



 DESCENDANTS OF ROOTS & LEGACY
Community Arts & Wellness  Education Program

Community Arts & Wellness

*How to implement Health & Wellness into your institution and organization

Developed by Ase' O Director and Manager: Jae Sumter



About Asé' O

Asé O: Descendants of Roots & Legacy is Sweet Herbal Honey Apothecary's Community Art and Wellness program that grounds itself in *integrational bridging, inquiry-based learning, and the full-person approach to learning.*

Our program centers on wellness, arts integration, literacy, and social-emotional through the lens of life. Asé O partners with organizations, participating students, and creators interested in teaching their field of focus, creatively and with collective legacy at the forefront. Our program supports organizations, families, and individuals through teaching, coaching, and building integrative curriculums that expand our awareness about ourselves and the world(s) we experience.

Our entry point to collective legacy building and creative-based wellness centers in the traditional framework of each one, teach one mindset that investigates our role(s) in collective liberation. Asé O's approach to education builds and nourishes a sustaining foundation that uses creativity for expression, activism, community empowerment, emotional awareness, identity exploration, entrepreneurship, equitability, solution building, interpersonal development, and an understanding of systemic gaps that lead to community separation.



Community Framework: Book Recommendations

Honoring Our Narratives

208 community oriented books by POC authors for youth & adults

1. Experimenting Visually
2. Exploring Poetry & Creative Writing
3. Understanding History
4. Remembering the Times: Stories Gifted By Our Ancestors & Elders Legacy
5. Caring for LGBTQIA & Gender Identity
6. Reclaiming Culture & Identity
7. Being Mindful with our Practices and Skills
8. Food for the Soul
9. Centering Multicultural Traditions
10. Fighting for Justice & Equality
11. Healing Community
12. Moving through and with Grief & Loss
13. Living joyously in our hair
14. Honoring the land: Herbalism & Farming
15. Embodying our Ancestors & Community Land
16. Self-love is Community Love
17. Celebrating Diversity
18. Aligning with our Dreams
19. Teaching Sex Education, Consent & Body Safety
20. Supporting Trauma Healing & Mental Health
21. Moving towards Financial Independence & Wealth

Book Themes:



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Emperimenting Visually

0. The Beginning Art Book for Kids: Learn How to Draw, Paint, Sculpt & More
 1. Black is my Favorite Color
 2. The world is not a rectangle: A portraits of Architect Zaha Hadid
 3. If I Built a House
 4. Take A Picture of me, James Vanderzeel
 5. Point & Shoot with Taj and Cam!
 6. Almas Art
 7. Art from her Heat, folk artist Clementine Hunter
 8. The Little Artist: An Art History Primer
 9. Fashion Activity books for kids 7-12
 10. Shaped by Her Hands, Potter Maria Martinez
 11. Magic Trash: Tyree Guyton and his art

Aligning with our Dreams

1. The Big Dream of Small Creatures, Gail Lerner
2. Olivia's Doctor Adventures by Dr. Ashley Denmakrt, Mike Motz
3. I want to be a Doctor, Laura Driscoll
4. Drum dream girl, Margaria, Reel Lopez
5. This is Ruby, Sara O'leary Alea Marlet
6. Bedtime Bonnet, Nancy Redd, Nneka Myers
7. Follow your Dreams Little One, Vashti Harrison
8. Little People big dreams, Frida Kahlo
9. I am a mini Entrepreneur, Tori Ellis, Nathan Monaco, kids
10. Dreamers, Yuyi Morales
11. Nothing but net, Jake Maddox
12. Dancing in the Wings, by Debbie Allen, Kardi Nelson
13. Vivi loves Science, Kimberly Berting and Shelli R Johannes, Illustrations Jelle Murraray



Honoring Our Narratives

208 community oriented books by POC authors for youth & adults

Exploring Poetry & Creative Writing

1. Woke: A Young Poet's Call to Justice

Understanding History

1. Young, Gifted and Black: Meet 52 Black Heroes from Past and Present
2. The Hate U Give
3. The people whole fly, American black folktales by
4. We are Not Free
5. Modern Herstory
6. Hidden Figures: The True Story of Four Black Women and the Space Race
7. Textured Teaching: A Framework for Culturally Sustaining Practices
8. When I Grow Up...Great Leaders: Kids Like You that Became Inspiring Leaders
9. Nevertheless, she wore it, 50 iconic fashion moments
10. African Proverbs for All ages
11. Drawn together



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Remembering the Honoring: Times & Storytell Gifted By Our Ancestors & Elders Legacy

1. The Invincible Girls Club, Quilting a Legacy
2. Pearl & Her Gees Bend Quilt, tangular a irby, india
3. Stitchin and pullin, Gee's bend quilt
4. Sweet Clara and the Freedom Quilt
5. Cassie Word Quilt
6. Grandma purse
7. Mama Says Homebirth
8. Planting Stories: The life of Librarian & Storyteller Pura Belpre'
9. Ruby's Reunion Day Dinner
10. We are Family
11. We are grateful, Ostaliheliga
12. In My Grandmother's House: Black Women, Faith, and the Stories We Inherit
13. Your Legacy, a bold reclining of our enslaved history



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Caring for LGTBQIA & Gender Identity

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| <ol style="list-style-type: none">1. A quick & easy guide to Asexuality2. Gender Identity workbook for teens: Practical exercise to navigate your exploration, support your journey and celebrate who you are3. Is feels good to be yourself: a book about gender identity | <ol style="list-style-type: none">4. Bodies are Cool5. When Aidan became my brother6. Julian is a mermaid7. This is our rainbow |
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Reclaiming Culture & Identity

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| <ol style="list-style-type: none">1. Children of Blood and Bone2. Wonderful: the truth about who I am,3. The people shall continue4. I am not a label5. Wash Day Diaries6. Beautiful | <ol style="list-style-type: none">7. The Girls with a Special Gift8. I am not your perfect mexican daughter,9. The swage is in the socks10. Cultural practices: Black equestrian coloring book11. C is for Cowgirl12. The last black king of kentucky derby |
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Honoring Our Narratives

208 community oriented books by POC authors for youth & adults

Being Mindful with our Practices and Skills

1. Mindful Practices & Skill learning
2. Grown- Up Pose
3. The World of Music & Sound
4. So Many Sounds
5. Let's make yoga magic
6. Sewing for Kids, easy projects to sew at home,
7. Sew Simple
8. Dance For Joy: a celebration of moving to music
9. The Earth Child Handbooks: crafts and inspirations for the spiritual child
10. Everything that is: Kids mediation, edie art
11. Mother Nature has the blues
12. Kids Explore Africans: African American Heritage



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Food for the Soul	
<ol style="list-style-type: none">1. Soul Food Sunday2. Yasmin The Chef3. Ain't Gonna J is for Jollof, an african alphabet	<ol style="list-style-type: none">4. Let Nobody Turn Me 'Round5. J is for Jollof, an african alphabet
Centering Multicultural Traditions	
<ol style="list-style-type: none">1. A Gift of Amma (Market Day in India)2. Abuela's Weave3. Mommys Khima4. Children of the Flower song people5. The water Princess6. Suki's Kimono7. Blue Sky White stars	<ol style="list-style-type: none">8. The Other Half of Happy9. World of dances,10. I'll Go and Come back11. The whole world inside Nan's soup12. Exploring with Slema and Senai : let's learn tigrinya



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Fighting for Justice & Equality

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| <ol style="list-style-type: none">1. What can a citizen do?2. When you Hear Me, voices on youth incarceration3. Social Justice Book List for Kids4. Peaceful Fights for Equal Rights5. Stamped (for kids): Racism, Antiracism and You | <ol style="list-style-type: none">6. Greta's Story, The Schoolgirl who went on strike to save the plant, Valentina Camerini7. What we believe: a black lives matter principles activity books, Laleana Garica , caren davison8. Juneteenth book for kids, liberty and justice for all9. Politics for beginners, Usborne |
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Healing Community

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| <ol style="list-style-type: none">1. We are better together2. We are together3. Amazing Grace4. Care Work: Dreaming Disability Justice, Leah Lakshmi Piepzna-samarasinha, adults | <ol style="list-style-type: none">5. Take back the block by Chrystal D. Giles6. Graming Up by Christy Hale, kids, teens7. My Family, your family, our families |
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Living Joyously in our Hair

1. Uncle Jed's Barbershop,
2. J.D and the great Barber Battle
3. I love my Haircut
4. Let's Go to the Barbershop
5. Crown
6. Cool Cuts
7. J.D and the Hair Showdown
8. Natural hair Care, 1125 homemade hair care recipes
9. What can our hair Do?
10. There is nothing my hair can't do
11. Hair there and everywhere, Badt Ken Lusia

1. Curls by Ruth
2. Locs for life: the Roots to wellbeing for African American women, Kalimah Johnson (adults)
3. My locs and Me, Faithlyn scarlett, kids
4. My locs are my crown, sierra F, illustrated by Tharushi Fernando
5. Loving my locs coloring book: Embracing your locs, Yo Yo Johnson, (kids)
6. Leelahs Lovely locs , Leeah Davis, Tyron Schyler
7. My hair is a Garden
8. Twisted: The Tangled History of Black Hair Culture

Moving through and with Grief & Loss

1. Saying Goodbye, a book about loss, Alejandra Posso Stevenson, Aniruddha Lele

1. Gone by never forgotten, a children's books about grief and loss, Pamela Rae Hughey, Arnab Chakraborty
2. Memory Joes, Caldecott honoree / Vera Brosgol



Community Framework: Book Recommendations

Honoring Our Narratives

208 community oriented books by POC authors for youth & adults

Honoring the land: Herbalism & Farming

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| 1. Sam the Junior Herbalist: Angela rahim, illustrated bt Ameenah Samuel | 6. Dr. Sebra Encyclopedia, Serena Brown |
| 2. All kids herb book | 7. Jambalaya: Personal Book of Charms |
| 3. Green is a Chile Pepper | 8. Everything I want to do is illegal: war stories from the local food front, Jeel Saltin |
| 4. Dr. Sebi Treatment Books, audiobook, adults | 9. African American Herbalism: A practical guide to healing plants and folk traditions, Lucretia Vandyke |
| 5. Awesome Herbs for kids | |

Embodying our Ancestors & Community Land

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| 1. Ancestors Approved : Interracial Stories for Kids, edited by Cynthina Leitich Smith | 6. Seeds of Change (kids) |
| 2. Farming while black, Soul Fire Farm Practical Guides to Liberation on Land written by Leah Penniman, adults | 7. Our Community Garden, by Barabra (kids) |
| 3. Summer Sun Risin, by W. Nikola-Lisa, Illustrated by Don Tate (kids) | 8. I am a Farmer (Grounding an environmental Movement in Cameroon) by Baptiste & Miranda Pual, Illustrated by Elizabeth Zunon (kids and teens) |
| 4. Green Green | 9. The Beeman by Laurie Krebs and Valeria Cis (kids) |
| 5. A Community Gardening Story (kids) | 10. Max goes to the Farmers Market |

Self-love is Community Love

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| <ol style="list-style-type: none">1. Positive Affirmations for Brown Boys by Erika J Gibson2. Breathing is my Superpower: Mindfulness book for kids to feel calm and peaceful3. The purpose driven teenager, a teens guide to discovering and fulfilling purpose, Mordecai Orimiladeye4. The african princess, Sope Martus | <ol style="list-style-type: none">5. With the Fire on High, Elizabeth Aceveo, teens and adults6. That's not my name by anoosha syed7. Hair Love by Mathew A Cherry, illustrated by Vashti Harrison8. Brown Boy Joy9. Be Boy Buzz10. Leo can swim11. He's got the whole world in his hands, Kadi Nelson | <ol style="list-style-type: none">12. All boys aren't Blue, a Memoir Manifesto by George M. Johnson, audiobook13. I am Enough - Audiobook By: Grace Byers14. Black Girl Magic, Mahogany L Browne, Idrissa Simmonds and Jamila Woods, teens and adults15. The world Collector, Peter H Reynolds (3-7) |
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Celebrating Diversity

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| <ol style="list-style-type: none">1. We are all related, written by Mitakuye Owasin2. Happy in our skin3. Sweet People are everywhere by Alice Walker, Quium Torres, kids, teens and adults4. The Color of Us by Karen5. Rubys Chinese New Year | <ol style="list-style-type: none">6. Home is in between, Mitalla Perkins, Lavanya Naidu7. They Call me Africa, Nadine A Luke, Sameer Kassar8. The Ghanaian Goldilocks, Dr. Tamara Pizzoli9. I lost my tooth in Africa, Penda Diakite, Baba Wague Diakite10. Hats of Faith, Medeia Cohan, Illustrated sarah walsh | <ol style="list-style-type: none">11. Linda Eovitz Marshall, Eillisa Chavarri12. Grandmas List: Portia Dery and Toby Newsome13. Off we go to Mexico, an Adventure in the Sun, Laurie Krebs and Christopher Corr14. Rainbow Weaver, Tejedora Del Arcoiris |
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208 community oriented books by POC authors for youth & adults

Teaching Sex Education, Consent & Body Safety

1. Consent for kids, Boundaries. Respect and Being in Charge of you, Rachel Brian, kids
2. Safety and Consent for Kids and Teens with Autism or Special Needs, a parent's guide, Bebras. Jacobs, (adults)
3. Can we talk about Consent, Justin Hanock, illustrated by Fuchsia Macaree
4. Yes! No! - A first conversation about Consent, kids, Hegan Madison, Jessica Ralli, Isabel Roxas
5. It's my Pleasure: Decolonizing sex positivity, Mo Asebimno (adult)
6. Sex education for teens, Elizabeth Tucker
7. The Essential Sex Education book for parents: Guided conversations to have with your tweens and teens, Daniel Rice
8. Sex, Puberty and All that stuff: A guide to growing up, Jacqui Bailey
9. Let's talk About it, A teens guides to sex, relationship and being a human, Erika Moen and Matthew Nolan
10. I said No: A kid guide to keeping private parts private: Zack and Kimberly Kind, Illustrated by Sue Roana
11. An exceptional children's guide to touch: Teaching Social and Physical boundaries to kids, Hunter Manasco, Illustrated by Katherarine Manasco
12. Good Pictures, Bad Pictures, porn proofing today's young kids
13. My body belongs to me, Jill Starishevsky, Angela Padron
14. It's not the stork, a book about girls, boys, babies, bodies, families, and friends, Robie H. Harris, Michael Emberly
15. Consent. Every teens guide to healthy sexual relationships, Jennifer Lang, Md
16. The Sexual Trauma workbook for teens, Raychelle Cassada Lohmann, Sheela Raja



Honoring Our Narratives

208 community oriented books by POC authors for youth & adults

Supporting Trauma Healing & Mental Health

1. The body keeps the Score: Brain, Mind and Body in the healing of trauma, Bessel Van Der Kolk, M.D, adults
2. Thing you can't say, Jenn Bishop, kids
3. Healing days, A guide for Kids who have experienced trauma
4. Mental Health, What's that: Let's explore: An introduction to Mental Health for Children by Marchella K. Norman MA, illustrated by: Kenady Kitchen, kids
5. My Two Homes: Explaining divorce to young children, Alejandro Pozzo, kids
6. It's not your fault, Lindsay L. Krebs, MS Ed/ CAS illustrated by Kimberly Merritt, kids. A kids books about Trauma, Megan Bartlett
7. We listen to our bodies, Lydia Bowers, illustrated by Isabel Munoz

Moving towards Financial Independence & Wealth

1. It's a Money Thing! : A girls guide to Managing Money (kids)
2. Personal Finance, through everyday stories from around the world, Elena Fernandez Prados
3. The everything Money Books for kids, Brette McWhorter Sember J.D
4. The Compound effect
5. Money Plan, by monica eaton, illustrated by Anastasia Cartovenco
6. If you made a million by David M. Schwartz, illustrated by Steven Kellogg



Community Arts & Wellness Division

The Community Arts & Wellness Division connects the nonclinical pathologies and pathways of artistic learning, activism, arts integration, and the frameworks of health and wellness that introduce students to intuitively practical knowledge and practice that support their understanding of themselves, their communities, and the world around them. This Health and Wellness approach provides an understanding of social-emotional learning, studio habits of the mind, and community resilience as a pathway for students to better understand themselves from a wholistic lens that centers integration, a divergent introduction to healing arts, and a more in-depth understanding the world around them, systemically, ancestrally, emotionally, interpersonally, and communally.

Arts Integration, Arts Wellness, Healing Justice and Social Emotional Learning through a social justice lens are essential and allow students to make sense of the world from macro and micro perspectives. When the arts guide is a foundational grounding tool for radical healing, it can further support students' interpersonal understanding by introducing them to approaches that bring holistic expression, advocacy, storytelling, self/community empowerment, and resilience. With this introduction of pathways for learning self and the world through an arts and wellness lens, students become aware and comfortable channeling their emotions, expressing them effectively, and connecting with the others around them.



Division Focus

Key Elements

Healing Justice, Mental Health and Mindfulness, Meditation and alternative-indigenous non-clinical approaches to healing, Arts Integration, Social Emotional Learning, Studio Habit of the Mind, Making Learning Visible.

Partnerships: Schools, Arts with healing-based organizations. Movement healing practitioners, service providers, freedom forest schools, Urban Farms and gardens, community artists and educators, and SEL Wellness-based TAs.

Community Educators, Teaching Artists, Classroom Teachers, and Staff support developing the framework and theory of action for non-clinical therapeutic programming).



Our Healing Arts & Wellness Approach

Gathering the tools that build upon students' trusty toolkit of holistic non-clinical art practices can:

1. Foster emotional intelligence and an understanding of their learning process/style.
2. Bring awareness and greater understanding of them and the unjust systems created to disempower them.
3. Understanding their personal narrative in a collective narrative.
4. Bridge the development gap of interpersonal and social-emotional understanding.
5. Create better educational environments where students feel seen, heard, acknowledged, confident in their learning abilities, and empowered in processing the world around them.



Guiding Questions

Through this program, Ase' O seeks to answer guided questions that better support the inclusion of Social Emotional Learning (SEL), Arts Integration, Roles of Social Change and additional approaches that provide students and community partners with the impactful components to building pathways that highlight and reframe Health and Wellness arts practices.

By introducing monthly healing circles, healing arts, SEL reflections, and integrative methods, students can explore themselves holistically in traditional and alternative educational environments that center their voices and stories. Through these welcoming questions and approaches, students can feel supported in learning the inspired outlets that help them discover "how" to work through themselves and the understanding of social impact that either hinders or creates impactful change for them mentally, physically, emotionally, intellectually, and creatively.

These introductions include but are not limited to creative-based meditative after-lesson reflections such as journaling, dancing, visual art, indigenous and cultural arts, chants, singing, and more.



Guiding Questions

1. *What does it look like incorporated into lessons?*

Embedding SEL can be built upon and incorporated daily into lesson plans and community/classroom culture, whether it is five minutes during reflection periods and at the beginning of a lesson or centered in the lesson. There are a variety of approaches to SEL that can better support your existing learning environment and the students' overall awareness and understanding.

Additional Note:

For Teaching Artists, SEL can lead with end-of-lesson reflections, the beginning of lesson questions, or leading the lesson with a background (personal story, post-its, character development, meditation, and discussion) that can be the foundation included in each lesson. Embedding SEL does not have to mean centering every lesson on an SEL-based project, but it is building upon the framework of a mindfully creative learning environment that nourishes a multi-lens approach to helping students understand their emotions, goals/dreams, experiences, and holistic awareness.



Guiding Questions

2. How can your organization include SEL and CRM?

- Incorporating a physical meditation station in classroom environment, camps, parties, and alternative spaces that allows students on the spectrum and who need emotional-behavioral support the space to drink tea, read, and meditate: make art alone, breathing exercises, stretch, and more additional.

Meditation Station: 5 senses for clarity and stress/anxiety relief

- Tea section (Sense: Taste)
- Fidget toys (for adults and youth) (Sense: Tactical)
- Art supplies for personal artmaking (Sense: Tactical)



 DESCENDANTS OF ROOTS & LEGACY
COMMUNITY ARTS AND WELLNESS

Ase' O Community Arts and Wellness Implementation:

Programming



Ase' O Implementation: Themes & Word Wall

- 1. Social Emotional Learning (SEL):** SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.
- 2. Making Learning Visible:** Making Learning Visible is creating strong learning cultures in schools using documentation as a tool to deepen and extend learning. Making Learning Visible has a goal to create and sustain powerful cultures of learning in classrooms and across schools that nurture individual and group learning.
- 3. Healing Justice:** Healing justice addresses “racism and oppression as a public health issue and social illness that informs our physical, emotional, environmental, spiritual, and psychic well-being.” It uplifts the strength and inherent capacity of communities to harness our own power and transform oppression through healing.
- 4. Arts Integration:** Arts integration is an approach to teaching in which students construct and demonstrate understanding through an art form.
- 5. Socio-Ecological Model:** The Social Ecological Model is a framework put in place in order to understand the multifaceted levels within a society and how individuals and the environment interact within a social system.



Ase' O Implementation

5. In-School Programming: Monthly Healing Circles (in-school and/or camp)

Monthly student-centered healing circles that include reflective surveys (in the form of postcards or artmaking) allow space for students to reflect upon their experiences, develop affirmations, and share them anonymously or publicly. The underlining of healing circles will stand as a guiding light that dedicates intentional time for students to share aloud with each other, learn each other's stories, and feel loved in the power of being honest and seen.

Healing Circles can take place indoors or outdoors. A suggestion would be to ask the students based on collective conscience. The environment does matter and plays a significant component in students feeling comfortable. Outdoor healing circles such as school gardens, playgrounds, or grass areas can be a great asset due to their open space that can support bringing down student guards, anxiety levels, and fears that can trigger potential feelings of judgment. A welcoming environment can foster healing, empowerment, inspiration, and personal-communal safety.



Ase' O Implementation

Community Educators and Teachers Implement monthly healing circles with their students that offers space for them to direct their class time to unpacking socially and emotionally through art making, ancestral awareness, and having the space to speak up on their everyday challenges and realities that welcome the opportunity for students to use art as a healing tool for.

Circle Lesson Example:

1. Ice Breaker/ Student-led question
2. Meditation (music, breathwork, sound bowl,
3. Discussion: World Topic-- Prompt or proposed question
4. Art Making
5. Pair Exercise & Share Out
6. Arts Integrated Personal Reflection
7. Gallery Walk

CREATING YOUR INNER SAFE SPACE

Allow yourself to feel safe inside of who you are.

Let your space be conducive to that inner peace vibe.



Take up journaling or sharing your feelings more.

Realize you can control your emotions.

Practice self-soothing with calming scents, textures, and colors.

Find hobbies and activities that help relax you.

Practice positive self-talk.



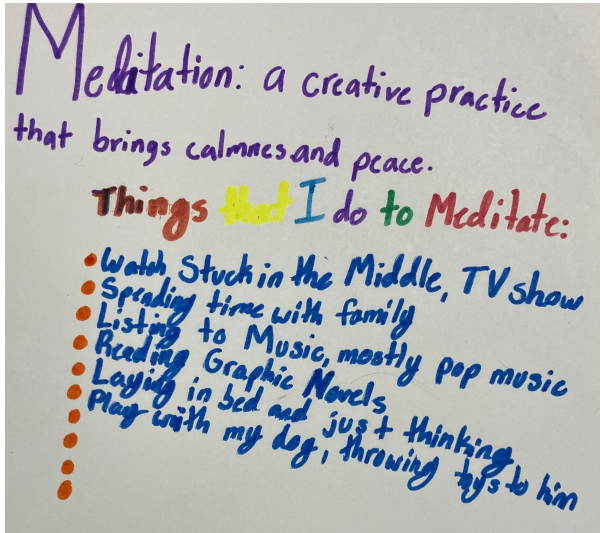
Ase' O Implementation: In-School Programming Lesson 1

DESCENDANTS OF ROOTS & LEGACY

Lesson: What is Meditation?

Trauma Informed Exercise, Mindfulness, Reflection and Meditation Practice.

Word Wall: Mindfulness, Meditation, Feelings, Memory, Structure.



The exercise introduces students to forms of greater understanding around concepts and tangible practices of meditation within their own practice and resonance.

This exercise can welcome them to a new daily practice that is creative, relaxing, intentional, and reflective through memory.

Grade Group: Any





Ase' O Implementation: In-School Programming Lesson 2



Lesson: Emotional Vision Board

Guided questions: What are emotions?

How can I understand my emotions?

How can I channel and express my emotions honestly, safely and freely?



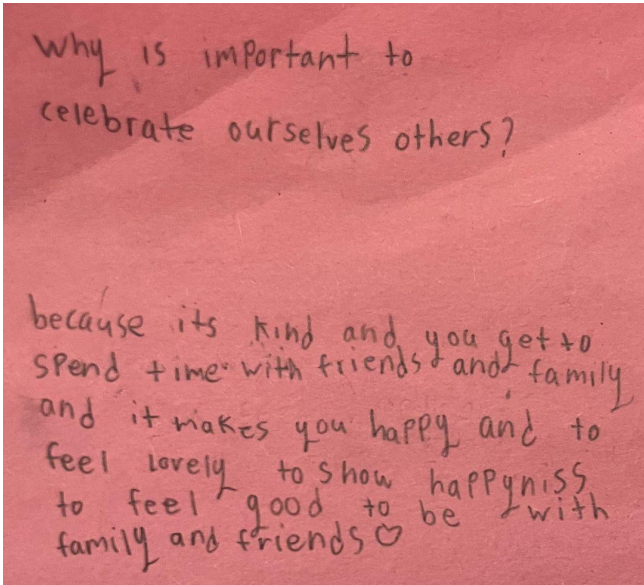
Grade Group: 3rd & 5th Grade (or any grade level)

Word Wall: Emotions, Vision, Board, Vision Board, Color, Express

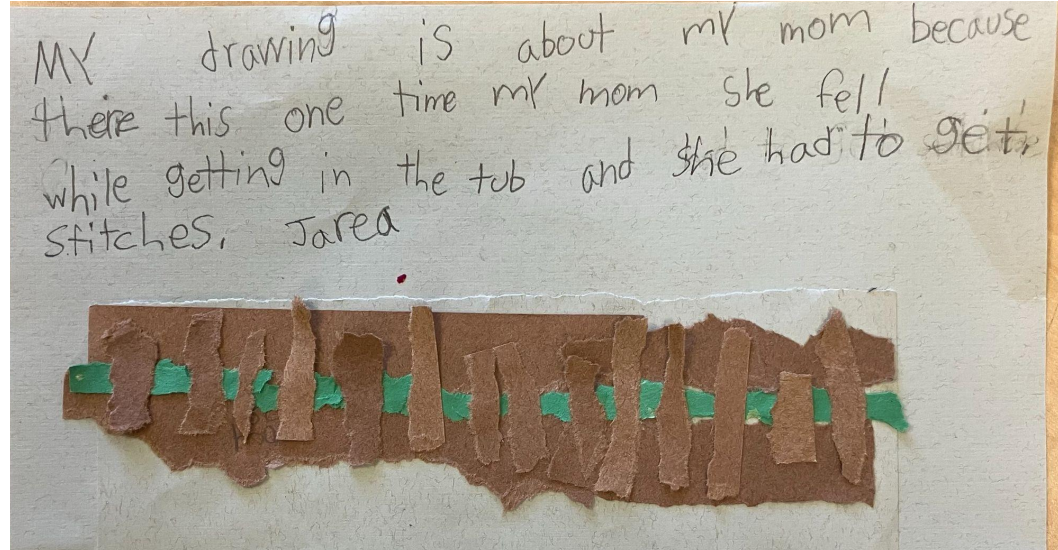
Reflection Practices Examples

Reflections Practices:

Teachers can use guided questions as a reflective approach by centering their lesson on a SEL-centered theme inclusive of the Elements of Arts that allows students to reflect, process, and embrace those emotions through art. Reflections can be integrated as an aftermath of the project. A short reflection can allow students to reflect on their inspiration for what they produced and how it connects to the world around them.



SEL Short Reflection



Connected to emotion, personal experience and memory

SEL Centered Project



Reflection Practices Examples

DESCENDANTS OF ROOTS & LEGACY

Emotional Poem: What's your story?

Creative Writing Lesson with visual expression

SEL & Trauma Informed Teaching Artist with

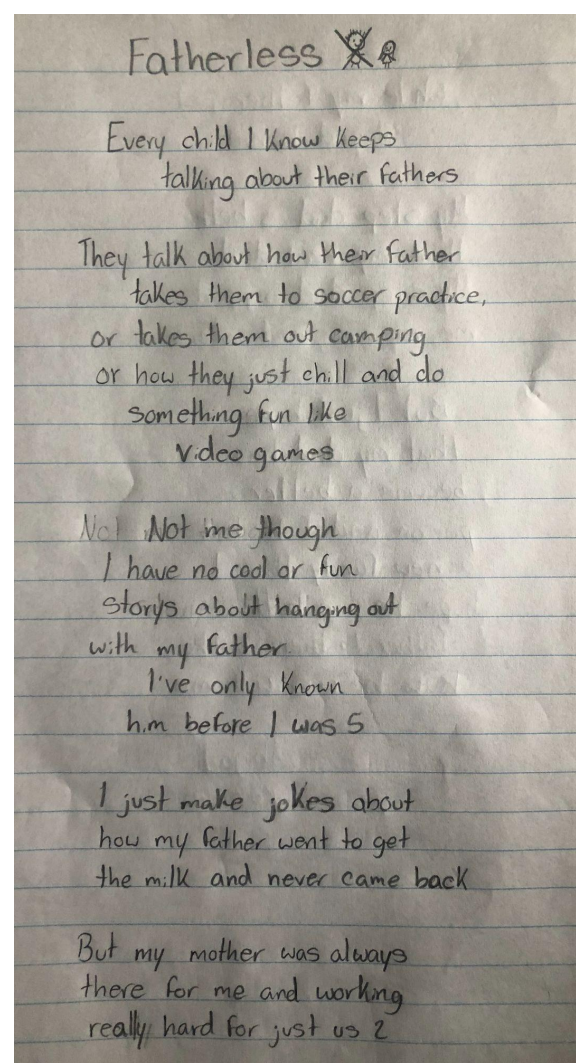
Art Integration lens

Or

Co-Teaching between Visual Teaching Artist and

Creative Writing Teaching Artist

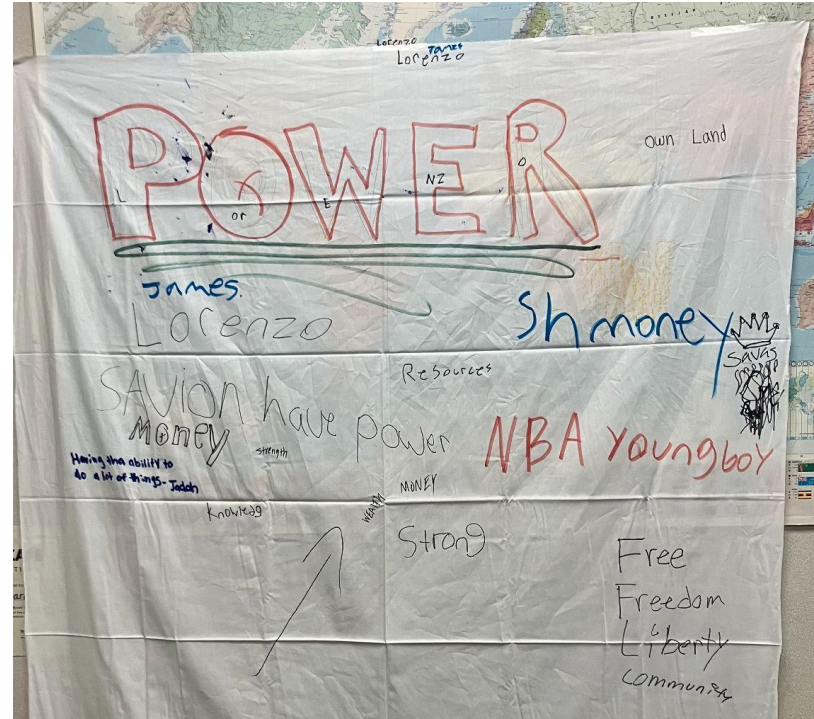
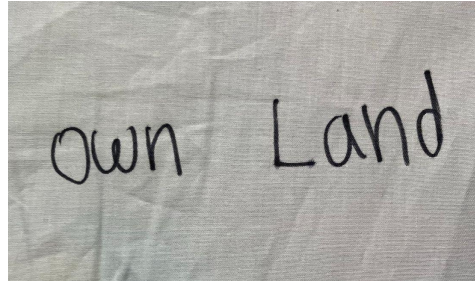
Examples: From Jae's students. Middle School student



POWER Lesson: Healing Justice & Arts Integration Reflection Exercise

Guided Questions:

- What is Power?
- Who has power?
- What do we do with power?
- Do we have power?
- How can we use our power to better
Ourselves and our future?
- How can we use our power to make a difference?
- What is collective power and can we use it
to advocate, organize and liberate?
- How can our power be used for personal and collective healing
that bridges gaps?





Dream World Project: SEL Arts Integration & Healing Justice Lesson

Guided Questions: What is your dream world? What does your just world feel and look like?

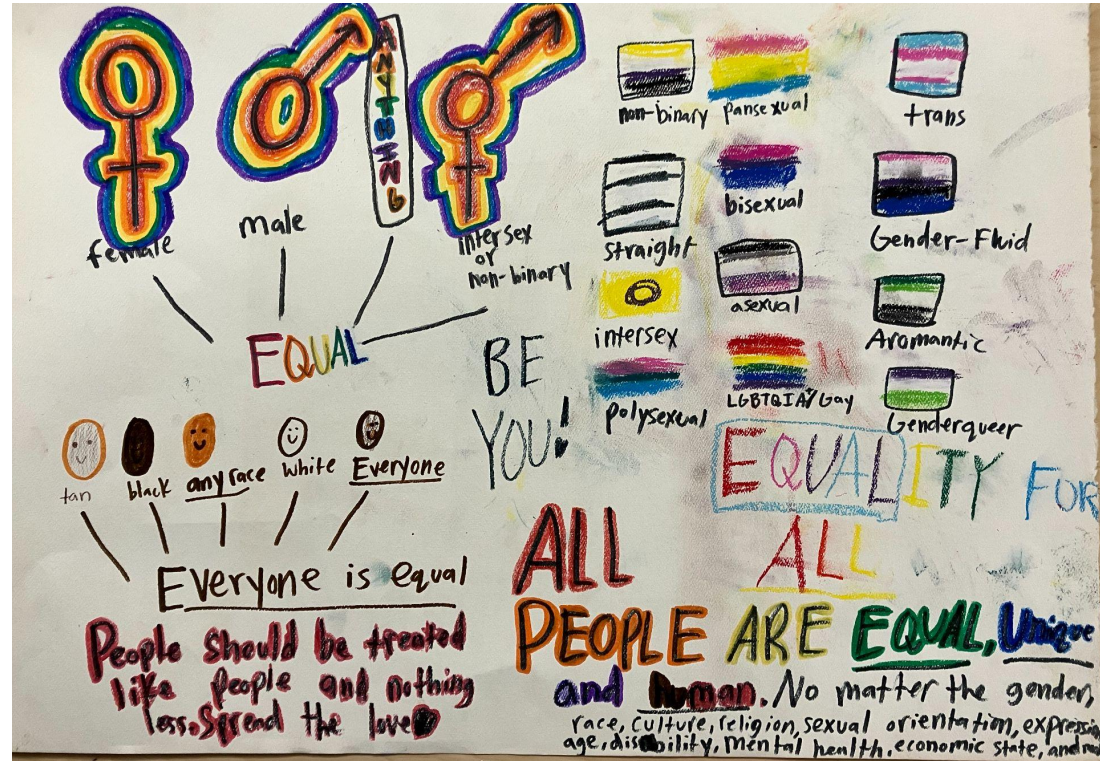
Grade Level: 4th-5th Grade (up to High School)

1. I learned that sometimes society isn't always going to accept you so, you just have to be you. Also that no matter who you are you should ~~be~~ always be accepted. Also that people should always be equal.

2. It was nice to be working alone.

3. I was inspired by the unequal world we live in and activism.

4. I used chalk markers, markers and pencil.





Emotions Lesson: SEL & Arts Integration

Guided Questions:

What are emotions? How do I feel?

Grade Level: 2nd-High School

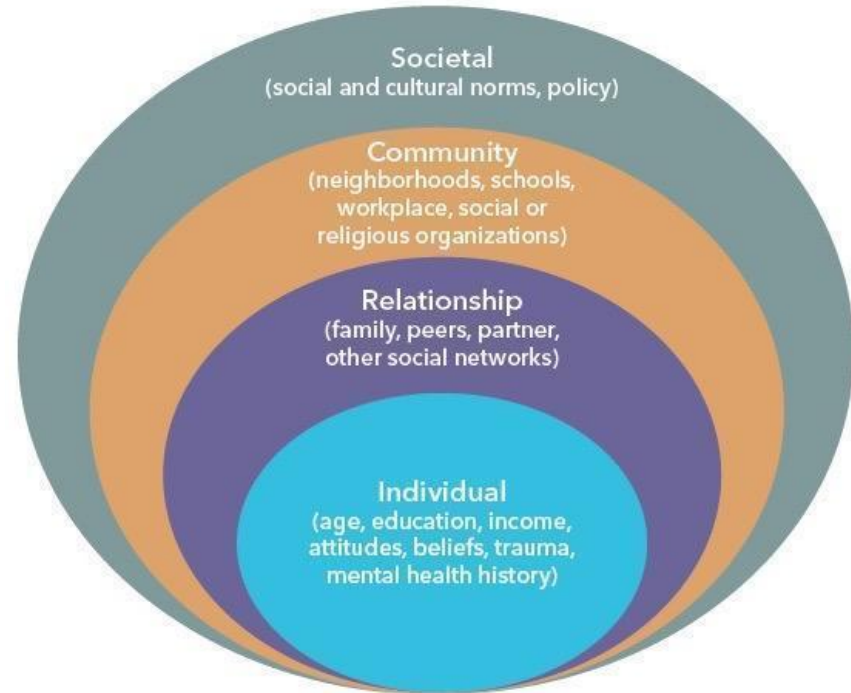




The Social Ecological Model is a framework put in place in order to understand the multifaceted levels within a society and how individuals and the environment interact within a social system.

The individual level is concerned with an individual's knowledge and skills. Knowledge about a disease helps the individual understand more about it. It helps inform them about how susceptible they are to the disease, how serious the disease is, and the overall threat of the disease. Knowledge is not enough to change attitudes most of the time but it helps a great deal by influencing key attitudes and decisions individuals make. The interpersonal level has to do with a person's relationships with other people – family, friends, and so on. At this level, the parents of the individual can have regular talks with their children about sex and go for health screening from time to time. Making condoms available for their kids might also be a good idea since they cannot control their kids' every move (Models and Mechanisms of Public Health).

The Social Ecological Model



<https://courses.lumenlearning.com/suny-buffalo-environmentalhealth/chapter/core-principles-of-the-ecological-model/>



The Social Ecological Model

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The Framework

Weavers: I see the through-lines of connectivity between people, places, organizations, ideas, and movements.

Experimenters: I innovate, pioneer, and invent. I take risks and course-correct as needed.

Frontline Responders: I address community crises by marshaling and organizing resources, networks, and messages.

Visionaries: I imagine and generate our boldest possibilities, hopes and dreams, and remind us of our direction.

Builders: I develop, organize, and implement ideas, practices, people, and resources in service of a collective vision.

Caregivers: I nurture and nourish the people around me by creating and sustaining a community of care, joy, and connection.

Disruptors: I take uncomfortable and risky actions to shake up the status quo, to raise awareness, and to build power.

Healers: I recognize and tend to the generational and current traumas caused by oppressive systems, institutions, policies, and practices.

Storytellers: I craft and share our community stories, cultures, experiences, histories, and possibilities through art, music, media, and movement.

Guides: I teach, counsel, and advise, using my gifts of well-earned discernment and wisdom.



Learning Disabilities & Styles

- Includes learning styles that can better support and understand learners

What are Learning Disabilities?

A learning disability affects the acquisition of knowledge or skills in our learning development. In particular, it affects our neurodevelopmental conditions that affect learning, especially our academic skills in reading, writing, mathematics, or overall comprehension. Learning disabilities can be present from childhood to adulthood. Without creating an environment for children and adults to understand their learning styles(s), this can develop challenges in one's academic, social and emotional functioning as well as the relation to their everyday learning experiences beyond the classroom.

What are Learning Styles?

Learning styles refer to an individual's preferred and natural way to absorb, process, comprehend, and retain information. There are four main learning styles that each individual occurs or develops; each person has their learning style(s) and can integrate naturally depending on the learner. Understanding learning styles can support us beyond the classrooms with everyday support with an understanding of the world around us.

Learning Styles





Making Learning Visible: A Spectrum

Clarifying the sequence and patterns of learning

**Stage 2:
The Process**

Making the context for learning authentic

**Stage 4:
The Self**



Stage 1:

The Products

Publishing student work

Stage 3 :

The Need To Know

Making the utility of knowledge and curiosity obvious

teachthought

Making Learning Visible

Ways to Make Learning Visible in the Classroom

Transfer learning

This type of learning moves students into owning their learning and applying that knowledge to different situations. In this way, students are motivated by their own curiosities.

Problem-solving teaching- Teachers have been using a version of problem-based learning forever. Many, though, aren't using it correctly. Make this one tweak and you could be quite effective. Instead of issuing a problem and inviting students to solve it, you can share conflicting information. Then, ask groups to identify what they think the problem is, and how best to solve it, supporting their reasons with evidence.

Healing Justice



DESCENDANTS OF ROOTS & LEGACY
A 501(c)(3) NON-PROFIT ORGANIZATION

What is Healing Justice?

“Healing justice addresses “**racism and oppression** as a public health issue and social illness that informs our physical, emotional, environmental, spiritual, and psychic well-being.” It uplifts the strength and inherent capacity of communities to harness our own power and transform oppression through healing.” --

Healing Justice Centered Books: For TA's

1. **Healing Justice Lineages: Dreaming at the Crossroads of Liberation, Collective Care, and Safety** **Published: February 7, 2023** by Cara Page (Author), Erica Woodland (Author), Aurora Levins Morales (Foreword)
2. **Let This Radicalize You: Organizing and the Revolution of Reciprocal Care (Abolitionist Papers)** **Published: May 16, 2023**
3. **Rest Is Resistance: A Manifesto. Published: October 11, 2022** by Tricia Hersey (Author)

Article:

<https://nonprofitquarterly.org/what-is-healing-justice/#:~:text=Healing%20justice%20addresses%20%E2%80%9Cracism%20and%20oppression%20as%20a,our%20own%20power%20and%20transform%20oppression%20through%20healing.>



Wellness and Wellbeing

What is Wellness?

Wellness is a modern word with ancient roots. The key tenets of wellness as both preventive and holistic can be traced back to ancient civilizations from the East (India, China) to the West (Greece, Rome). In 19th-century Europe and the United States, a variety of intellectual, religious and medical movements developed in parallel with conventional medicine. With their focus on holistic and natural approaches, self-healing and preventive care, these movements have provided a firm foundation for wellness today.

Wellness is multi-dimensional:

- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- **Spiritual:** Searching for meaning and higher purpose in human existence.
- **Social:** Connecting and engaging with others and our communities in meaningful ways.
- **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices and wellbeing.

Community Wellness & Wellbeing

Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfill their potential.”

Community wellness is based on a public health approach with two assumptions. First, most illnesses are preventable, including various types of mental illness. Second, the community itself contains many solutions to its own health needs and already has many techniques to encourage resilience and wellness.

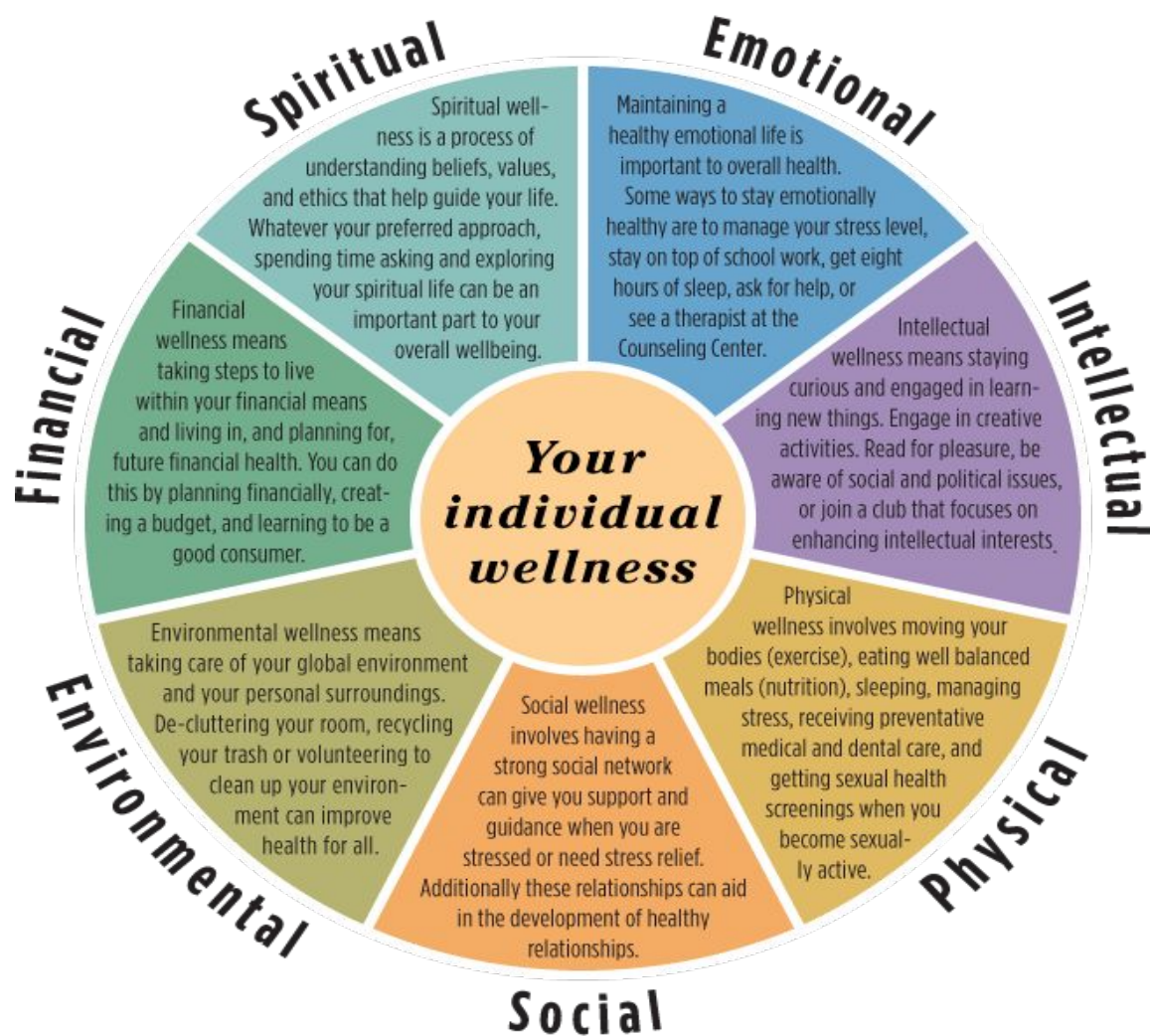


Community Wellbeing in power

According to the Gibson on Edge, “Community is...belonging. Support and inspiration. Shared investment. Common beliefs. A sense of safety and happiness. Togetherness. Connection. Community can mean something different to each person. But regardless of your definition, community is an essential element of our overall well being. (thegibsononedge)

Forms of wellbeing:

- Career wellbeing: You like what you do every day.
- Social wellbeing: You have meaningful friendships in your life.
- Financial wellbeing: You manage your money well.
- Physical wellbeing: You have energy to get things done.
- Community wellbeing: You like where you live.





Social and Emotional Learning (SEL)

SEL (OUSD SEL Standards)

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.

What is the CASEL Framework?

“CASEL wheel,” helps cultivate skills and environments that advance students’ learning and development. Schools, districts, states, and others can use CASEL’s Framework to:

- Foster knowledge, skills, and attitudes across five areas of social and emotional competence;
- Establish equitable learning environments and coordinate practices across four key settings that support students’ social, emotional, and academic development.



SEL Core Competencies

1. **Self-Awareness** - The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."
2. **Self-Management** - The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.
3. **Social Awareness** - The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.
4. **Relationship Skills** - The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.
5. **Responsible Decision-Making** - The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.



Arts Integration

What is Arts Integration?

“Arts integration is an approach to teaching in which students construct and demonstrate understanding through an art form.

Students engage in a creative process which connects an art form and another subject area and meets evolving objectives in both areas.” -
The Kennedy Center

Key Features of Arts Integration

1. Standards-Based
2. Teaching in and through the Arts
3. Assessing Both Areas

What is Arts Integration?



an **APPROACH** to
TEACHING
in which students
construct and demonstrate
UNDERSTANDING
through an
ART FORM
Students engage in a
CREATIVE
PROCESS
which **CONNECTS**
the art form and
another subject area and
meets
EVOLVING
OBJECTIVES
in both where they
naturally fit.





Arts Integration

- **Standards-Based**

One of the main ideas of Arts Integration is that it is grounded in connected standards. When you're creating a lesson, ask yourself: what standards am I addressing in both the content and the art area? If you can't identify both, it's not art integration.

- **Teaching in and through the Arts**

When you're working in an arts integration lesson, you might notice that the line between the content and the arts is blurred. That's a great thing! In arts integration, the arts are a pathway through which students apply and connect the previously taught content. The arts are not servicing the content. Instead, both the content area and the art area are interconnected.

- **Assessing Both Areas**

In an arts integration lesson, the closing assessment reflects the growth in both the content area and the arts area that was taught. Do you have to be a master in the arts area to assess it? No, because you're looking for growth in that area. The teaching artist can support and can evaluate an arts standard for mastery, just as the classroom/content teachers can evaluate a content standard for mastery. But anyone can measure growth in both areas.



Arts Integration

Exercise One:

Watch the attached video and answer these questions.

1. In the video, what were the two reasons they believed arts integration was critical to their school environment?
2. Name one or two takeaways from the video that was interesting to you.
3. How do you think arts integration could benefit students in the classroom?
4. What are some of the challenges of using an art integration practice with your students?
5. Have you ever taught an arts-integrated lesson, if yes, please briefly describe the project.
6. Or if you have not had much experience with Arts Integration, what support would you need?

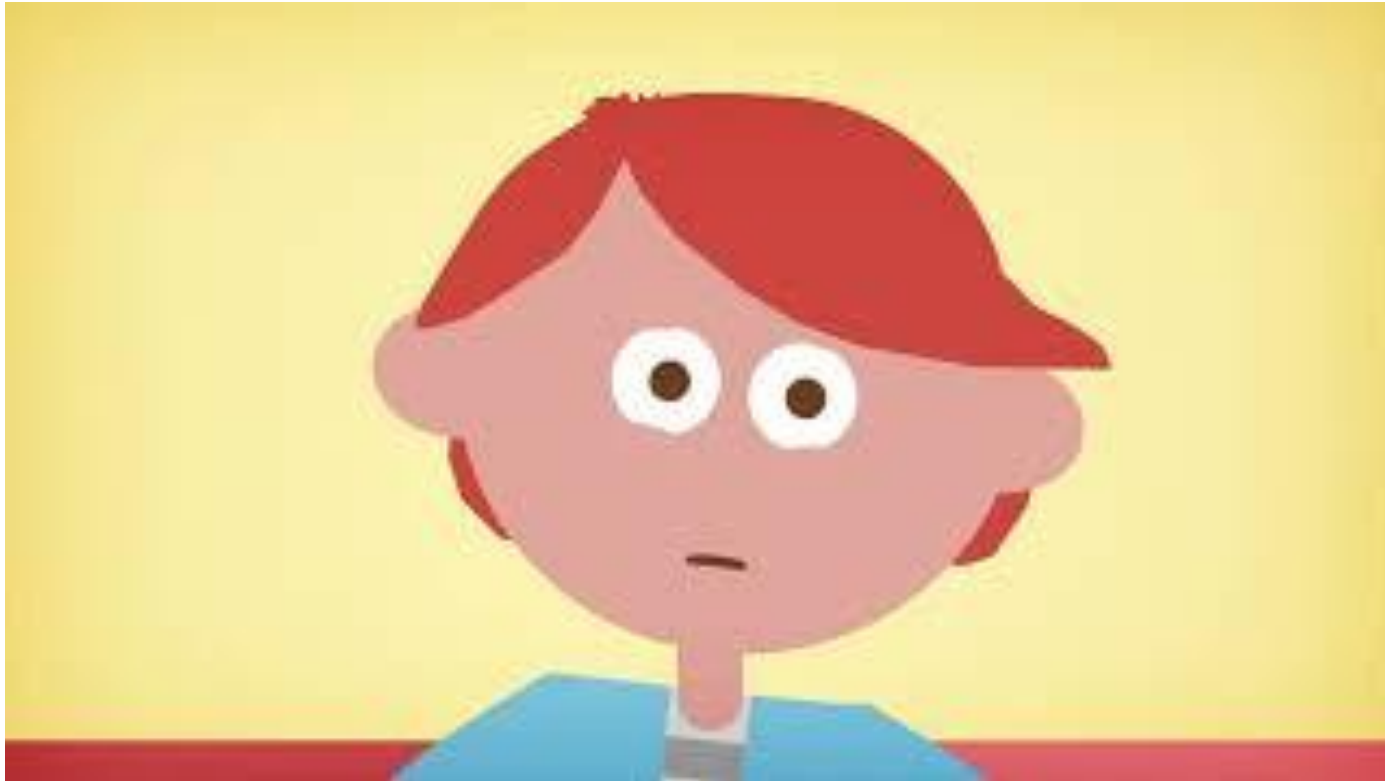
Video: https://www.youtube.com/watch?v=IUsWCdu9Q_Q



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Envisioning Safety & Mindfulness

Short Mindfulness breath exercises before or after class starts



Source: <https://www.youtube.com/watch?v=LgwGMoCH9Mo>



Envisioning Safety & Mindfulness

Short video on losing grip of emotions



Source: <https://www.youtube.com/watch?v=p8zMTsKTCI4>



Envisioning Safety & Mindfulness

How to Feel Safe when the World feels scary

Sometimes the World
Doesn't Feel Safe.



But there is always a safe
space inside of you. Inside of
you there is a magical light, deep
and
powerful.



Full Illustration Strip by artist Shelly P Johnson:

<https://www.shellypjohnson.com/how-to-feel-safe-when-the-world-feels-scary/>

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