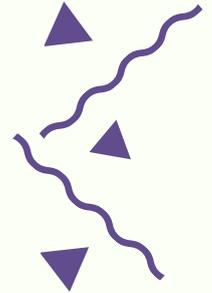


# IN THE LOOP



SOCIAL-EMOTIONAL AND ANTI-BIAS ACTIVE LEARNING ACTIVITIES



## Inside This Issue:

- 1 Self Awareness
- 2 21-Day Equity Challenge & Free Resources
- 3 Camping for Self-Care
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## Starting with Self Awareness

Excerpt from: *The Importance of Self-Awareness in Kids*

by Amanda Morin

You might hear people talk about self-awareness as an important skill—not just for kids, but for adults, too. Self-awareness is the ability to tune in to your own feelings, thoughts, and actions. It’s also about recognizing that how you act affects yourself and others.

The truth is you probably know adults who don’t have a strong sense of self-awareness. If so, you may wonder: Why and how-should we expect kids to have it?

Want to learn more? [CLICK HERE](#) for the full article.



Breathe by Laila Hathaway



10 Signs You Lack Self-Awareness



## Freebies for Teachers!

*Self-care for teachers*

### Entertainment

- [Audible stories for kids](#). For as long as schools are closed, Audible is offering a collection of stories for kids to stream. Available in six different languages and on your desktop, laptop and phone, simply find a story you like and start listening. There are also books that are geared towards children AND adults will enjoy as well!

### Fitness & Wellness

- [CorePower Yoga](#). This resource is giving everyone free access to a new collection of online classes every week so you can keep your practice moving – wherever you are.
- [Down Dog fitness apps for free](#). All of Down Dog's apps, Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout are free but will end soon!
- [Planet Fitness home work-ins](#). Every day at 4 p.m. PT, Planet Fitness, is live-streaming a workout for those at home. You don't even need advanced equipment to follow along.
- [EyeQue](#) is giving away a free at-home vision test you can use to order glasses from online retailers. Visit the site and use code STAYHOME.
- [The Hay House](#). The Hay House has some 4 video series you can take advantage of and listen for free! You can 1) Heal Your life, 2) Magic of Tarot, 3) Hay House Mediations Podcast and 4) Hay House Audio Unlimited App.
- [The Tapping Solution](#). is offering six months free membership for healthcare workers, first responders, teachers, and mental health workers. Tapping is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system, and body all at once. The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions.

## 21-Day Equity Challenge

*For those who would like to learn more / be more conscious*

With the racial tensions at a high level, many people are wondering where I can go and what can I do to increase my awareness and begin my social justice journey. If you're open to exploring race relations, brave enough to take action and desire to positively change your circle of influence, then the 21 Day Racial Equity Challenge hosted by Michigan League For Public Policy is a great place to start.

The challenge can be done in a cohort or at your own pace. It is a series of articles, videos and reflective activities that will help you broaden your understanding on the construct of race and how we view ourselves and others.

We have included a link to one of the videos for your viewing pleasure and the Challenge.

[The Unequal Opportunity Race](#) by AAPF

[CLICK HERE](#) for the 21-Day Challenge.

# Camping Self-Care

In these ever changing and uncertain times, we must remember to take time for ourselves, rejuvenating, and reconnecting with those things that give us joy and energy. This past weekend I was able to do just that with a wonderful three-day camping trip. For me, reconnecting with nature, being outdoors, laughing, spending time with friends/family, and cooking outdoors all brought a sense of calm while at the same time boosting my energy.



We were lucky enough to find a spot at a campsite on a lake; a magnificent glacial lake just 2 hours outside of Seattle, Shannon Creek Campground on Baker Lake. We spent our days relaxing in the water, paddle boarding, kayaking, and just floating, and enjoying each other's company. And we spent our nights around the campfire, playing games, talking, laughing and cooking. The opportunity to cook outside brings together two of my loves, cooking and nature. I was able to create the menu for the trip and cook the food; it may sound stressful to some but for me, it was a form of self-care; focusing on something that I enjoy and really diving into it. I was able to do some pre-camping research and find some new recipes to try; another form of self-care for me is reading cookbooks! After 3 days in the woods, I felt like I had re-filled my cup, coming back to the uncertain times more grounded and better prepared to handle what might come next. We all need to reset sometimes, what will you do to re-fill your cup?

Camping Recipe (can be made at home too!)

## Sweet potato and peanut stew

Author: *Fresh off the Grid*

<https://www.freshoffthegrid.com/sweet-potato-and-peanut-stew/>

Ingredients

- 1 medium sweet potato, chopped into 1/4 inch cubes (yield 2 cups)
- 1 tablespoon oil
- 1 small onion, diced (to yield 1 1/2 cups )
- 2 cloves garlic, minced (about 1 tablespoon)
- 2 cups broth
- 14 oz can diced tomatoes
- 1/4 cup peanut butter
- 2 teaspoons New Mexico chili powder
- 1 teaspoon salt
- 14 oz can chickpeas, drained
- 2 cups tuscan kale, destemmed and chopped

### Instructions

Heat the oil in a dutch oven over medium heat. Add the onion and saute about 5 minutes, until translucent and just starting to brown in spots. Add the garlic and saute until fragrant, about 1 minute. Add the sweet potato, broth, tomatoes & their juices, peanut butter, chili powder, and salt. Stir well to ensure the peanut butter is thoroughly mixed in and there's no clumps remaining. Simmer, uncovered, for about 15-20 minutes, or until the sweet potatoes are tender.

Once the sweet potatoes are tender, add the chickpeas and the kale to the dutch oven. Stir to combine and heat until the chickpeas have warmed through and the kale has wilted.



## Music for Your Enjoyment



*Don't count  
the days,  
Make the  
days count.*

*- Mohammad Ali*

## Recipes

### Red Chili Salsa



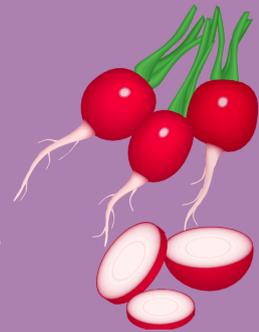
- ½ C sweet onion
- ½ C chopped cilantro
- ¼ C extra virgin olive oil
- 1 Tbsp lemon juice
- 1 ½ C Sambal Oelek fresh ground chili paste (Huy Fong Foods brand)

In a medium bowl combine all ingredients and mix until well blended; serve with corn chips as an appetizer or use as a condiment on your favorite dishes. (You can adjust any ingredient amount to achieve desired taste).

### RADISH CUCUMBER PICO de GALLO

INGREDIENTS: (amount will vary depending on desired batch size and taste)

- 1 bunch radish
- 1 medium tomato
- juice of ½ large-size lemon
- 1 medium cucumber
- ½ cup cilantro--chopped
- salt & black pepper to taste
- 1 cup finely chopped sweet onion



Coarsely chop radish, cucumber, and tomato to desired size; place all vegetables in a large bowl. Add lemon juice and toss until well mixed; add salt and black pepper to taste, serve with corn chips. For additional flavor, add chopped jalapeños, dried oregano and avocado cubes.

# When We Were Alone

By David A. Robertson, illustrated by Julie Flett

E-book available through [Seattle Public Libraries](#) and [King County Library System](#).

There is also a [video of the author reading the book aloud](#).

This story depicts a conversation between a child and her grandmother as they garden. The child notices things about her grandmother – her colorful clothing, long braids, language, and focus on family. The grandmother tells stories about her childhood experiences in residential schools and the acts of resistance and unity that helped her stand strong in her identity and ways of being.

## Conversation Prompts with Children:

- The girl in the story is helping her kókom ("Nókom")\* take care of the garden. What do you like to do with your grandparents (or other elders in your family)?
- How do you think kókom felt when she and her friends were not allowed to do things at school the way they did at home?
- In the story, the colorful clothes, long hair, language, and family are all very important to kókom and her community. What are some things that are important to you, your family, and your community? Why are they important?
- Do you think it is fair that kókom's school had rules that she had to be "like everybody else"? Why or why not? Have you ever seen or experienced something similar?

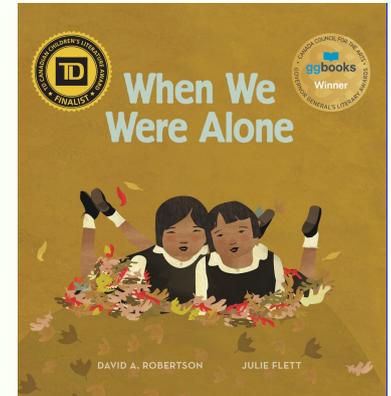
### \*Cree language (as used by author):

**kókom** - "grandmother"

**Nókom** - "my grandmother"



Available Sept. 29, 2020



## Follow-up Activity Ideas:

- Connect with a grandparent or another elder in your family or community. Do something that brings joy to all of you.
- Invite an elder to share a memory from their childhood or tell a cultural story.
- Create an "Our Family" collage or poster with pictures, words, and symbols representing the people, items, practices, beliefs, and values that are important to your family. Talk with the children about the meaning behind each of the images; offer opportunities for children and families to share their posters in class.

## Resources for Grown-Ups:

- Learn more about the [history and impact of Native American boarding schools](#), through the voice of a survivor's daughter.
- Institutional practices in this country have continued to separate children of color from their families and communities. Check out the [data on the child welfare system in King County](#) and [TED talk by an immigration attorney](#) about the ongoing humanitarian crisis at the US-Mexico border.
- Explore OneAmerica's [Speak Your Language](#) campaign, which celebrates bilingualism and offers family and educator resources for supporting home languages.