

Mental Health: The Power of Imagination

<p>SOCIAL/EMOTIONAL LEARNING TOOL</p> <ul style="list-style-type: none"> • Self-Awareness (Can articulate challenges and strengths of self) • Social Awareness (Perspective-taking, listening, recognizes strengths) • Self Management (regulating emotions) 	<p>JUSTICE TAKEAWAY</p> <ul style="list-style-type: none"> • Feeling Like Our Minds Can Have a Solution • Imagining New Worlds and Responses to Violence
--	---

ACTIVITY	TIME	TOOLS
<p>Name + Stand in a circle and do a pose that represents you.</p> <p>Icebreaker: Share a moment where your imagination got you through something.</p>	10	
<p>Poem: Eve Ewing “the first time [a re-telling]”</p>	10	Poem
<p>Prompt: Write an alternative ending.</p> <p>List:</p> <ol style="list-style-type: none"> 1) Situations that changed everything 2) Moments you wished would've gone differently 3) The superpowers you wished you had in difficult times <p>Write Uninterrupted.</p>	15	
<ul style="list-style-type: none"> • Share. • Close: What are you going to take with you from this writing? • Say a positive thing about the person next to you. 	10	

the first time [a re-telling]

I was six years old. I know I must have been six because I was on a two-wheeler bike by myself and my dad gave it to me for my sixth birthday. We lived on Fletcher. I was riding the bike up and down the block. I was allowed to go from one corner to the other by myself because that way my mom or anyone could see me if they just looked for me. The old white lady came down the block from time to time and sometimes she was nice and sometimes she was mean. She had short brown hair and small eyes. She always wore a heavy coat. This time she screamed at me. "You little nigger! You almost hit me with that bike!

Go back to your nigger Jesse Jackson neighborhood!" I told my mom and she told me the flying bike should only be for weekends, but okay. I could use it just this once. I ran back out and the lady was still there. I flew up on my bike and started going around her in small, tight circles until she got very dizzy trying to watch me. Just as she was falling over I scooped her up with my giant net and flew her to the lake. I was going to drop her in the water but I felt bad so I left her on a rock and went home and had a palette.