

Self-Awareness and Resilience Through Writing and Art

How might “close looking” at a work of art and reflective writing help our students build their social-emotional capacities? This workshop invites educators of all subjects and grade levels to “see, feel, and connect” inspired by a contemporary work of art. Participants will discover how to navigate through a new experience, meet and manage new emotions, and respond intentionally to uncertainty. Experience how slow looking, creative writing, and reflection can deepen understanding of self and community and strengthen resilience during times of challenge and change.

CEUs are available

Please note: The Luther Burbank Center for the Arts is taking registration for these events. You will be routed to their website when pressing the **Register Here** button below.

When Wednesday, September 29, 2021
4:00pm - 6:00pm

Location Virtual

Presenter Mary Hall Surface

Cost \$45.00

Audience Arts Specialists & Teaching Arts

Registration http://scoe.org/pub/htdocs/class.html?class_id=10031

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Questions Tracy Sawyer, Community Engagement Coordinator
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