



Teaching Hope, Resilience, Inclusion and Empathy Through the Arts

Friday, March 13, 2020

Manchester Community Music School

Conference Schedule

[Click here to register!](#)

| | Teacher Schedule | | Student Schedule |
|-------------|--|------------------|--|
| 8:30am | <p>Enter the world of Annelise Registration and refreshments MCMS Lobby</p> | 8:30am | <p>Enter the world of Annelise Students check in Recital Hall</p> |
| 8:50-9:20am | <p>Welcome Sue Wilkes <i>Manchester Choral Society, Community and Educational Outreach</i></p> <p>Keynote “Courage” Social Emotional Learning and Arts Integration</p> <p>Kirsten Mohring Music, Choral and Integrated Arts Teacher, Nottingham West Elementary, CAGS Arts and Leadership, Plymouth State University</p> | 8:50- 10:20am | <p>Welcome Krystal Morin Elizabeth Blood <i>Festival Choral Director and Collaborative Pianist</i></p> <p>Choral Rehearsal Recital Hall</p> |



Teaching Hope, Resilience, Inclusion and Empathy Through the Arts

Friday, March 13, 2020

Manchester Community Music School

| | | | |
|--------------|--|-------------|--|
| 9:30-10:45am | <p align="center">Break Out Session 1 <i>Please select from workshop list (A-D)</i></p> | 10:20-10:35 | <p align="center">Snack / Break</p> |
|--------------|--|-------------|--|

Workshops A-D

Click on the workshop for a detailed description

- A. [Exploding Boxes: Paper Crafting to Support Classroom Content and Creativity – Melissa Jones](#)
- B. [Resilience Through Art and Word -Elizabeth Peterson](#)
- C. [From Chaos to Calm: Inviting Yoga into Your Learning Space \(no mats or spandex!\)- Susan Wilkes](#)
- D. ["Follow the Drinking Gourd": Teaching Empathy Through Learning About the Underground Railroad – Eric Graff](#)



Teaching Hope, Resilience, Inclusion and Empathy Through the Arts

Friday, March 13, 2020

Manchester Community Music School

| | | | |
|---------------|---|---------------|--|
| 11:00-12:15pm | <p>Break Out Session II <i>Please select from workshop list (A-D)</i></p> | 10:40-11:20am | <p><u>Student Breakout #1</u> Visual Art Yoga Theatre Games (click on the link for details)</p> |
| | | 11:30-12:15pm | <p>Choral Rehearsal Recital Hall Krystal Morin Elizabeth Blood</p> |
| 12:30-1:30pm | Lunch | 12:30-1:00pm | Lunch |



Teaching Hope, Resilience, Inclusion and Empathy Through the Arts

Friday, March 13, 2020

Manchester Community Music School

| | | | |
|--------------------|--|--------------------|--|
| <p>1:30-2:30pm</p> | <p>Cooperative Synthesis <i>Please select one of the following workshops</i></p> <p>Visual Art Project Prayer Flags Learn how to create a compassionate, inclusive environment for all learners through hands-on visual arts projects. Come celebrate SEL, unity and creativity in the classroom. Nanette Constant</p> <p>Exploring SEL Through Song, Theatre and Movement</p> <p>Joint Choral Rehearsal Work and perform with your students. Learn how to incorporate movement and theatre techniques into a choral rehearsal.</p> | <p>1:00-1:40</p> | <p><u>Student Breakout #2</u> Visual Art Yoga Theatre Games (click on the link for details)</p> |
| | | <p>1:45-2:45pm</p> | <p>Joint Choral Rehearsal Students will work with teachers and perform a joint piece. Theatre techniques and movement will be incorporated.</p> <p>Krystal Morin Susan Wilkes Elizabeth Blood</p> |
| <p>3:00pm</p> | <p>Concert Festival Students, Teachers and Members of MCS MCMS Gym</p> | | |



Teaching Hope, Resilience, Inclusion and Empathy Through the Arts

Friday, March 13, 2020

Manchester Community Music School

Workshop Descriptions

| | |
|-----------------|--|
| <p>A</p> | <p><i>Exploding Boxes: Paper Crafting to Support Classroom Content and Creativity</i></p> <p>Exploding boxes are the latest trend in DIY paper crafting and they can be used in a multitude of ways. Join us to play and consider the ways you might use this activity in your classroom to support subject comprehension, social emotional learning, resilience, creative problem solving, and empathy. Materials for this activity will be provided, and additional reference materials will be available to take home.</p> <p>Melissa Jones -Littleton High School, Visual Art Educator</p> |
| <p>B</p> | <p><i>Resilience Through Art and Word</i></p> <p>Resilience is an important quality as it allows you to bounce back from difficulties and move confidently forward. In this workshop, participants will engage in activities that help us to recognize and build resilience through hands-on artistic and written experiences that are based in SEAL (Social-Emotional Artistic Learning.)</p> <p>Elizabeth Peterson-Teacher, Author and Professional Development Provider www.theinspiredclassroom.com</p> |



Teaching Hope, Resilience, Inclusion and Empathy Through the Arts

Friday, March 13, 2020

Manchester Community Music School

| | |
|-----------------|---|
| <p>C</p> | <p style="text-align: center;">From Chaos to Calm:</p> <p style="text-align: center;">Inviting Yoga into Your Learning Space (no mats or spandex!)</p> <p>When the mind, body and breath are aligned, a calm environment for learning is created. Learn how you can provide a community of wellness and creativity in your classroom by using basic principles of yoga. We will incorporate seated and standing poses using regular classroom furniture and a few simple props. No special clothing or equipment needed.</p> <p>Susan Wilkes -Music Educator, Certified Music Practitioner, certified Yoga and Children’s Yoga Specialist, Coordinator of 21 st Century Programs and Outreach, Manchester Community Music School</p> |
| <p>D</p> | <p style="text-align: center;">“Follow the Drinking Gourd”</p> <p style="text-align: center;">Teaching Empathy Through Learning About the Underground Railroad</p> <p>We will explore the musical connections inherent to the Underground Railroad through the song “Follow the Drinking Gourd” and the abolitionists who taught it. We will also learn to play a fun game that emphasizes empathy by putting students in the role of runaway slaves.</p> <p>Eric Graff -Music Educator, Golden Brook School</p> |



Teaching Hope, Resilience, Inclusion and Empathy Through the Arts

Friday, March 13, 2020

Manchester Community Music School

Student Breakout Sessions 1 & 2

Students will explore the themes of the day through visual art projects, theatre games, movement and yoga. Students will participate in all three activities. The visual art activity will be 40 minutes. Yoga and theatre games will be 20 minutes each, students will rotate to both groups.

Dr. Trish Lindberg, Sue Wilkes, Nanette Constant & Kirsten Mohring