**Resiliency and Story Exchange Professional Development SAMPLE** © Amanda Roche 2020

**Teaching Artist:** Amanda Roche

**Session One**

**Resiliency and Emotional Literacy**

**1 hour**

PLENARY

15 minutes

Welcome and introductions.

Read aloud: “The oak fought the wind and was broken, the willow bent when it must and survived.”
― Robert Jordan

Reflection, in journal or silently. This is private – for you:

* List at least three times you have shown resilience and flexibility as an educator since the Covid19 shutdown.
* What resources/people/skills or strengths helped you be resilient and flexible?

To quote a school counselor friend, “The foundation of Resiliency is Emotional Literacy.”

Emotional literacy -- the ability to express one's emotional state and communicate one's feelings

Think of your students if you are a teacher, or your vision/goal for the school for next year if you are an administrator. Answer these questions in journal:

* What strategies can I use to continue to be a resilient educator?
* What are the skills/resources/support that I need to **sustain this resiliency for myself?**

Breakout Discussion

15 minutes:

5 Breakouts of 4-6 participants each to share and discuss last two questions. Also consider this question:

* How can we use our own stories as resilient educators to build emotional literacy and resiliency in our students? Document and be prepared to share with the whole group

PLENARY

10 minutes

Whole group sharing/response.

Individual reflection: 10 minutes

We’re each going to eventually share a story about a challenge faced and overcome as an educator. For now, take some time to reflect on a few times and choose one you would like to share. You may want to journal, or walk around, or doodle as you are thinking. Consider setting, who was there, what happened, what you saw, heard, and felt. Think about details that could help paint a picture

Story Exchange Modeling: 10 minutes

TA and a partner chosen prior to workshop model telling each other’s story in first person.

Keep reflecting on your personal story, and be prepared to share it with a partner in our next session.

**Session Two**

**Virtual Narrative4 Story Exchange**

PLENARY

Welcome and ice breaker 10 minutes

Intro – the importance of stories 10 minutes

* Read Alice Walker excerpt and stone ritual set up
* Give following instructions for Pair Share. Suggest screen shot for virtual.

You will be paired with someone in a breakout room for 20 minutes. Once there:

1. **Take turns sharing your story with your partner**. It’s okay to take a few notes, but don’t interrupt. You may ask a clarifying question or two at the end. Later, in a larger group, you will be sharing your partner’s story in first person.
2. **Practice deep listening when** your partner is sharing, giving her/him all of your focus.
3. ***Perfection and exact replication of your partner’s story is not the goal.*** Try to remember details, but most importantly, listen attentively so you can retell the heart of their story when we return to larger groups.
4. **Stories, when retold, should be five minutes or less.**
5. If you finish listening to each other’s stories and asking questions, you can try briefly retelling the highlights of your partner’s story like bullet points. **The retelling of your partner’s story will happen in a small group setting, after further instructions.**

BREAK OUT GROUPS IN PAIRS

20 minutes

Pairs are automatically returned to the main group after 20 minutes. Signal a halfway mark and 1 minute warning.

PLENARY Story Exchange

Approx. 1 hour

* In chat or written on paper, each participant is asked to express a fear and/or a hope for the Story Exchange
* We’ll take turn sharing our partner’s story. Each story will start with “My name is (partner’s name), and this is my story.”
* Facilitator will thank each person after their story share, but other than that we will hold any verbal responses. If feel you need to respond, you can always put a hand over your heart, give sparkle fingers, etc. Do not correct anything your partner may have said incorrectly, or add something left out at this time.
* Give a moment of silence/space between stories. Practice deep listening and giving your full attention to the storyteller.

Group reflection questions:

5-10 minutes

What was it like to hear your story told by someone else?

How did it feel to tell your partner’s story?

How can these stories strengthen our work with students?

Closure:

 5 minutes

Participants are asked to reflect on something they are taking away from this experience – be it from their own story, one they heard, or something about resiliency. Imagine this is the stone you are bringing to the pile to create a strong foundation for your work, and the work of your colleagues. Put it in 1-5 words, and write it large on a half sheet of paper. Hold that paper up to the screen, or in front of you if in person. TA reads them aloud.

Close with this quote: **"Stories are a communal currency of humanity."** --Tahir Shah, in *Arabian Nights*

**Note:** exact timing of session depends on the number of participants, and if stories are long or short. This 2-hour format allows for a group of 12 to each tell a 5-minute story. A small group, or a group with shorter stories will not need the entire time.

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