

Lesson 1

**Accountable In Oakland
Community Practice Studio I(200) and II(300)**
B Building, Room 2 - Oakland Campus

Defining Collaboration and Community with Mindfulness

Friday 09/09/2016 9:00AM - 03:00PM

Description: Participants will utilize contemplative education strategies and participant generated review protocols to generate ideal collaboration and community statements. The collaborative exercises from this highly interactive workshop will be the foundations of the entire Documenting Social Change and Transformation course.

Understanding Goals:

- How can contemplative education strategies and participant generated review protocols generate ideal collaboration statements?
- How can looking deeply through creativity and dialogue with others help to refine our understanding about Community?
- How can documenting the role of communities provide an opportunity to support our understanding of communities?

Aims:

- A.) Have participants learn and model some basic concepts of Collaboration
- B.) Practice making a rubric to illustrate assessment and use as a guide for observation and awareness
- C.) Use a rubric for both the evaluation of collaborative work and the fabrication of a collective project where the outcome is communally determined
- D.) Expand our definition of collaboration and community through readings and dialogue
- E.) Learn to use the Instax and Digital Cameras
- F.) Practice Mindfulness – which is the practice of peace

Theme: By collaborating with mindfulness, we can create a peaceful community.

Materials:

“Collaboration” & “Community” Rubrics	Raisins
Lesson plan	Drawing paper
Starting Evaluation Sheet	Digital Camera
Colored pencils, markers	Alphabet handout
Graduate Student Assessment Form	3-4 Instax Cameras
Pablo Helguera ABOG Video	Blue Tape

Music: Eavesdrop Radio: <http://recordbreakin.com/eavesdrop.html>

[eavesdrop.html](http://recordbreakin.com/eavesdrop.html)

Lesson 1 Part 1 (9:00 – 12:00 – 180 minutes)

Defining Collaboration with Mindfulness

<u>Methods:</u>	A.) Mindfulness Exercise w/raisins and Introductions	30 minutes
	B.) Contribute to the Collaboration rubric, highlighting qualities from the raisin exercise	5 minutes
	C.) Revisit rubric using participant's contributions	5 minutes
	D.) Introduce Exquisite Corpse/handout sheets	5 minutes
	E.) Exquisite Corpse Exercise (1X regular)	35 minutes
	F.) Break	5 minutes
	G.) Revisit/modify rubrics	5 minutes
	H.) Beginning Assessment, and photo portraits	15 minutes
	I.) Review Community Arts and Diversity Studies Learning Outcomes	10 minutes
	J.) Review Class Syllabus	5 minutes
	K.) Community Lunch/Break	30 minutes

Lesson 1 Part 2 (12:00PM – 3PM – 180 minutes)

Defining Community with Mindfulness

Description: Participants will utilize contemplative education strategies and participant generated review protocols to generate ideal Community statements. The collaborative exercises from this highly interactive workshop will make the learning about Community visible in ways to inspire ongoing creative actions and installations.

Understanding Goals (same as above):

- How can looking deeply through creativity and dialogue with others help to refine our understanding about Community?
- How can creativity promote wellbeing?
- How can documenting the role of communities provide an opportunity to support our understanding of communities?

Aims:

- A.) Have participants learn and model some basic concepts of Collaboration.
- B.) Use a rubric for both the evaluation of collaborative work and the fabrication of a collective project where the outcome is communally determined
- C.) Expand our definition of collaboration through dialogue
- D.) Make a community alphabet and preliminary list of words
- E.) Practice Mindfulness – which is the practice of peace

Theme:

By collaborating with mindfulness, we can create community.

<u>Methods:</u>	A.) Mindfulness Exercise/Body Scan	5 minutes
-----------------	------------------------------------	-----------

- B.) Contribute to the Community rubric, highlighting qualities from the raisin exercise, the morning session, and lunch 5 minutes
- C.) Make a Community Alphabet of CCA campus area 100 minutes
 - 1. Separate into three or four groups with cameras
 - 2. Create a visual alphabet, considering concept and technique in the construction and presentation
- D.) Present the alphabet as a group, modeling collaboration in the form and process of the presentation 30 minutes
- E.) Rubric Review/Class Expectations revisit 5 minutes
- F.) Review Pablo Helguera's ABOG Doc for HW intro 10 minutes
- G.) Final reflections 20 minutes

- Readings**
- 1.) Freire, Paulo. Pedagogy of the Oppressed
Pages 57 – 84
 - 2.) Haynes, Deborah J. *Contemplative Practice and the Education of the Whole Person* Pages 1 – 7
 - 3.) Helguera, Pablo. Education for Socially Engaged Art
Pages 9 – 26 (Chapter II - Community)

Assignment:

1.) Personal Skills Inventory

Students are responsible for filling out the skills inventory form on moodle. Please fill it out and send it back to me as a .pdf via email.

2.) Write 1 paragraph about each of the assigned readings, and send to me as a .pdf by Thursday 9/15 at 12PM. The conceptual framework of your reflections is open, so can include your impressions, thoughts, take-aways, etc. Please put your name on the top right of the first pages, and include all three of the responses in the same document. Be prepared to discuss the assigned readings next week too.

3.) Next weeks class meeting:

The Studio/Practice Center

940 Arlington No. 4

Oakland CA 94608

(Arlington between Market St and Lowell Street, near the Oakland/Berkeley/Emeryville border)