



Whole Child, Whole Day: Heart, Mind, & Body A Social & Emotional Learning Symposium

**Body Day, August 7, 2020
9:00 am – 1:00 pm**

8:55 Arrival

9:00-9:40 a.m. Body Opening Plenary

9:00 Welcome: *Jessica Werner, Executive Director, Youth Development Executives of King County*

9:05 Keynote: Economy of Transformation: Divesting from Problems and Investing in Possibilities
Sean Goode, Executive Director, CHOOSE 180

Now more than ever our community is inundated with problems as we are grappling with the dual pandemics of COVID 19 and Racism. The world as we knew it seems to no longer exist and the way we have historically supported young people and their families has changed dramatically. As we are scrambling for solutions and have started to invest our time, resources, and emotions in problem solving, this keynote will serve as an intentional pause and opportunity to pivot in a new direction for our community. Together we will learn how to invest in creating possibilities, the importance of divesting from problem solving and how the economy of transformation works in the midst of these uncertain times.

9:35 Closing

9:40-10:00 Break & Transition to Workshops; Arrive at 9:55

10:00-11:30 a.m. Breakout Session C (4 options)

Each 90-minute session will be offered once.

C1. Storify Your Life, Breathe Chapters into your Learning: Writing with Mindfulness and Movement
Bryan Wilson, Program Manager, Bureau of Fearless Ideas
Faith Eakin, Lead Program Manager, Bureau of Fearless Ideas

We are compelled by the transformative moment we live in to share our stories, make space for the stories of others, and have more fearless conversations about race, justice, community and health with our young folks and among adults. But PAUSE (record scratch!). Take a deep breath. Okay, unpause.

"(We fail when) we try to teach our brains to think better about race..." writes Resmaa Menakem (author of *My Grandmother's Hands*) "... if we are to survive as a country, it is inside our bodies where this conflict needs to be resolved." Only through connection to our bodies, can young people and adults alike begin to heal and make brave spaces to tell our stories, create fearless learning communities, and find joy in our movements. As educators we must learn to embody (literally) mindfulness, movement, visual, oral and written engagement in ways that students can see and believe. Take time with us today to be in your body and feel good. You'll learn some easy and meaningful movement and storifying practices to carry with you today and in your learning places, in all the spaces that you move through.

C2. Ethnic Studies + Theatre of the Oppressed

Rachel Atkins, Teaching Artist

Jennifer Dunn, Teacher, Seattle Public Schools

This session showcases examples of new, hyper-relevant arts-integrated Ethnic Studies curriculum. Participants experience first-hand the transformative power of exploring content through Theatre of the Oppressed. In the lesson, students research history and current issues around gentrification and segregation in Seattle, through text, video and discussion. They express their own ideas and learn about other perspectives through the technique of machines: Students choose words and gestures to express an aspect of gentrification's policies or impact. Students collaborate by connecting their words and gestures with others to create a machine to represent their concepts. Students use the same process to imagine potential alternatives, resistance and solutions, to transform the machine into a machine of change, and consider their own role in transformation.

C3. Transformative Conflict: A Trauma-Informed Approach to De-escalation, Healing, & Accountability

Briana Herman-Brand, Healing Justice Facilitator, BHB Training & Facilitation

In this workshop we will explore healing-centered approaches to conflict that are rooted in restorative and transformative justice. We will work to undo domination-based binaries of right/wrong, good kids/bad kids, and victim/perpetrator as we disentangle practices of accountability from those of punishment. With a grounding in neuroscience, we will share techniques for fostering de-escalation, while deepening our understandings of the root causes of challenging behaviors. We will practice shifting from Reactions, often rooted in our own histories of trauma, oppression, and privilege, to Responses that make room for the unique experiences and needs of the youth in front of us. Participants will be supported to consider how they can lead their programs away from punitive approaches and towards the individual and collective possibilities of conflict transformation.

C4. Our Collective Liberation Takes All of Us.

Victoria Santos, Co-Executive Director, Young Women Empowered (Y-WE)

Lucia Santos, Youth Leadership Council Member, Y-WE

Savanna Blackwell, Youth Leadership Council Member Y-WE

How can we build on youth's assets to facilitate understanding and learning and promote agency? Come

and hear directly from the youth in the Youth Leadership council as they share their stories of organizing, advocacy and how we at Young Women Empowered fulfill our mission at the intersection of race, class and gender. Our programs explicitly link racial injustice to environmental and economic injustice, as well as patriarchy and homophobia. These forces are part of the daily lived experience of many Y-WE youth and community members. We interrogate pervasive assumptions of racism and sexism while exploring the power of creative dialogue and action to deepen our lives as global citizens, connected to each other. Our programs offer deep learning and resources for resiliency and create healing community space with our diverse participants. This enables powerful and compassionate action for change. Participants will learn how to develop programs that are intersectional in their approach, to center youth voice, and to create a diverse environment that center BIPOC.

11:30-12:00 Break & Transition to Closing Plenary; Arrive at 11:55

12:00-1:00 p.m. Body Closing Plenary

From Learning to Action

Jessica Werner, Executive Director, Youth Development Executives of King County

Join us as we work to integrate our learning from the past three Fridays to move towards action in connection with colleagues and community. As we built strength in our hearts, minds, and bodies over these past weeks, what are you walking away committed to do? How will your learning shift your actions as you continue to listen, learn, heal, and support yourself, your community, and the young people you serve? We hope our time together has been a water break on this marathon we are all running to battle the dual pandemics of COVID-19 and systemic racism in our communities, giving you strength to continue to sustain the commitment.