

Breathe





Teaching Dance in Times of Crisis

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Agenda

Define terms
Impact on teachers
Impact on students
Communication
Boundaries
See care



Crisis

- * A crisis is defined as a situation or event in which a person feels overwhelmed or has difficulty coping... It is normal to feel frightened, anxious, or depressed at such a time. (Frankish & Jeffereys, 2002, p. 290)
- * Crises are by their nature highly stressful and demanding, both emotionally and physically, so such leadership challenges must be undertaken by people who are themselves under stress, and who are trying to organize, mobilize, and direct others who are under stress. (Leonard, 2004, p. 289)

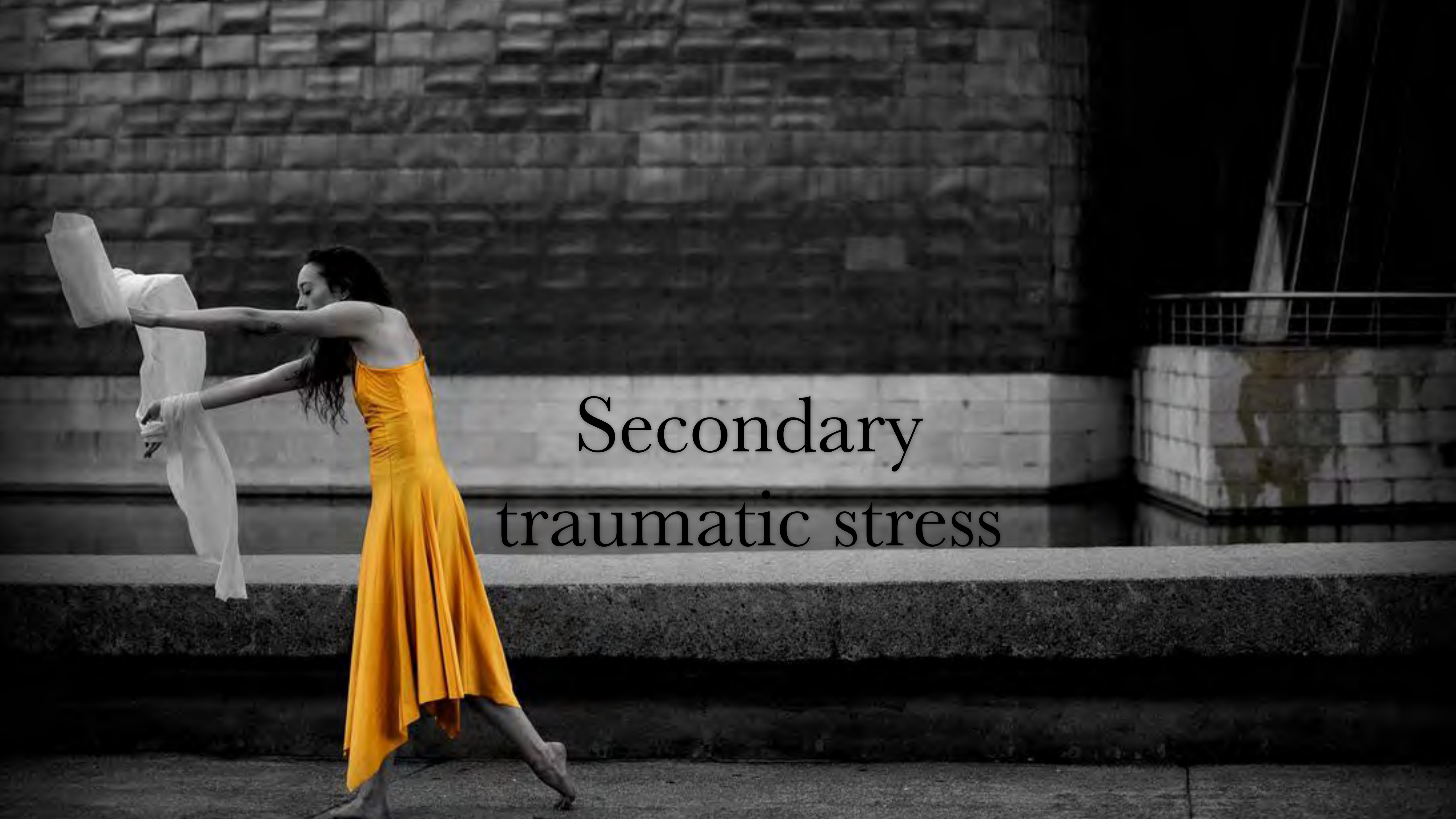
Trauma

- * Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being. (SAMSHA, p. 7)
- * Examples of adverse effects include an individual's inability to cope with the normal stresses and strains of daily living; to trust and benefit from relationships; to manage cognitive processes, such as memory, attention, thinking; to regulate behavior; or to control the expression of emotions. (SAMSHA, p. 8)



Surviving trauma

Pacing
Fueling the body
Listening to the body
Rest
Recovery

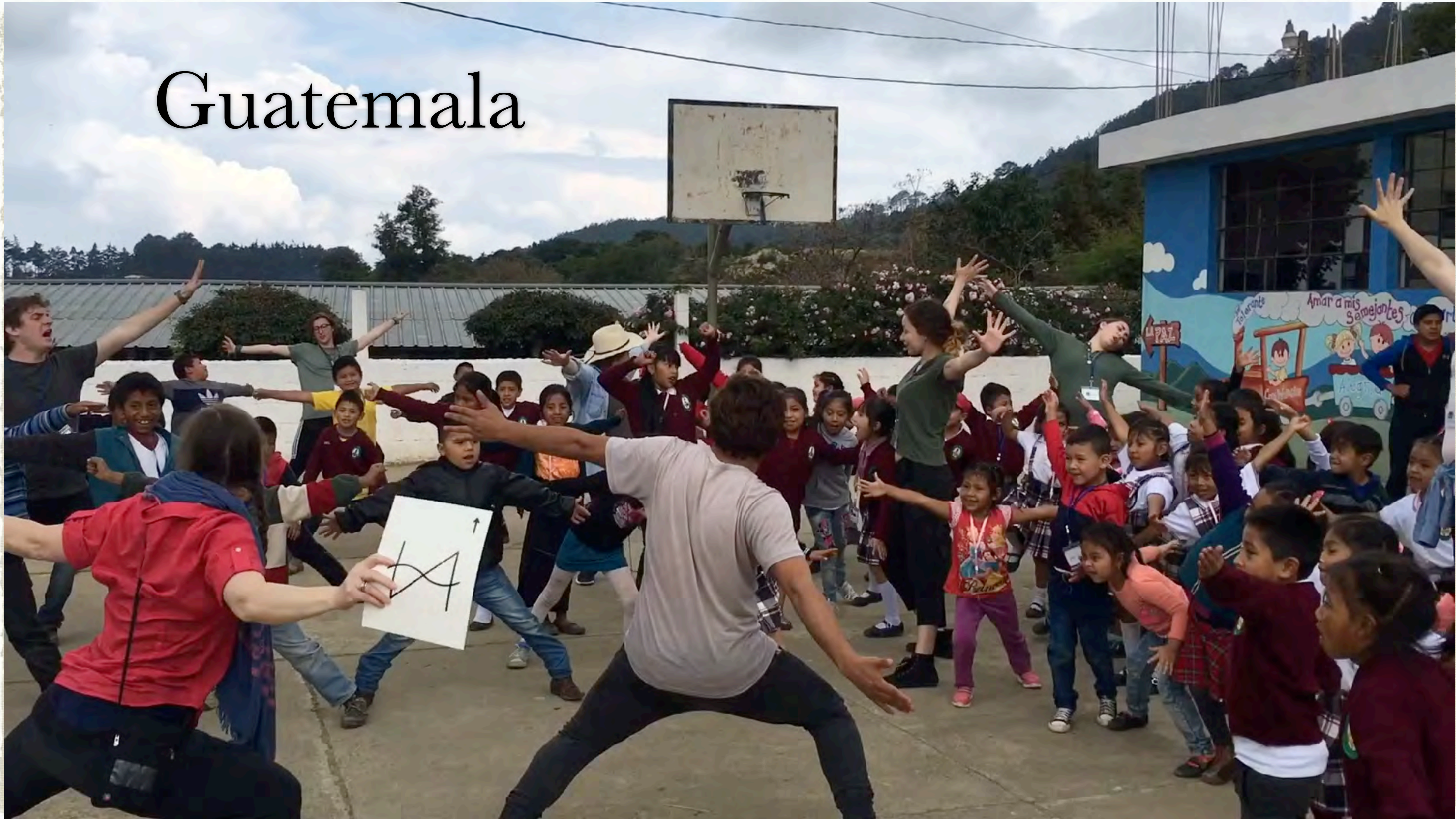
A woman with long dark hair, wearing a bright yellow sleeveless dress, is captured in a dynamic pose. She is holding a white, translucent fabric or cloth with both arms extended forward, as if she is dancing or performing a movement. She is barefoot and standing on a dark, textured surface. The background consists of a large, dark stone wall with a rough, textured surface. To the right, there is a metal railing and a stone structure, possibly part of a building or a bridge. The overall mood is artistic and expressive.

Secondary traumatic stress

Manor High School



Guatemala



Breathe

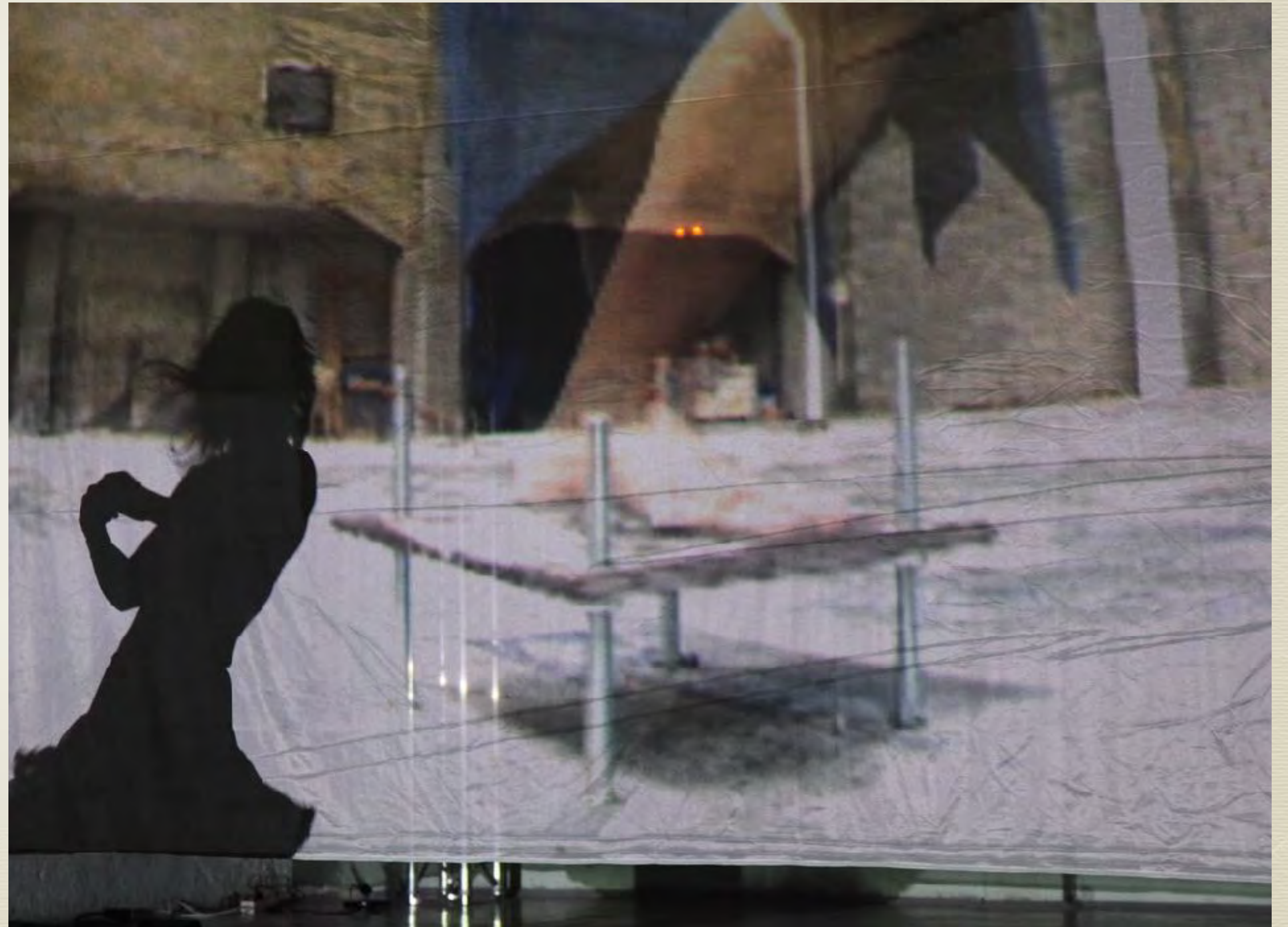


Active Listening
Repeat
Reflect
Refer
Report



Build your resource toolkit for referrals

- * 911-immediate danger
- * Child Protective Services
- * Counseling service/attached to your school
- * Social worker/attached to your school
- * Crisis hotline
- * Suicide hotline
- * Local domestic abuse center/hotline
- * Local substance abuse center/hotline



A group of approximately 20 people are lying on their backs on a light-colored wooden floor, arranged in a large circle. They are all looking towards the center of the circle. The room has white walls and some furniture is visible in the background.

Say no

Let go

Clock out

Listen to yourself

Virtual background

CREATING HEALTHY BOUNDARIES

Personal vs. professional communication

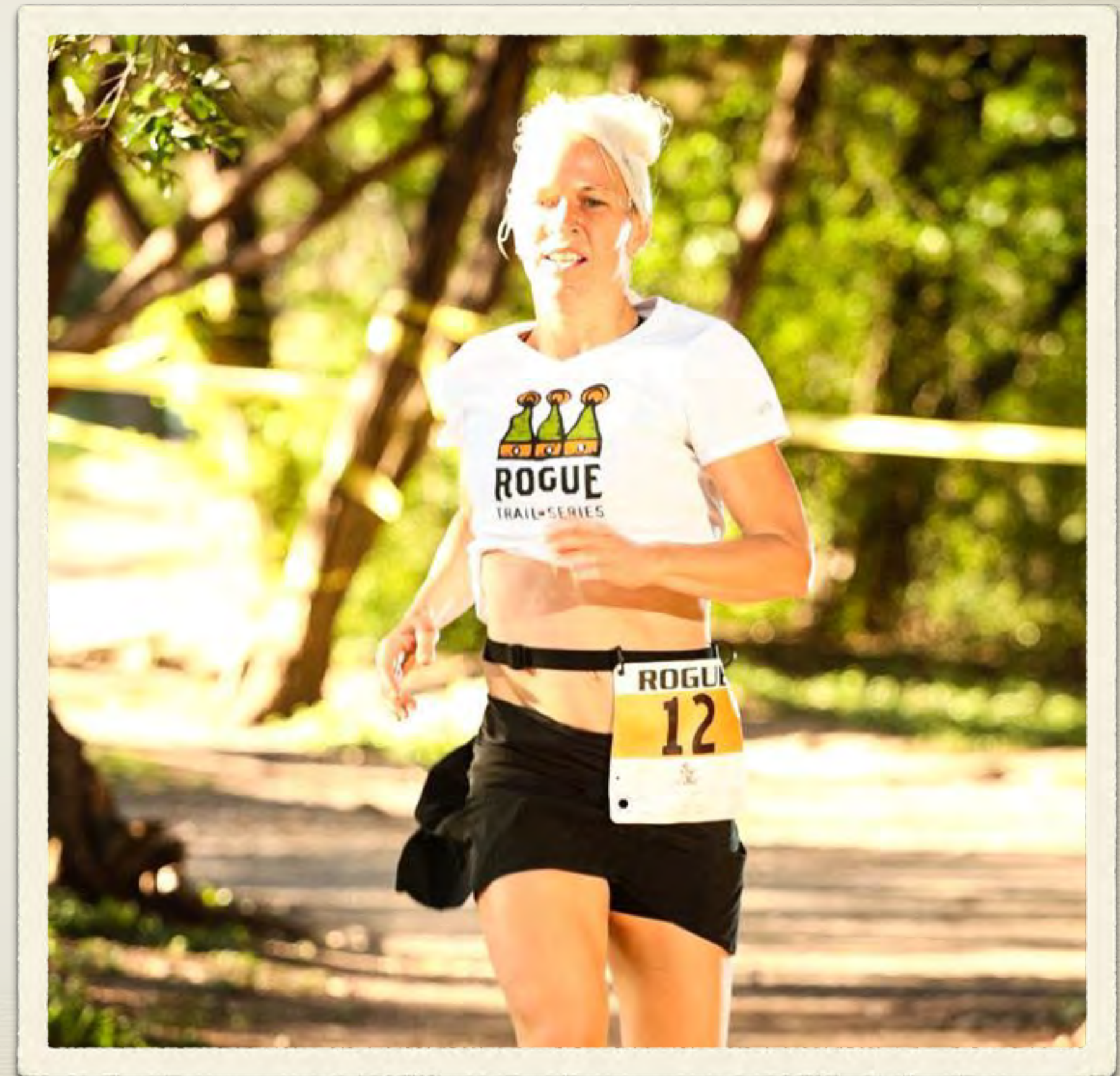
Permission to take care of your needs

Log off

Balance between giving and receiving

The Marathon Metaphor

- * Pacing
- * Fueling the body
- * Listening to the body
- * Rest
- * Recovery



Rituals





Changing Diapers Within 6 Feet Of the Water Feature
Use Of The Water Feature If Ill With A Contagious Di
Do Not Drink Water From The Water
Of The Water Feature When Ill With Diarrhea
No Glass, Bubbles, Rocks, Skateboards, Rollerblades or Fire
No Food Within 6 Feet Of Splash Pad
...each on for 15 minutes each time the p
...to report any
EMERGENCY CALL
Harris P...

Where do you go for guidance, support and community?

Resources

- * National Suicide Prevention Lifeline- 1-800-273-TALK (8255)
- * Find Help (Find food assistance, help paying bills, and other free or reduced cost programs, including new programs in response to the COVID-19 pandemic)
- * SAMHSA- Concept of Trauma and Guidance for a Trauma-Informed Approach
- * Google Voice
- * Remind
- * Tutorial on Virtual Backgrounds in Zoom
- * Psychology Today

A photograph of a person's feet standing on a light-colored tiled floor. The person is wearing a dark, patterned skirt and light-colored socks. To the right, a white and red electric heater is plugged into a wall outlet. In the foreground, a white desk or table is visible, with a dark blue sweater draped over its left side. The scene is lit by natural light from a window, creating strong shadows. The word "Breathe" is overlaid in a black serif font on the white surface of the desk.

Breathe

Questions



References

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- * Photos and Video Credits
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