

WELCOME
Brookdale Community College
Diversity & Inclusion
Global Citizenship Project
Civility Week
Project Happyvism



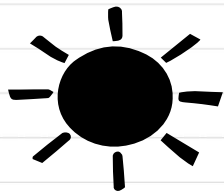
Give thanks

Ancestors

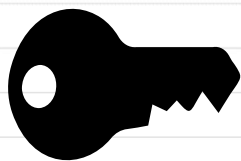


Indigenous Peoples (Massachusetts)

Global Citizen Project



Civility Week



Angela Kariotis, Dr. Ave Latte

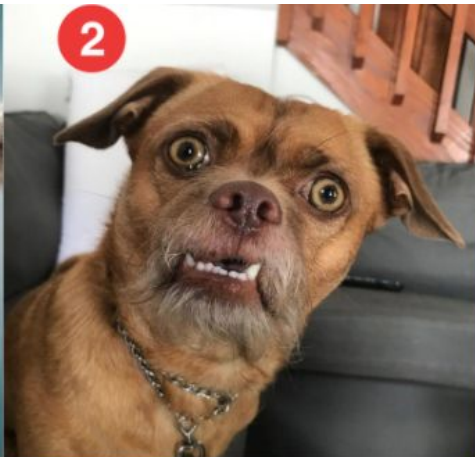
you!

LET'S CHECK IN!

But the catch is...

You can't take too much time to
think about it

I NEED YOU TO JUST LOOK AND THEN CHOOSE AN IMAGE THAT BEST
DESCRIBES HOW YOU HAVE FELT FOR THE MAJORITY OF THE WEEK..



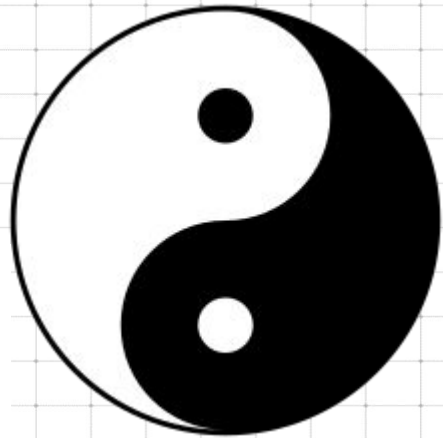
Now that we checked in I just want
to take a moment to say....

Hi



Hola!
BONJOUR!
مرحبا
Ciao!
你好

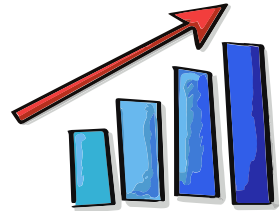
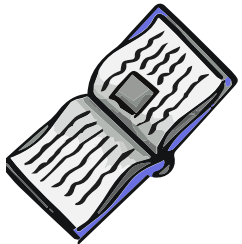
I'm Justis Lopez



This was me when I was little



I'm Big Now





Permission to center the space



Pensamiento Serpentino

Luis Valdez

IN LAK'ECH

Tú eres mi otro yo.
You are my other me.
Si te hago daño a ti,
If I do harm to you,
Me hago daño a mi mismo.
I do harm to myself.
Si te amo y respeto,
If I love and respect you,
Me amo y respeto yo.
I love and respect myself.



ACOSTA
educational
partnership



Community Agreements

Community Citation: Adapted from Peoplemour, Anti-Oppression Resource & Training Alliance, PISAB,
and Mutual Aid Disaster Relief

SPEAK FROM "I"

We use "I" statements rather than generalizations.

WHAT'S SAID HERE STAYS HERE, WHAT'S LEARNED HERE LEAVES HERE

We honor confidentiality. Any personal or specific story or information that's shared here requires consent from the speaker to be shared outside of this space.

NO ONE KNOWS EVERYTHING; TOGETHER WE KNOW A LOT

We look for what we have to learn from each person in the group, and we share what we know, as well as our questions, so that others may learn from us.

IMPACT IS GREATER THAN INTENT

We have to acknowledge that sometimes what we mean isn't always how others interpret what we say. No matter our intentions, we also take responsibility for our impacts.

Community Agreements

Community Citation: Adapted from PeopleMouv, Anti-Oppression Resource & Training Alliance, PISAB,
and Mutual Aid Disaster Relief

WE CAN'T ALWAYS EXPRESS OURSELVES PERFECTLY

And that's okay. We give ourselves and others the benefit of the doubt. We want everyone to feel comfortable participating, even if they don't feel they have the perfect words.

THROW SUNSHINE

We approach our challenges with creative curiosity and questions ("What if we...?"). We find ways to show others our support and enthusiasm. We throw sunshine, not shade!

TAKE CARE OF YOURSELF TO TAKE CARE OF THE GROUP

We do what is needed to be most comfortable and present in the space. If we see others shift their position, take a drink of water, or briefly step out or turn off the camera, we assume it is a result of their work to engage more deeply with the work, not distraction.

EXPECT & RESPECT A LACK OF CLOSURE

We won't get to everything, and sometimes important discussions may be cut short. We commit to sitting with and processing thoughts or feelings after the experience has ended and doing what we need to do in order to be fully present again the next time we come together.

what I hope to offer:



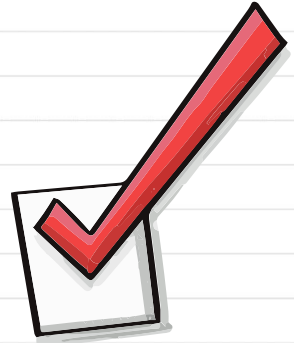
Community



Encouragement



Joy

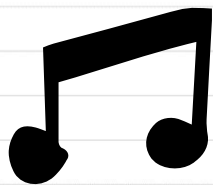




Today's experience and flow



- Welcome
- Grounding Activity
- Project Happyvism Breakdown
- Exploring Joy and dimensions of wellness
- Joy anthem creative creation
- Open mic share out



Current Mood

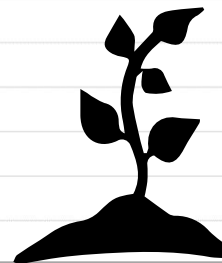
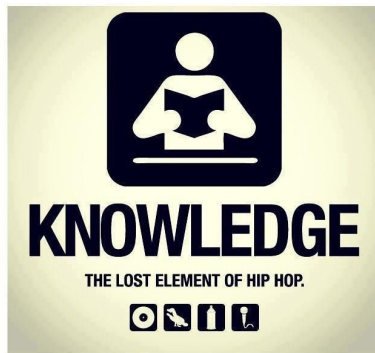
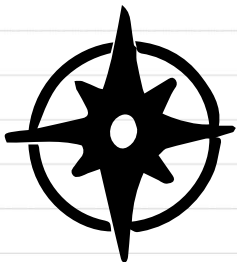


Grounding

Current Mood

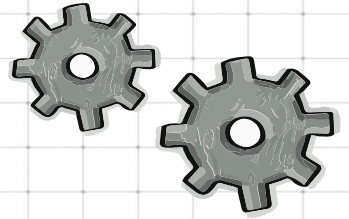


Centering yourself, and creative energy

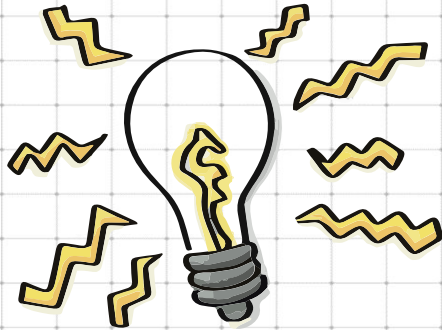




Reflections



- What is Joy?
- What brings you Joy?
- Why is it important for Joy to exist?
- Is Happiness and Joy the same?



Reflections

Happiness	Joy
External	Internal
Comes and goes	Can be constant
Dependant	Independent
Emotion	State or condition
Both are deeply impacted by identity & lived experiences Both are deeply relational and communal	

Community Citation: Harvard adult developmental study on happiness

Lessons from our guides who have created a blueprint on Sustaining Joy.

"Joy is crucial for social change; joy is crucial for teaching. Finding joy in the midst of pain and trauma is the fight to be fully human. A revolutionary spirit that embraces joy, self-care, and love is moving toward wholeness. Acknowledging joy is to make yourself aware of your humanity, creativity, self-determination, power and ability to love abundantly."



Dr. Bettina Love

Naming & Framing The Work: Factors Influencing Student Learning



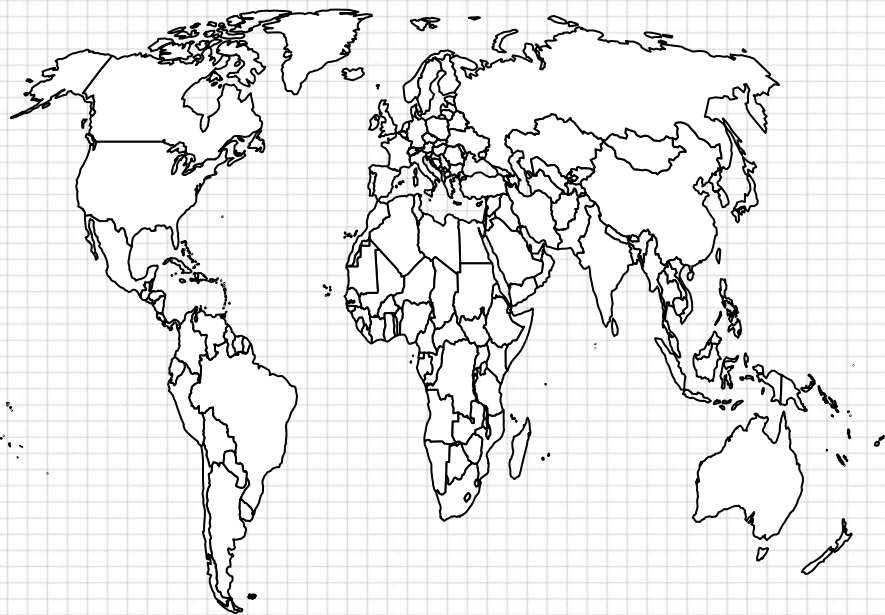
Community Citation:

Adapted from Howard, Tyrone C. *Why Race and Culture Matter in Schools*. Teachers College Press. Teachers College; New York, NY; 2012.

Kill the Indian



Save the Man



Richard Henry Pratt
(1840 -1924)

American general
Superintendent of the Carlisle Indian
Industrial School

An abstract painting with a vibrant, multi-colored palette. The colors include bright blue, orange, yellow, green, and red, layered and splattered together. There are dark, thin lines and speckles scattered throughout the composition, giving it a textured and expressive feel. The overall effect is one of dynamic energy and emotional intensity.

Moment of silence

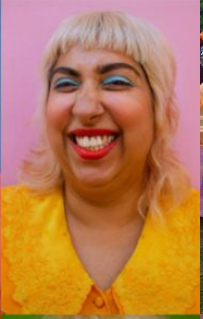
and Remembrance

Lessons from our guides who have created a blueprint on Sustaining Joy.

“Everyone deserves Joy, and wants to have Joy, not just less misery. What is needed is an approach that allows practitioners to approach trauma with a lens that promotes a holistic view of healing. One approach is healing-centered in addition to trauma-informed. Trauma informed care is important, it is incomplete. A healing centered approach is holistic involving culture, spirituality, civic action, and collective healing.”



Dr. Shawn Ginwright





Project Happyvism



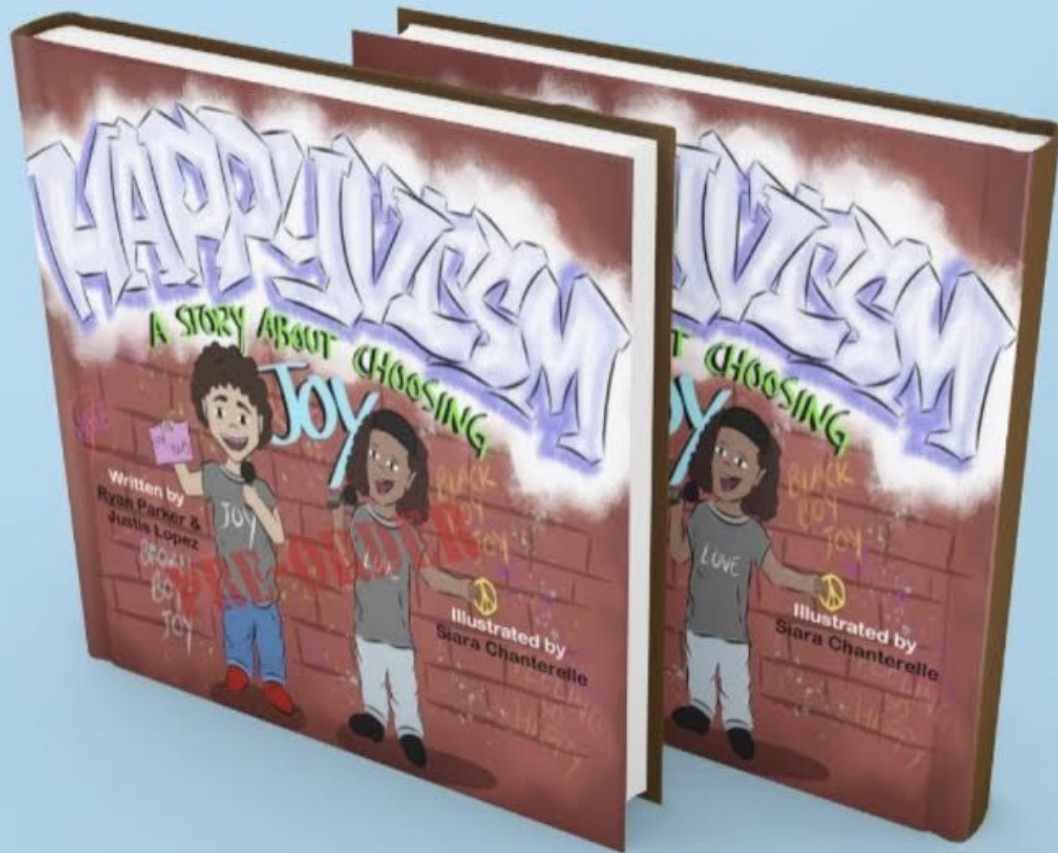
A song, a book, and so much more...

A song centered on joy and the power and significance of self love and joy as a form of activism and radical resistance.

A book centered on the significance, necessity and power of embracing joy in the face of a world riddled with trauma and oppression specifically as it relates to communities of color.

A book that embraces the beauty and need for joy and emphasizes the fact that maintaining happiness about who you are and what you think, say and do in a world that consistently goes against the grain of your identity is a form of activism in itself hence: HAPPYVISM.







Dr. Melissa-Sue John

I LOVE MY HAIR CURLS

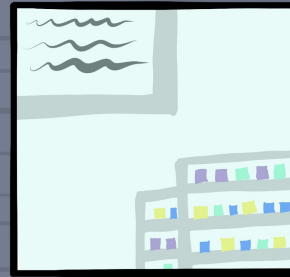
SO

WHEN I WALK IN THE STORE, THEY LOOK AT MY FACE.

I BE THE LIGHT!
I LIKE TO HAVE FUN!

ART

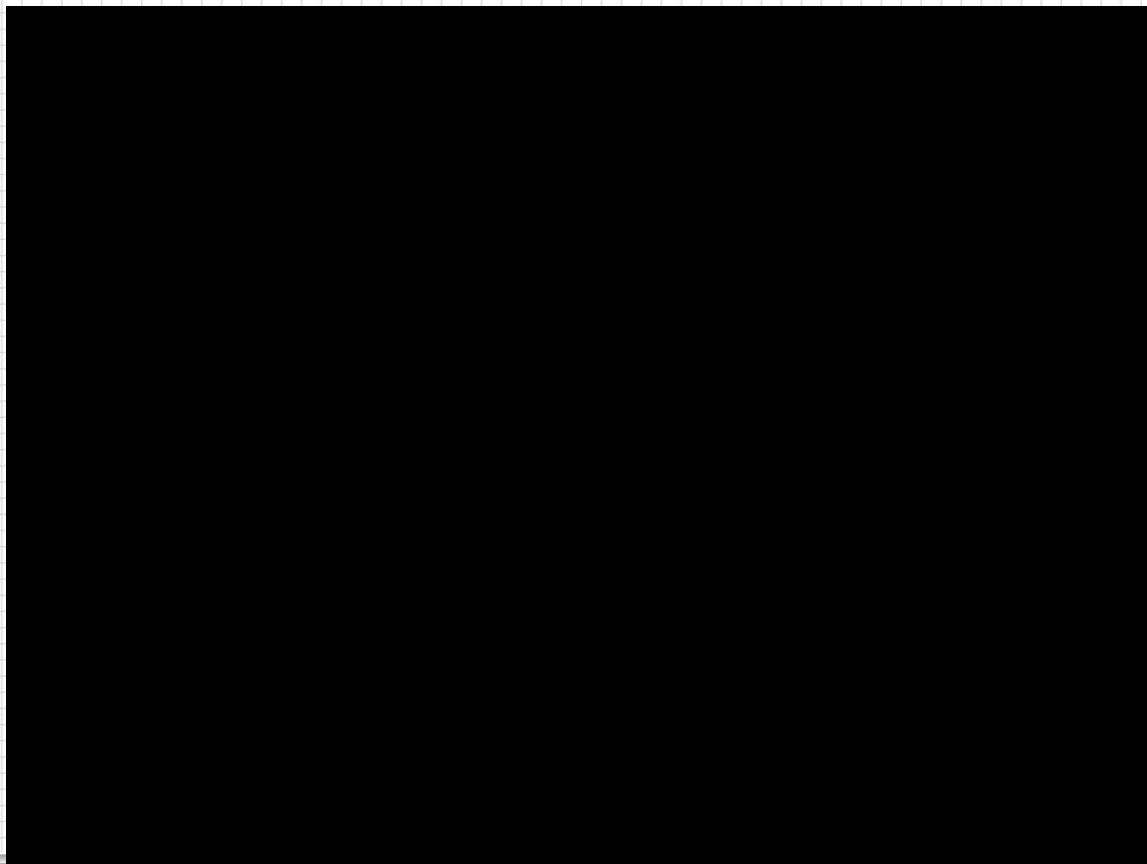
AVE.
IN THEIR PLACE!



I
IT

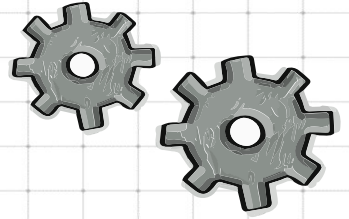
ART

A project that centers wellness & Joy

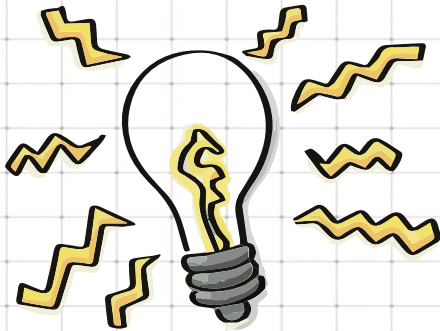


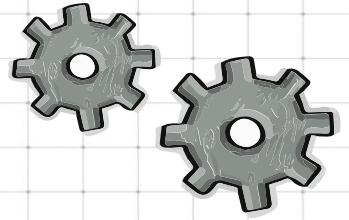


Reflection

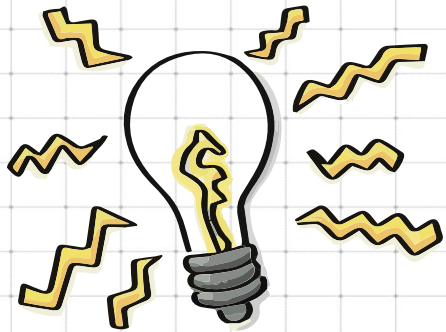


- What is wellness?





The active process of becoming aware and making choices towards living a healthy and fulfilling life.

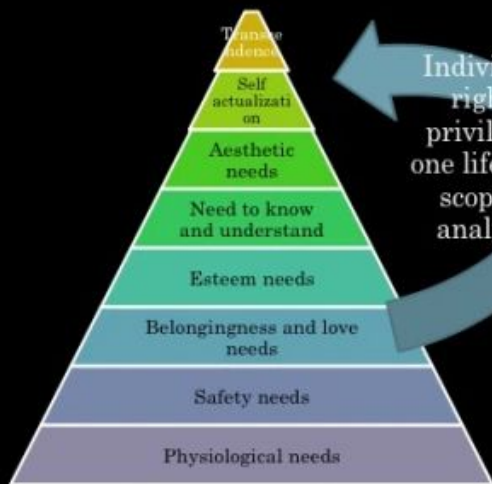


Frameworks and blueprints that center wellness

Community Citation: Blackfoot Nation

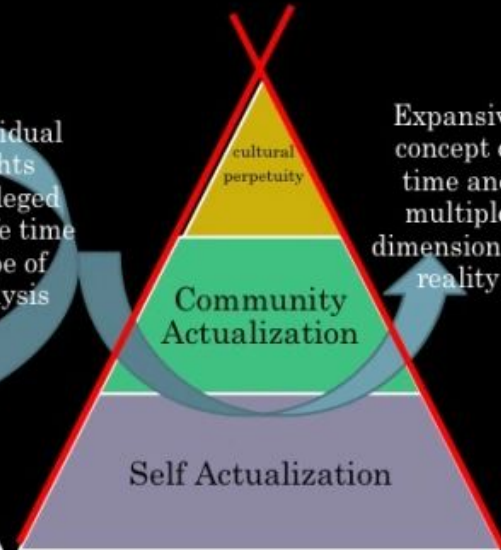
MASLOW'S HIERARCHY OF NEEDS (INFORMED BY BLACKFOOT NATION (ALTA))

Western Perspective



First Nations Perspective

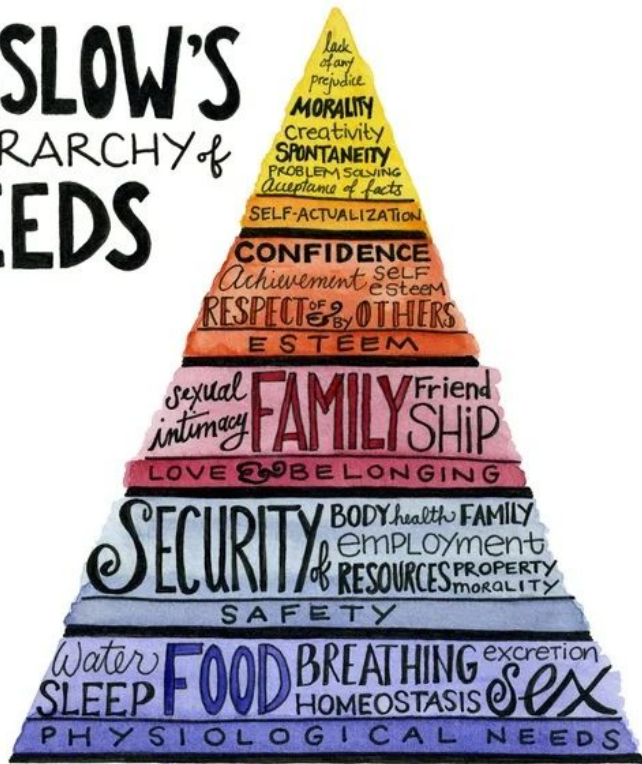
Individual rights privileged one life time scope of analysis



Expansive concept of time and multiple dimensions of reality

Huitt, 2004; Blackstock, 2008; Wadsworth,

MASLOW'S HIERARCHY of NEEDS

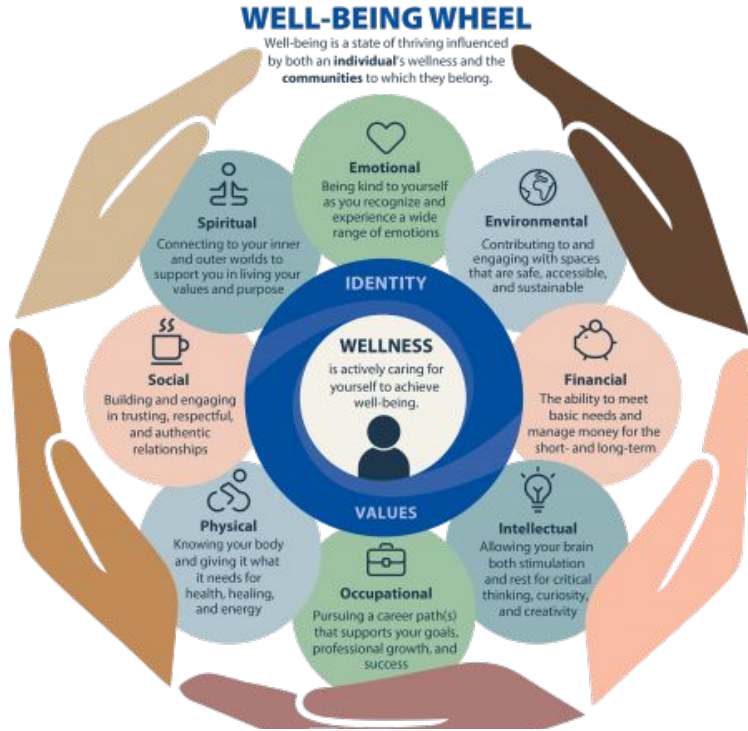


Looking at wellness holistically

Take a moment to reflect on
this framework:

What is one area you are
thriving in? (Doing well)

What is one area you would
wish to further explore to
learn more about?
(Potentially grow in)



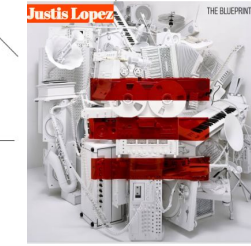
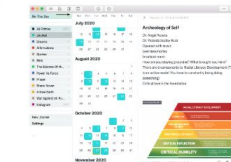
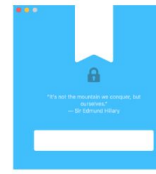
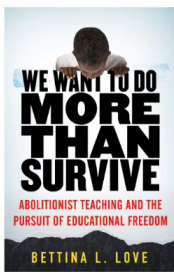
wellness plan. Cultivate your happiness, center your joy.



Community Citation: Michelle Obama

My wellness plan.

How I plan my wellness that contributes to my happiness and centers my joy.



The 5 people to help you along your path of joy



The 5 people to help you along your path of joy

Cheerleader: A person who believes in you when you don't believe in yourself.

Mentor: A mentor is someone who has the willingness to provide you with information and point you in the right direction.

Coach: Is meant to make you uncomfortable to maximize your potential.

Friend: A person connected to your heart, who knows your truest hearts desire. They always keep you connected to your authentic self.

Peer: Is a person who helps you during social situations, always keeping your head in the game.

Reflection to self



Who is your cheerleader? Mentor? Coach? Friend? Peer?

How have you played the role of a cheerleader? Mentor? Coach? Friend? Peer?
To others?

Happyvism: A poem, and anthem of Joy & self love



MY JOY BE ANTHEM!



Happyvism is a Joy anthem. A wellness outline. Now it's your turn to create your own joy anthem that represents your joy and love of self!

DIRECTIONS

1. Take a moment to reflect on what brings you joy. (This could be food, special places you like to go to, special sounds, special people you love to be around, sports, hobbies, activities you love etc.)
2. View the “My Joy be... Poem” starter guide and notice how the guide provides you with topics to think about.
3. Use the guide to help you create your poem
4. Take time to create!!! (I will play some creation music while you get started on your anthems!)

Justis Model!

My joy be...

My abuelita hot plates of rice and beans with sweet and savory platanos,
FRESHLY BAKED CHOCOLATE CHIP COOKIES THAT MELT IN YOUR
HAND

My joy be...

The mixing of melodies between the DJ SET, THE CRISP AIR CUTTING THROUGH THE
MOUNTAINTOP, BASKETBALLS ON EVERY STREET CORNER

My joy be...

HIKING, COMMUNITY, FREESTYLING WITH MY LIL BRO

MY JOY BE

My kindness, my brilliance, my dedication, my love, my excellence, my calm, my creativity, and my bravery to speak up and out against hatred and injustice!

My Joy be anthem sentence stems!

My Joy be...

(2 - 3 foods that you love to eat)

My Joy be...

(2 - 3 favorite sounds that you love to hear)

LET'S CREATE!

My Joy be...

(2- 3 things you like to outside of school)

My Joy be...

(2 - 3 parts of your personality that you value about yourself)

My Joy be...

(2 - 3 things that you love about yourself physically)

My Joy be...

(2 - 3 things you appreciate about other people, this can be family members, students in class, teachers etc.)





Campus
HAIR WORLD

TONY'S HAIRCUTS

Coca-Cola



SOUL FOOD
CYPHER

The CYPHER is sacred and
much more than people
simply rapping in a crowd.

The CYPHER is about...

Community



Connectedness

Love

Voice

Joy

Learning

Support



Creativity

Unity

Restoration

Family

Having each others back

Brilliance

Healing

Emotion/feeling

Self-care



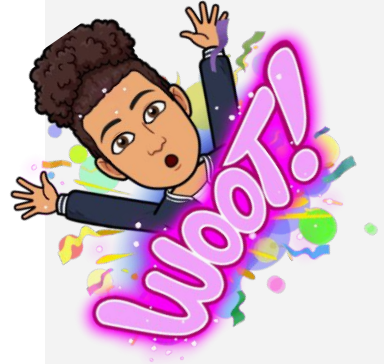
J

O

Y



OPEN MIC



Many Thanks!

