

Making our Way to Resilience



Lesley University
Somerville Public Schools
The Beautiful Stuff Project





Hello

你好

Bonjour

Hallo

Ciao

こんにちは

Hola

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What COLOR is your BioDot?

Notice the interconnectedness
of your breathing, movement, thoughts, emotions ...



Stressed

79°



Tense

80°



Calm

85°



Tranquil

87°



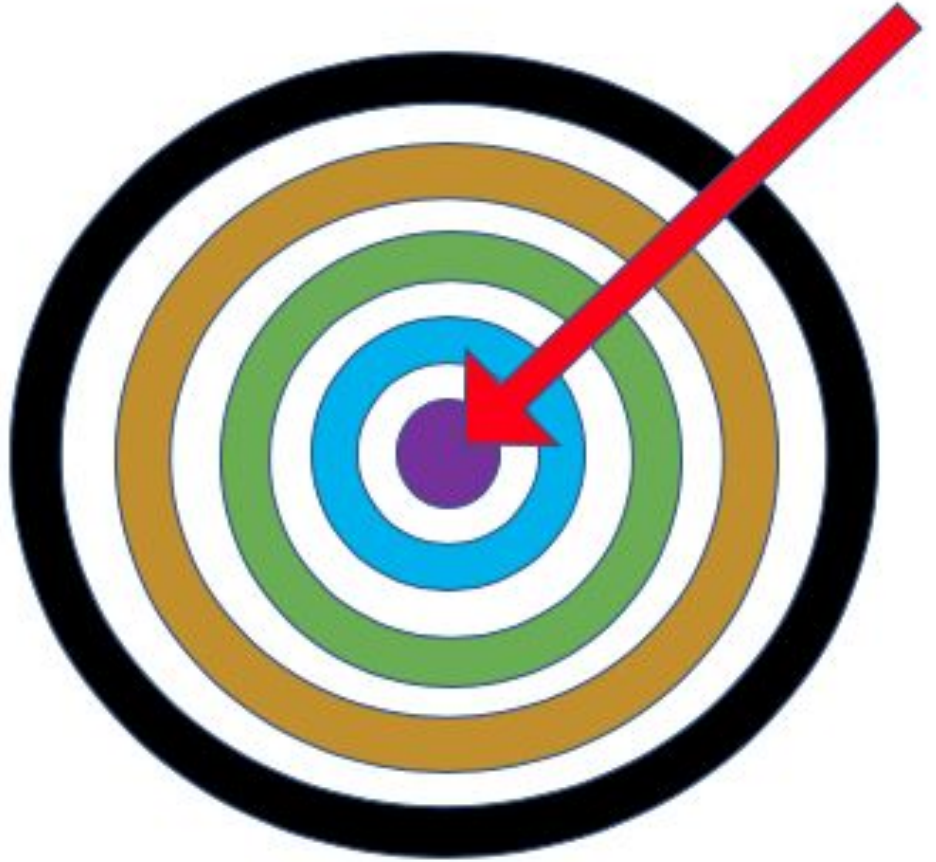
Deeply
Relaxed

89.6°

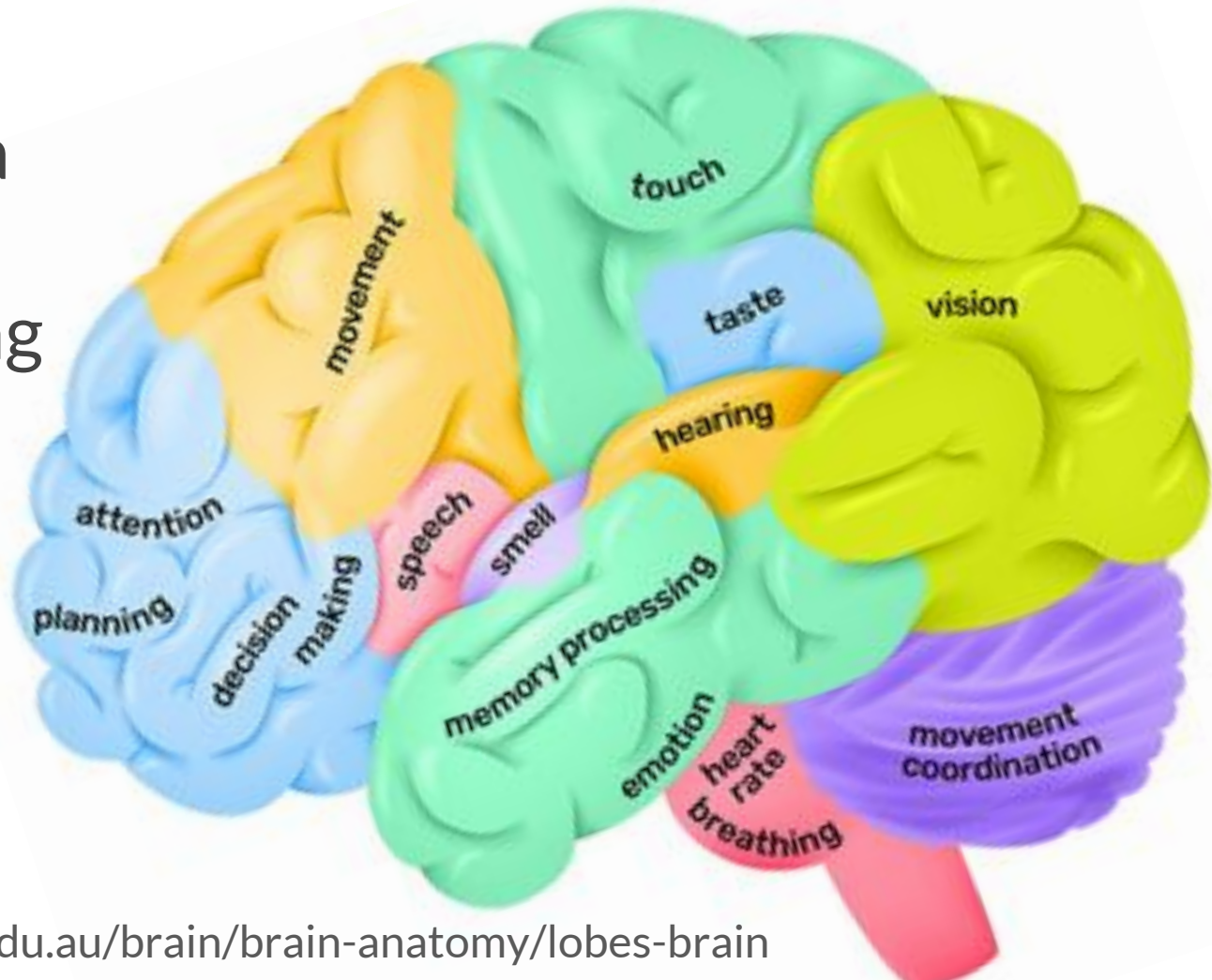
How can we change the color of our BioDots?



What color is the
sweet spot for
optimal learning?



Trauma and Learning



Prevalence of Trauma

ACE Studies¹: (Adverse Childhood Experiences)

61%
experienced trauma

1 in 16
live in chronic traumatic stress

¹<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>



Viorst, J. (1987). *Alexander and the terrible, horrible, no good, very bad day* (No. 4). Simon and Schuster.

Neuroplasticity

The brain's ability to reorganize itself by forming new neural connections throughout life.



John F. Kennedy School / Somerville MA



School Background

- 472 Students
- 51% Free & Reduced Lunch
- 33% Special Education
- 2 Specialized Programs
- Level 1 & 2 School

A Need for Change



SUSPENSIONS

Five years ago, the district was cited by the state for the high number of suspension

- ▣ the highest number (86) in the district occurring at the Kennedy

Root Causes



SUSPENSIONS

2014-2015

109 referrals (23.8% and #1)
for insubordination

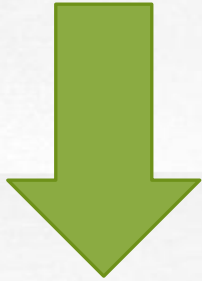
84 referrals (18.8% and 2nd
highest) for endangering
behavior

Concerns:

Reactivity

Trauma

Reducing Suspensions



SUSPENSIONS

2013-2014	84 total suspensions
2014-2015	33 suspensions
2015-2016	13 suspensions
2016-2017	7 suspensions
2017-2018	7 suspensions

Clarity

- Create Clarity on Values
(Impact, Relationships, Innovation)
- Right People on the Bus- Hiring and Decision-Making
- Reinforce Clarity- PD, meetings, goal- setting
- Over Communicate- PD share out, celebrate, feedback

Multiple Pathways to Change



Low Stakes to High Impact

Practices and Supports

- Mindfulness- Year 1
- Maker Mindset - Year 2
- Restorative Justice - Year 3

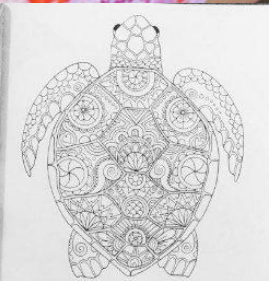
Lived Culture by the Minutes



- Strategy
 - Forest Fire Approach
- Minutes
- Relational
- Culture- Welcoming Errors
- Rigor / Relevance
 - Purpose



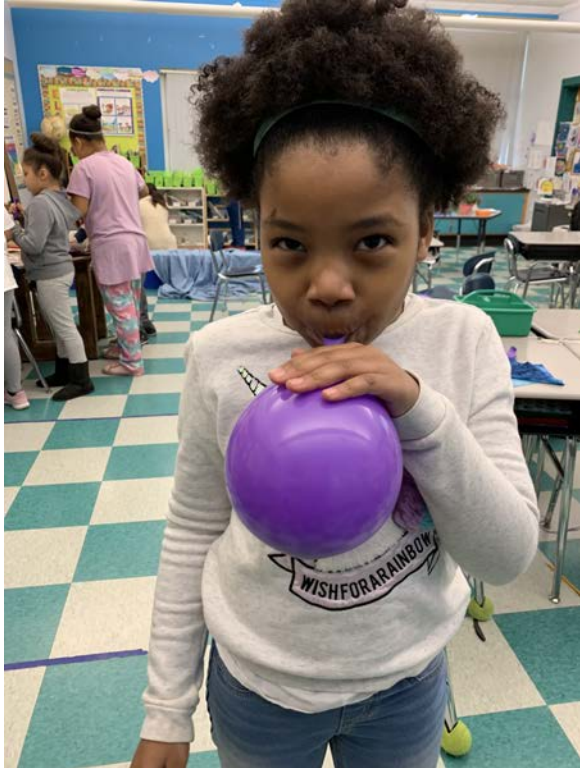
Culture:
Impact. Relationships.
Innovation.



SUSPENSIONS



Creating Space for Resilience



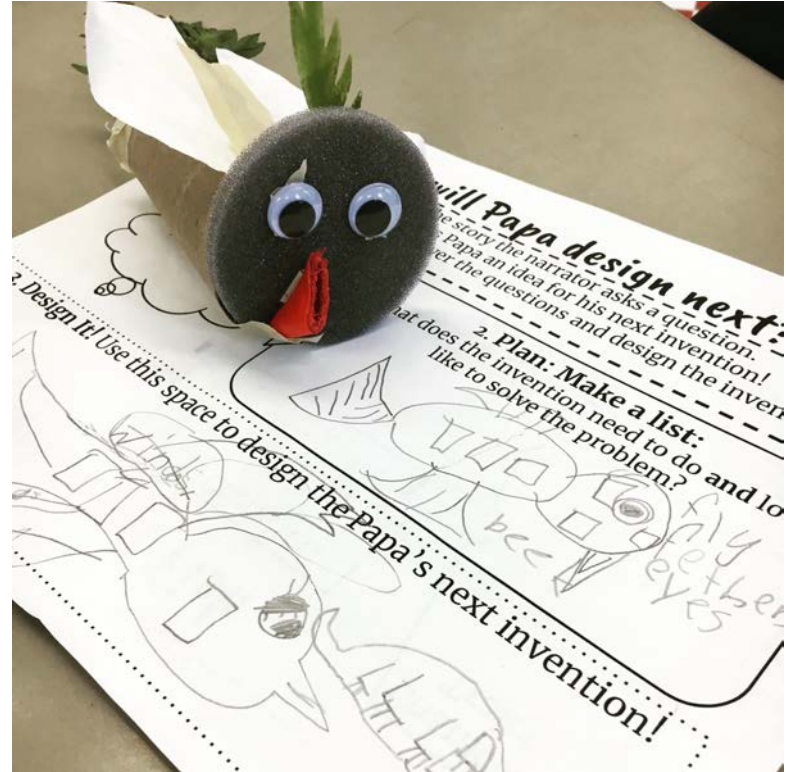
Low- stakes tasks to develop skills in:

- Critical thinking
- Communication
- Collaboration
- Creativity

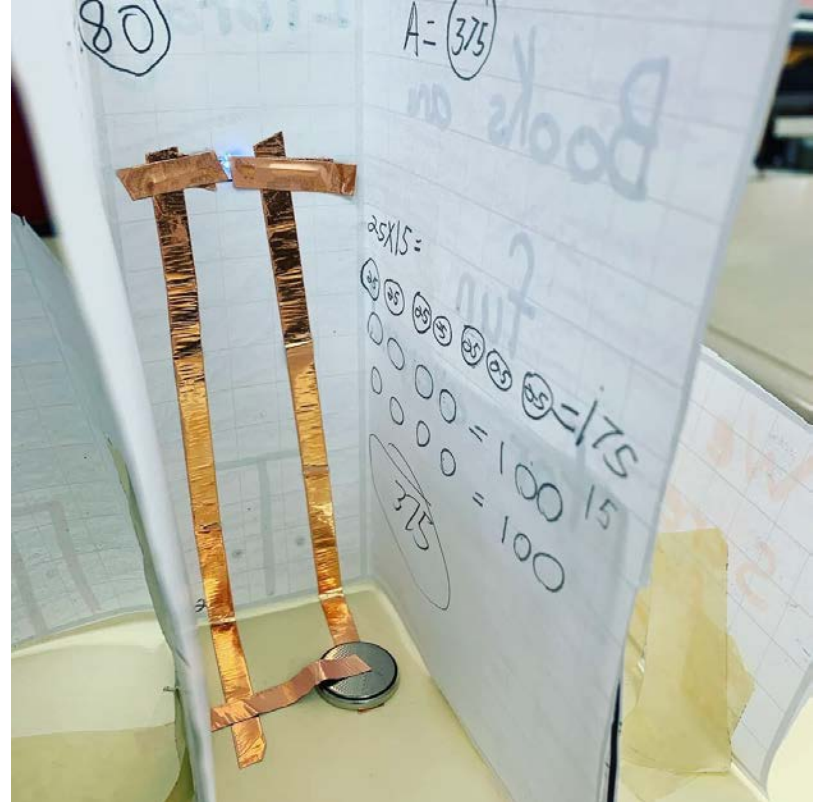
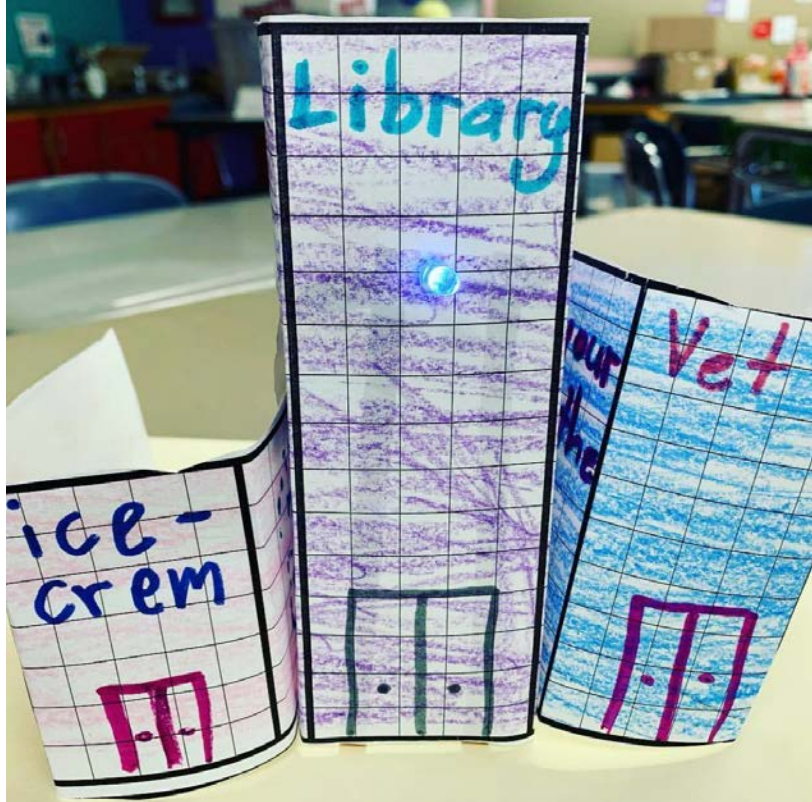
Develop a personal mindset that **responds** to failure rather than reacts



Transferring Skills: Making in Education Context



Changing the Approach



Engagement & Learning



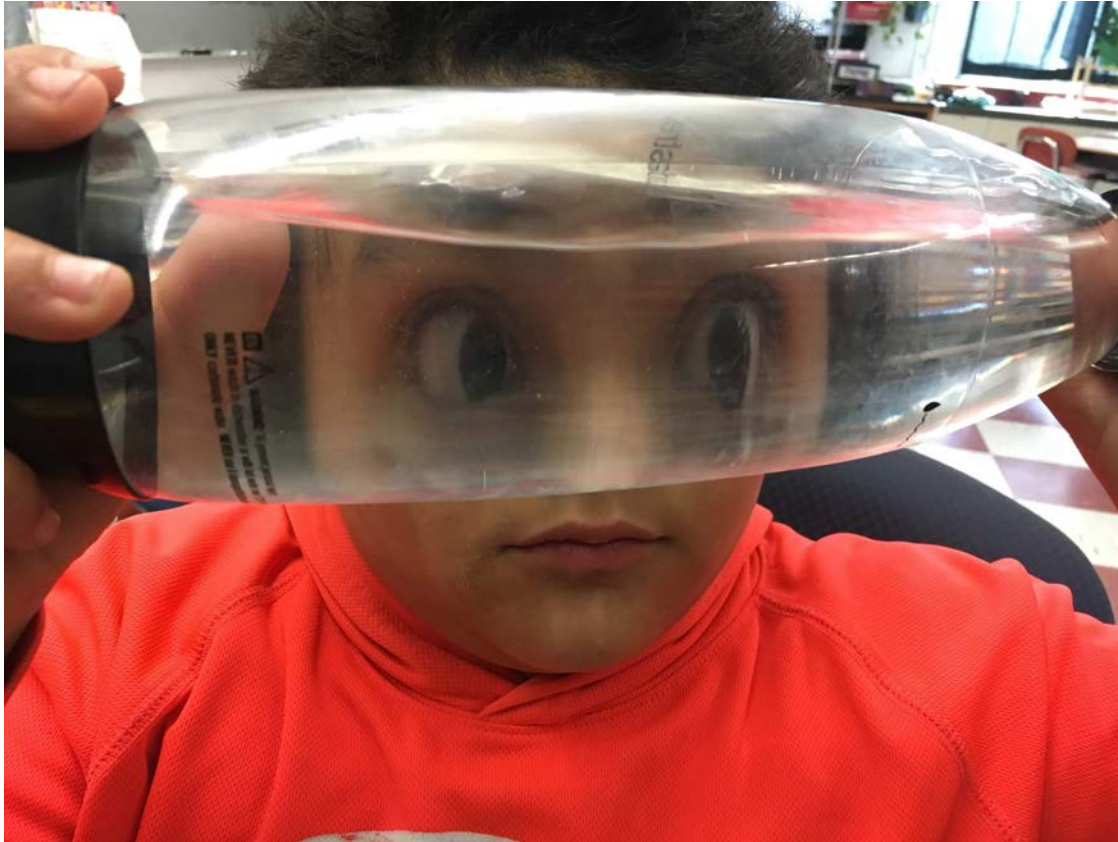
Busy hands, busy minds

Authentic engagement



Reduce disruptions

At the Heart of this Work ...



Building relationships
- a key to success

The Beautiful Simplicity of a Treasure Box



Modeling Play



Providing space for exploration



And then watch them play





Guidelines for Making

Let's Play:
Learning as “Hard Fun”¹

Let's Think Out Loud:
Learning as Social

Let's Ask the Room: Learning
as a Network of Thinkers

¹ Seymour Papert

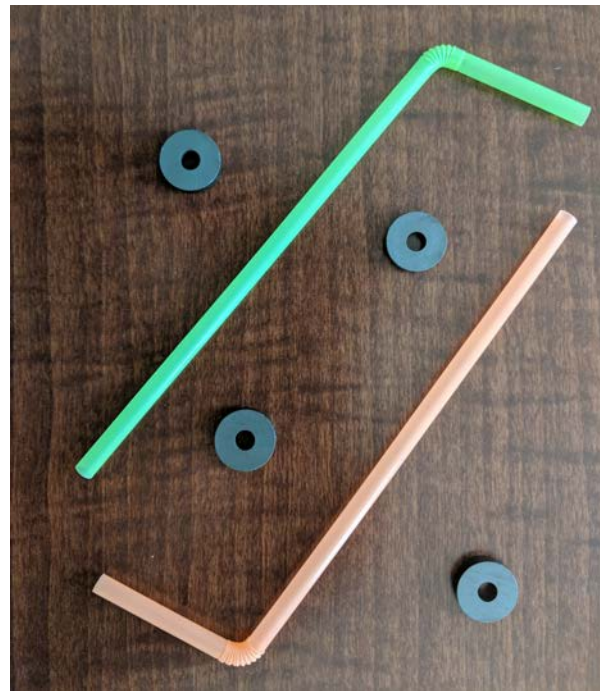


Exploring Magnets

Your Challenge:

Working with a partner, explore the different properties of magnets.

- What do you notice?
- How does your magnet behave when near another magnet?
- What are the different ways that you can show magnetism?
- Do you have a favorite?



Building Capacity



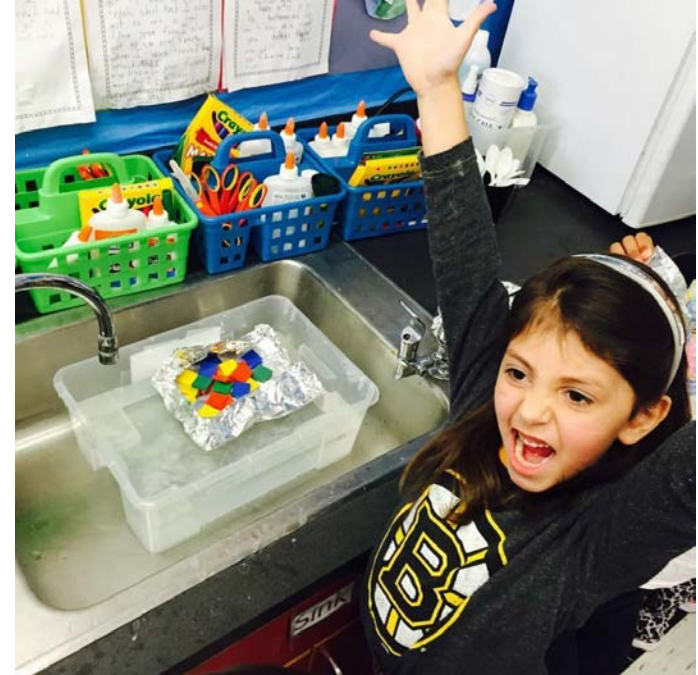
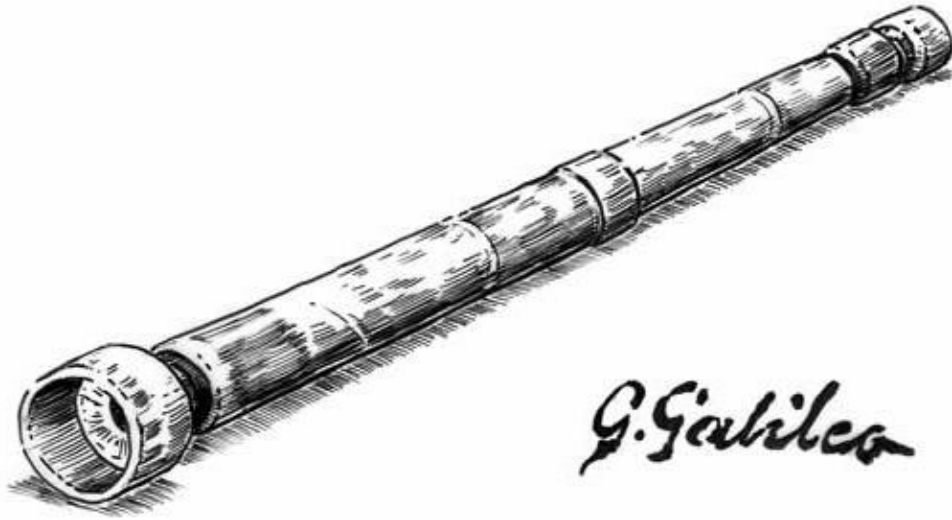
Productive Struggle



Leaning into Critical Thinking



Getting to Aha! when problem solving



Bowden, E. M., & Jung-Beeman, M. (2003). Aha! Insight experience correlates with solution activation in the right hemisphere. *Psychonomic bulletin & review*, 10(3), 730-737.

Resources

J F Kennedy School [@kennedymakerspace](#)  and [@kndymakerspace](#) 

The Beautiful Stuff Project

<https://www.thebeautifulstuffproject.org/>

Lesley Institute for Trauma Sensitivity <http://bit.ly/LIFTS>

Lesley STEAM Learning Lab <http://steam.lesley.edu/> and [@LesleySTEAM](#) 

Thoughts? Questions?

