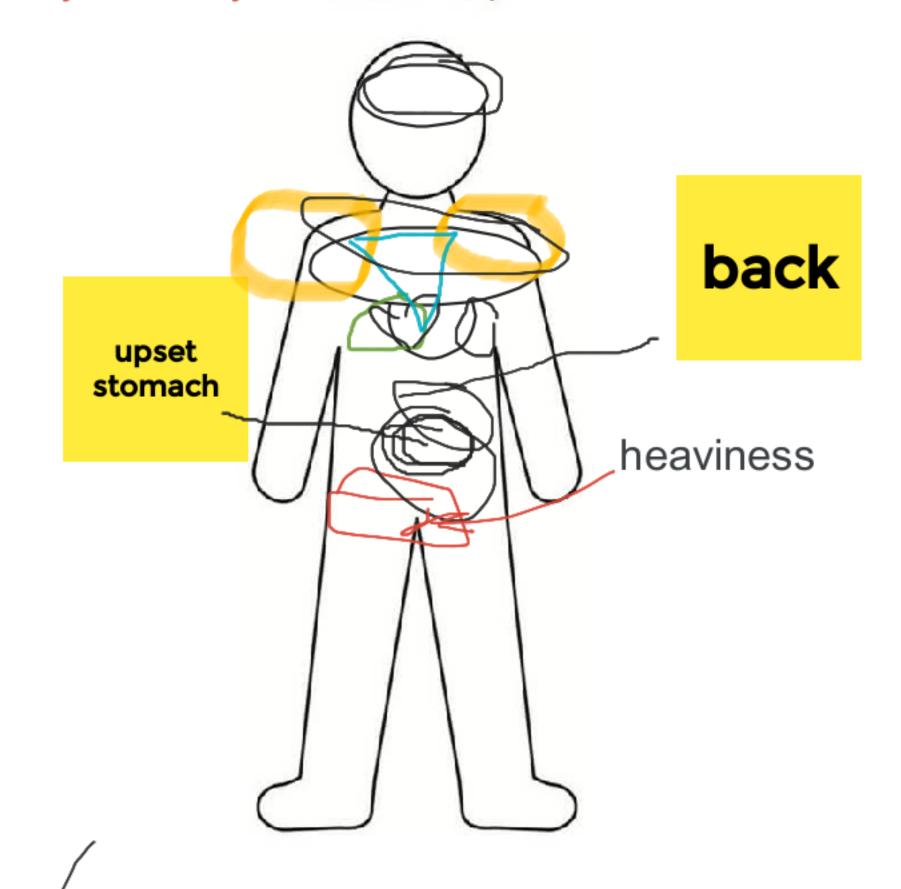
Where do you feel grief in your body?

I Have a Body

Circle the locations, draw and use words to capture the sensations you experience in relation to your grief.



foggy heavy brain/head, tight throat

Sitting with (acknowledging, feeling, allowing, processing) the feelings Day 1 Collective Renewal

What is challenging about metabolizing Strong emotions in the context of

schools?

Expectations and time.

Lack of time. Expectations productivity.

> Lack of time and opportunity

Lack of time and not enough training or support to offer open discussions on this topic

expectations of productivity and meeting state standards

Institutional racism hinders the authentic expression of grief and other 'negative' emotions.

lack of support & shortages of staff

Being considered inappropriate

The politicized nature of our schools these days. Constant feeling of walking on eggshells and having to hide my true emotions when parents or others are creating these feeling

Sitting with (acknowledging, feeling, allowing, processing) the feelings

Not having the support, not being able to turn to anybody in the school that I work at fear of contagion: "planting and idea" that wasn't there before

Fear of not being able to reset and get back to where I need to be.

> Admin that considers tears/expression of emotion as unprofessional

I am always concerned that my

actions may be

offensive to others.

It is important to me

Teachers and admin who are resistant to helpful approaches

to support students

SEL development.

I.E they've been in

the field for 20 years

chalk

talk

and things are 'OK".

that everyone feels

included and at

ease.

Having to explain

my lens/perspective.

The "business as usual" attitude after something has happened...or being rooted and invested in solutions, but doesn't fall through.

Political divide in the community that makes even using words like social emotional learning charged in a way that stifles sharing of emotion

What might we do about these challenges?

Modeling: Acceptance checking your own discomfort and allowing space for that to rest instead of cutting short the work

FIND YOYR PEOPLE...get connected to likemindedness!

radical acceptance while finding the wiggle room for change??????????? this is a tricky one.

Sign up or create opportunities like this.

Small steps, starting with small openings

Making myself a priority for 10 minutes to walk away and sit with my feelings before returning to the day

start with myself

Finding support outside of the institutions

Advocate for healing practices in school spaces.

Establishing Healthy **Boundaries**

Promote and provide learning opportunities for metabolizing loss