

MENDING OUR WOUNDS: RECOVERING FROM SCHOOL CRISIS THROUGH ART + RITUAL

Creating a safe, generative, and regulating experience for educators, school-based mental health providers, and people who tend to the emotional well-being of youth to process crisis and approach recovery and renewal.

SETTLING PRACTICE

In honor of the collective, elevate the name, the movement, the moment in time that brings you hope right now.

Write down, draw, or say out loud the name of a healer, educator, artist, culture keeper or activist that inspires you and whose legacy you work to embrace. We are not engaging in this work alone. Our way has been paved by brave and powerful leaders and their strength and strategies are here for us to call upon.



WHY ARE RITUALS AND GATHERING TOGETHER VITAL FOR OUR RECOVERY? VOICES FROM EDUCATORS

- "Creating ritual and ceremony around what we birth is such an important consideration"
- "[It helps me] remember our bodies do not belong to our schools"
- "Getting centered allows me to move into another meeting to speak to leaders"
- "In a year where I felt completely alone, there are actually a whole lot of other people across the country who are in the same boat. It's so comforting!"
- "Rest as resistance, reparations & reclaiming autonomy in our bodies...that speaks to me"

WHAT DO EDUCATORS NEED AND WANT RIGHT NOW TO RECOVER? YOU SAID AND WE HEARD...

- Healing & collective care
- Mindful heartfelt connections with ourselves and each other
- Help with students to cope from trauma
- Opportunities for respite, rest, to release & renew
- Create PD [professional development] that centers restoration and renewal practices while also feeling restorative, both physically and emotionally

HEALING + COLLECTIVE CARE

MINDFUL HEARTFELT CONNECTION

HELPING STUDENTS COPE WITH TRAUMA

KEYNOTE BY DR. STEPHANIE CARIAGA

After the Labor Pains of Educating in a Pandemic: Fiercely Protecting Our Recovery and Renewal



QUESTIONS TO FOSTER OUR RECOVERY + RENEWAL

- What have you birthed in this time?
- What tremendous shifts, adaptations, connections, miracles, blessings do you want to affirm?
- What pause must you cultivate to fully recognize & integrate these?
- What stories about rest/receiving care have you inherited from your families, culture, schools, society? Which ones do we need to rewrite?
- If you could deliciously, fully rest, what would that make room for?
- What structural changes do we need so that everyone can rest - not as a break away from our learning spaces, but a foundation to sustaining them?
- What grief are you carrying in your body? What needs to be unraveled, witnessed, held?
- What do we need to let go of? Refuse? What do we need to bring with us into this new world we are birthing?