

YCBUE Reg. Mtg. 9-13-22
Item 4 #1



Parcon Resilience at YCOE

Facilitators: Andrew Suseno and Maria Ceja

May 16-20th, 2022

What is "Moving Rasa"?

- Rasa is Indonesian for "feelings"...and in Sanskrit means "essence."
- "Moving Rasa" is a program of guided movement.
- Assisting participants in connecting with their Rasa/feelings in group settings.
- Coincidentally Raza- common rallying cry for Mexican Americans signaling pride and a spirit to keep going

Our Student Participants...

- Facilitators interviewed District Teachers, Psychologist and Paraeducators
- Teachers and Psychologists provided emotional general profiles of the group
- Teachers and psychologists reported emotional behavioral issues included:
 - Emotional outbursts
 - Defiance
 - Inability to concentrate
 - Fleeing campus
 - Non attendance/truancy
 - Disrupted home life
 - Bullying or aggressive behaviors
 - Learning disabilities

Moving Rasa had Positive Results

- Staff participants reported positive personal asset based outcomes as well as in students.
- Student participation and motivation increased every day.
- Facilitators observed positive changes in 100% of the student's behaviors.
- Students reported feeling more comfortable in their bodies and playing with others
- Last Day: Staff said -"Hey, Maria. Look at student X, the one that was closed off in the beginning and now he is very relaxed talking to others in a middle of a circle."
- Middle School Staff: "I was surprised to see student A and student B participating!"

For instance...

Other Approaches we utilized

- 1) ***The Talking Piece***: Use of a meaningful object to assist individuals in group communication skills and problem-solving.
- 2) ***5 Element Theory***: Ancient Chinese philosophy: wood, fire, earth, metal and water, which influences all interactions including leading and following. By balancing these elements development and growth are promoted in a positive way.
- 3) ***Self-Space vs General Space***: Recognizing personal space and behaviors and how they influence the general space of others.

Testimonials

"I feel like it helped the students learn how to participate with each other and learn to be more of a team player. It was still hard for a few of the students but some got better at it as the days went on. I also think it taught them how to look at things in a different perspective."

- Cesar Whitehead Elementary

"For our middle school students, learning how to communicate their feelings through movement is somewhat new. Although the movements demonstrated during the sessions initially seemed scary, students eventually felt more at ease. It's normal that some students participated more than others. Whether they participated in the workshop or not, I know that all the students liked getting outside and simply moving their bodies."

- Vivian - Douglass Middle School

Thank you!

