big Adventure

## 2017 Moonshot Summer Teacher Institute

The Learning Alliance

VERO BEACH MUSEUM of ART
Enriching Lives Through the Arts

Moonshot Moment

# WELCOME & LOGISTICS

- Objectives & Overview
- Schedule & Agenda

# AGREEMENTS

- Be open
- Be present
- Be bold

## ESSENTIAL QUESTION:

How do we create a compassionate community that supports risk-taking, perseverance, and adventure?

# AN INVITATION

"Golden threads"

# OUR MISSION QUESTION:

How do you create literate, compassionate, creative citizens who will improve our world?

# OUR ENRICHED LITERACY GOAL:

- Social Emotional
- Foundational
- Applied Literacy

# KEYNOTE ADDRESS

Wanda Lincoln

Wanda has taught all grades, K-8. She also has taught undergraduate and graduate courses in language arts and classroom management. She has authored eleven books and numerous articles. She has been both a national and international educational consultant, speaking at schools and conferences around the world. She is a proud graduate of the University of Michigan.

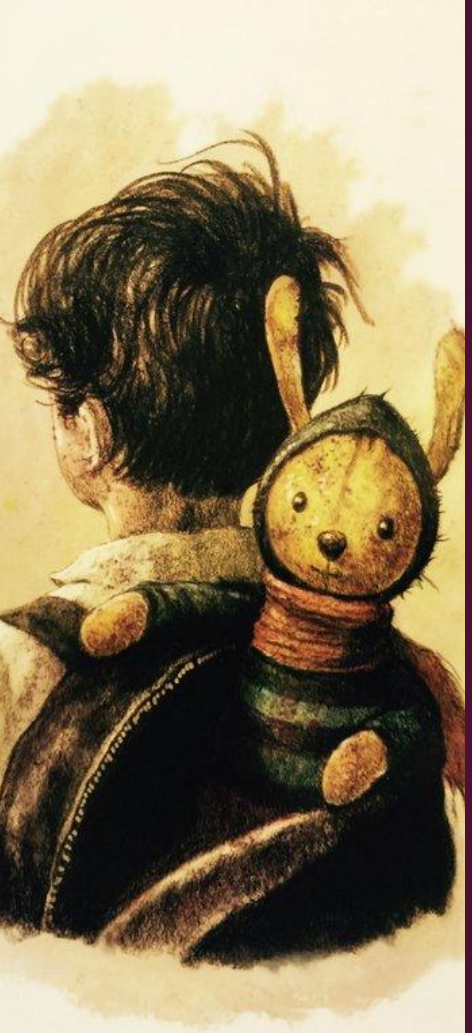
# GROUP COMMITMENT TO A MINDFUL A-VENTURE

**Essential Question:**

How do we create a compassionate community that supports risk-taking, perseverance, and adventure?

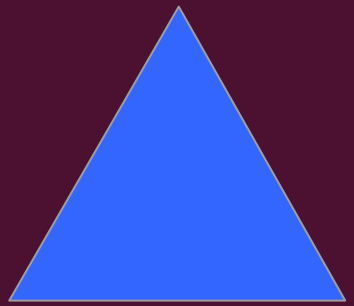
**Focus Question for the day:**

How do we use rituals and routines to build relationships and create a classroom community such that all students are safe and available to learn?



# Learning is the interface between..

COGNITIVE FUNCTIONING
*WE SKILLS*

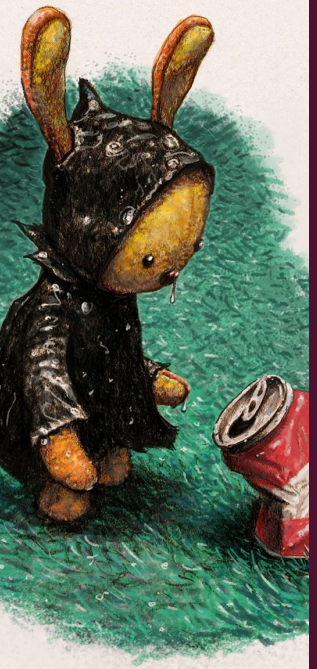


SOCIAL FUNCTIONING
*YOU SKILLS*

EMOTIONAL FUNCTIONING
*ME SKILLS*

# The Principal of Connection:

# Learning is Relationship Driven



No significant learning can occur without significant relationships. Connection is the key.

- **Dr. Becky Bailey**

# CRITICAL COMPONENTS OF SOCIAL EMOTIONAL LITERACY

- Honoring the lived lives of the students through enriched curriculum and varied experiences and perspectives
- Thoughtful spaces that support values and voices
- Engagement that fosters:  inquiry, collaboration, and reflection
- Rituals and Routines that build psychological safety

# Mindfulness, Empathy, and Cognition

# 3 R’s

REFLECTION
RELATIONSHIPS
RESILANCE

# Goal of Mindful Learning is to consciously reflect and respond

SELF REGULATION
is the ability to notice and regulate our thoughts, feelings and actions in service of a goal.

# THIS ONE ESSENTIAL SKILL

Predicts children's academic success and life happiness

Allows for delay of gratification

Allows for you to set goals and achieve them despite obstacles

Develops empathy and ability to problem solve peacefully

-Dr. Becky Bailey

# WHY EARLY?

Link between 21st century skills and early foundations in learning is not rocket science, it is brain science.

-Laura A Jana MD

The Key to Unlocking language development is deeply dependent on our social interactions with children.

- Laura A Jana MD

How big a role does nurturing social emotional skills play in early life?

American Journal of Public Health (2015)
Social Competency Study

## CASEL 2011 Meta-analysis – A Study of Studies

- **213 SEL Research Studies – 270,034 K-12 Students**

- 23% increase in skills
- 9% improvement in attitudes about self, others, and school
- 9% improvement in prosocial behavior
- 9% reduction in problem behaviors
- 1-% reduction in emotional distress
- **11% increase in standardized achievement test scores (math and reading)**

# PROJECT ARISTOTLE

Google spent three years researching what made teams high performing. They looked at every conceivable variable: the smartest individuals, group norms etc and they finally discovered that the number one driver was **Psychological Safety.**

Now they're figuring out ways to grow psychological safety faster than any other organization. They help team leaders gather data on their teams psychological safety and give them a platform using hard data to discuss this soft subject.

# Key Elements of psychology safety:

## Communication+Empathy=Connection

1. Equity of distribution in conversational turn taking.
2. Skilled at social sensitivity- how others feel based on tone of voice, expressions, and nonverbal cues.
3. Clear goals and creating a culture of dependability.

Highest cognitive skill we learn is

empathy

Highest manifestation of that skill is

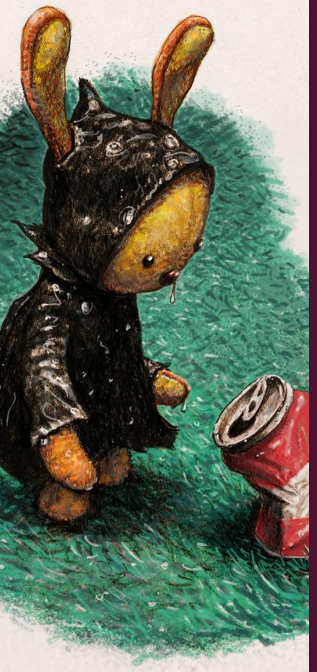
to be of service to others

Best way is to immerse kids in empathy growing experiences...(literature,art, and design challenges) - Play brought  to life

One serves oneself best
when one is serving others.

The key is to be part of a community

-Martin Sheen



# OOPS ITS COOL

# JOBS

# MINDFUL MOONSHOT MOMENTS

# Check Your Energy & Focus Level

Energy Level 1 2 3 4 5 6 7 8 9 10

Focus Level 1 2 3 4 5 6 7 8 9 10

# ACTIVITY TO UNITE

Everyone does the same thing at the same time with the same purpose

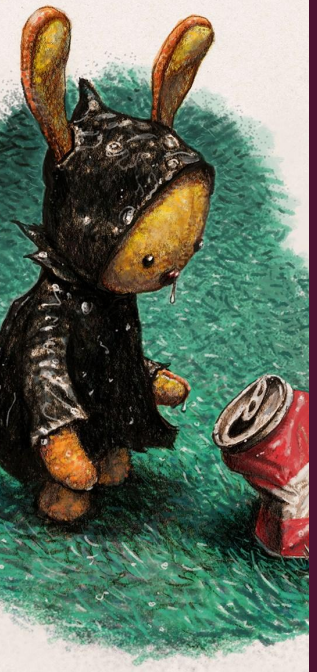
# Check Your Energy & Focus Level

Energy Level 1 2 3 4 5 6 7 8 9 10

Focus Level 1 2 3 4 5 6 7 8 9 10

# Being Mindful starts with

Act of Noticing=Mental Presence=Insight and Creativity



**Activity to Unite** - We value our humanity. **Group greeting*

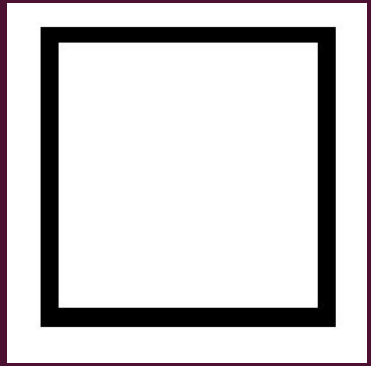
**Activity to Disengage Stress** - We value safety.
**Breathing*

**Activity to Connect** - We value each other. **Building Community*

**Activity to Commit** - We value and respect difference.
**Personal and Academic goals*

*Conscious Discipline - Dr. Becky Bailey*

Structure first



Relationships second

**Routines** create predictability

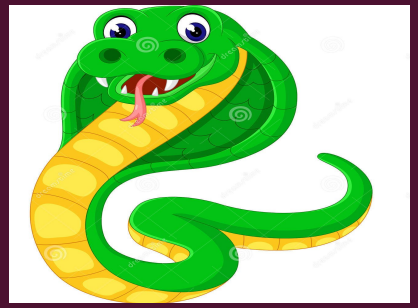
*(Jobs = safety, Morning Mtg, Reflection, procedures)*

**Rituals** create connections

*(Greetings, Building Community)*

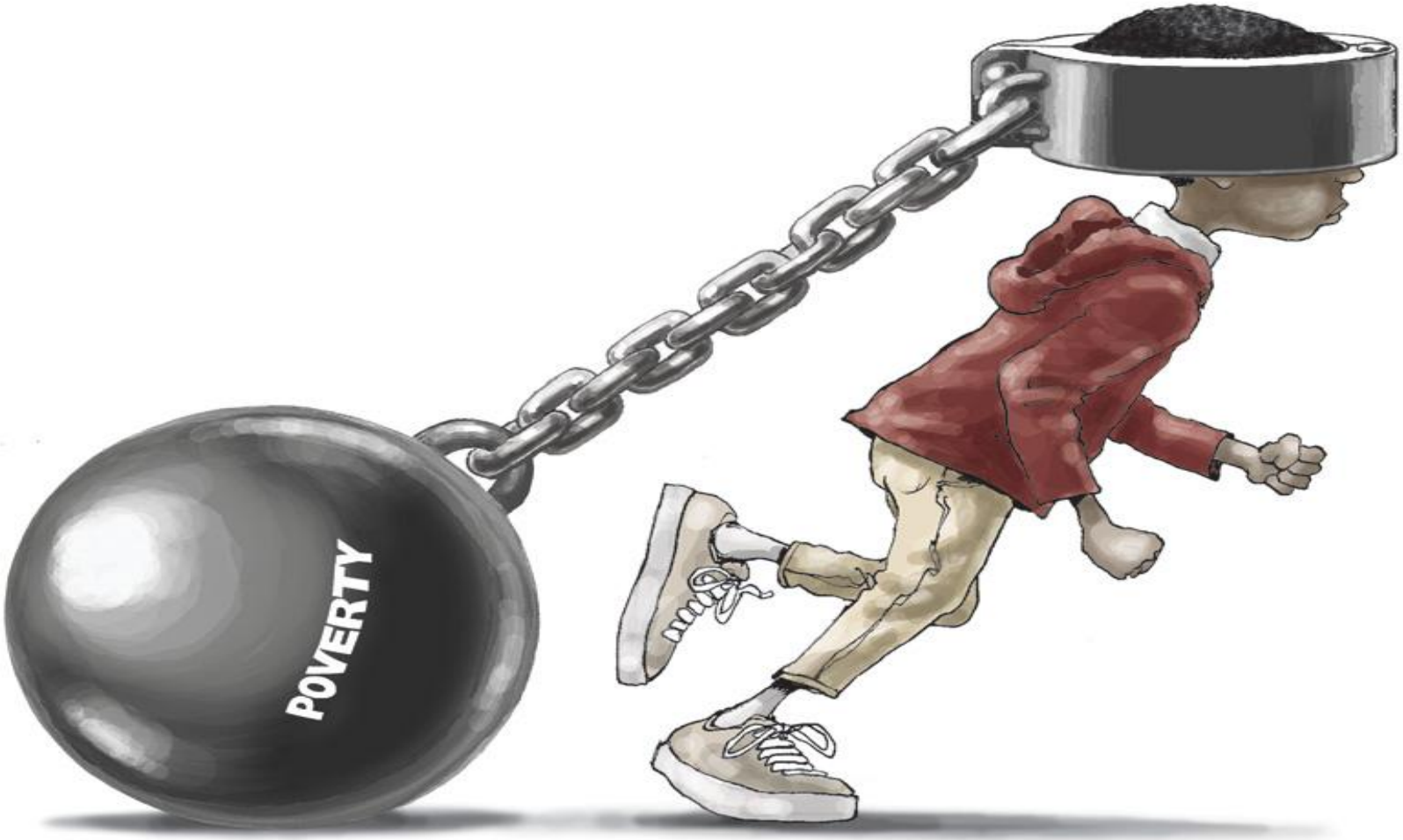
# Activity to Disengage Stress

## Breathing: be a STAR rather than a nut



The sweet spot for learning is low threat and high challenge.

**RELAXED ALERTNESS**


POVERTY

# ACTIVITY TO CONNECT:

# MICRO STORYTELLING

Connections are built by
eye contact
touch
presence
in a playful situation.

Activity to Unite

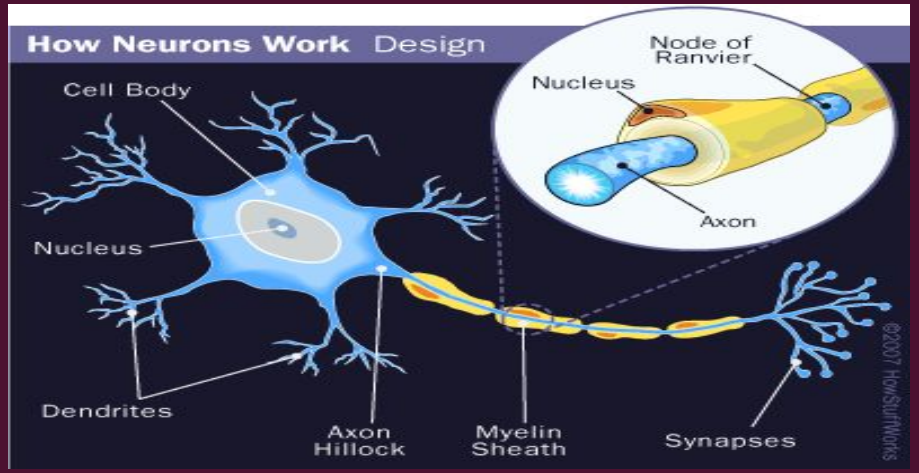
Activity to Disengage Stress

Activity to Connect

Activity to Commit

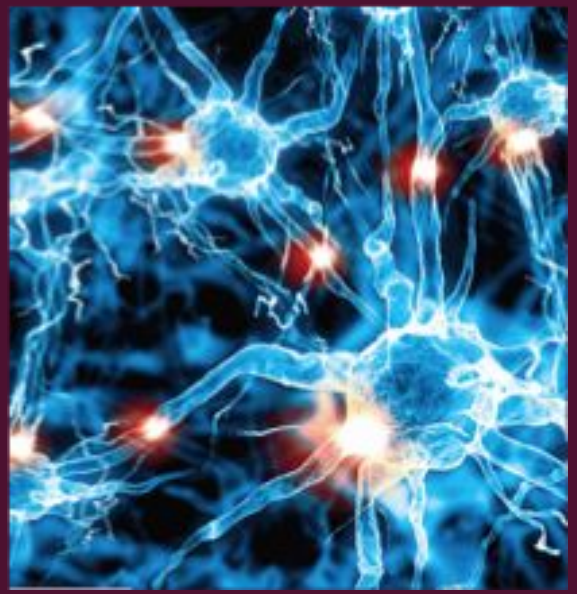
# Connections on the outside build connections on the inside.

This gives you access to willingness to learn and communication skills



# NEED TO BUILD A  ROAD AND HAVE TO USE IT REPEATEDLY-

## SKILL OF EMPATHY BUILDS AN EMPATHY SUPERHIGHWAY



Play shapes the brain...it fosters empathy and makes possible complex social groups.  Play lies at the core of creativity and innovation.

-Stuart Brown

Play is the basis of all art, games, books,sports, movies,fashion,fun and wonder-in short what we think of as a civilization.  Play is the vital essence of life and what makes life lively.

- Stuart Brown

Revolutionary Engineering ideas first came into being as TOYS

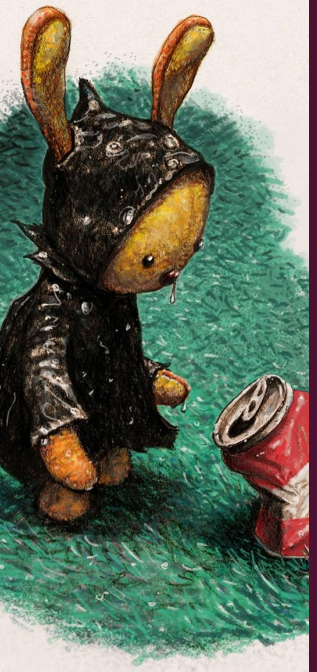
# Merlin's Mechanical Museum

You will find the future wherever people are having the most fun.

- Stephen Johnson

*Wonderland*

*How Play Made the Modern World*



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# ACTIVITY TO COMMIT

Personal Commitment:

I am going to_____

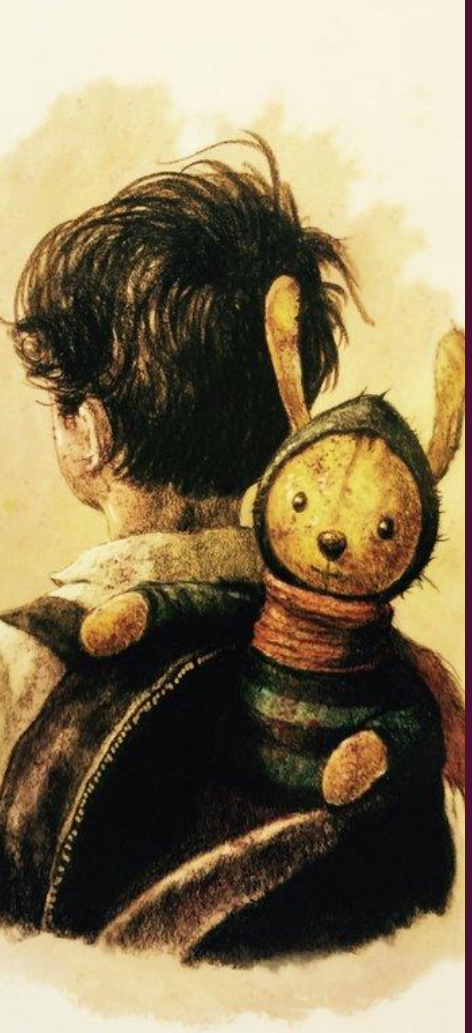
Oops--------- I did it----------.

When I find myself doing _____

I am going to do _____.

# UBUNTU

## “My humanity is inextricably bound to yours”



# Why Now?
# What Works?

# CREATE YOUR JUNKYARD GANGS

# Activity to Unite

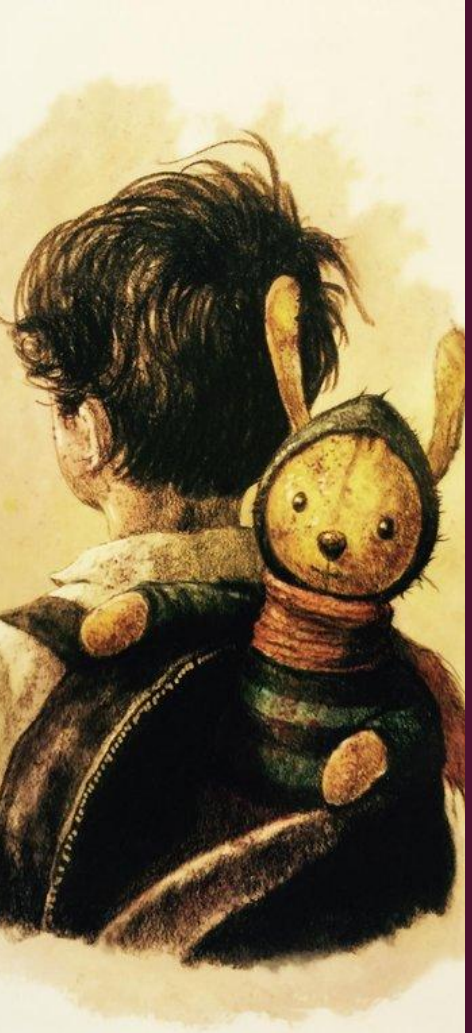
## VALUES EXERCISE

From your core values create:

- Gang Name
- Gang Handshake
- Gang Chant

# Activity to Connect

# Activity to Commit



What do YOU value?
How might you bring your values to your classroom?

# MORNING WRAP UP

- Lunch
- Breakout Sessions

# GOLDEN THREAD REFLECTION

*What connections do you see running through the day so far?*