

SCRR 2023 Winter Institute for Educators

A Call Inward: An offering of space and grace for collective renewal - 1/12/23
Quotes from the Chat

Attuning and Attending to Activation as a Pathway towards Healing-Framing the day with Oriana Ides

- “Activation can be a teacher, an informant, a guide that can lead us to increased wellness. A physical and emotional response to threat, and it can also be a conscious or unconscious relationship with strong emotion.” - **Oriana Ides**
- “Self- attuning is a critical offering to our activation. It is bearing witness to our own experience compassionately, our own stories, free from judgment and shame...it is beginning to build an intimate relationship with your needs in the world... 'what is this pain teaching me?' ”-**Oriana Ides**

Afro-Indigenous Concepts of Renewal-Keynote Address with Amber McZeal

- “How can we tend and understand the myriad of crisis in schools without taking into context the socially created pressures that create these crises? How might that critical consciousness help us create the healing to these crises?” - **Dr. McZeal**
- “What if we regarded and tended our grief as holy and human? What if grief was the expression of love looking for a place to go? What would be

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the practices we incorporate? How might we welcome our grief as holy and human?" - **Dr. McZeal**

- "Loved this time. Feel my brain-mind-heart-soul getting synced and expanding. Same... gratitude to all experiences. This is us deciding how we live with our experience. Thank you." - SCRR Winter Institute Participant
- "A simultaneous lightness and heaviness in my chest, feeling at peace from the reflection and heavy from the work I still need to do moving forward on myself and my awareness." - **SCRR Winter Institute Participant**

We Are The Whole Story: Collective Healing and Storytelling Beyond Trauma

Attuning and Attending Practice: Storytelling and Coherent Narrative

Construction- Workshop with Michelle Mush Lee

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- "Acknowledging how powerful it is to be in collective reciprocity- this is the work." - **SCRR Winter Institute Participant**
 - "I'm feeling like I'm starting to answer questions I've been asking for a long time, mostly somatic questions." - **SCRR Winter Institute Participant**

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- "I want to hold on to my grief as a path to joy, thank you for that framing."
- **SCRR Winter Institute Participant**
- "You made me think of my own story and how I can perceive it in different and new ways depending on my mindset." - **SCRR Winter Institute Participant**

In Dialogue with the Heart: Art Making for Self and Community Care

Attuning and Attending Practice: Arts- based Therapeutics- Workshop with

Noor Jones-Bey and Nnaemeka Ekwelum

- "This experience is liberating in ways I didn't expect. Thank you so much for sharing this new resource to unlock ourselves when we're stuck in weeds." - **SCRR Winter Institute Participant**
- "Beautiful journey, something has been poured back into me..." - **SCRR Winter Institute Participant**
- I loved watching everyone's heart beating through their collages, what a gorgeous representation of how we are all multi-dimensional beings.- **SCRR Winter Institute Participant**
- Building our hearts today is the energetic reciprocity that Mush referred to!
- **SCRR Winter Institute Participant**