

Lesson 1

**smARTpower Sharing Culture
All Saints College, Ibadan, Nigeria**

Defining Collaboration with Mindfulness

Monday April 23, 2012. 10:00 – 2:00PM

Description: Participants will utilize contemplative education strategies and participant generated review protocols to generate ideal Collaboration statements. The collaborative exercises from this highly interactive workshop will be the foundations of the entire *Sharing Culture* workshop.

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 through dialogue
- E.) Make a community alphabet and preliminary list of words
- F.) Practice Mindfulness – which is the practice of peace

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

Materials:

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| “Collaboration” rubric/list | Raisins |
| Lesson plan | Drawing paper |
| Starting Evaluation Sheet | Digital Cameras (5) |
| Colored pencils, markers | Exquisite Corpse handout |
| Music: Fear Not For Man - Fela Kuti, Fear Not Of Man - Mos Def, Afro Blue - Black Radio: Robert Glasper Experience | |

Methods:

- A.) Mindfulness Exercise w/Raisins and Introductions 30 minutes
- B.) Have everyone contribute to the collaboration rubric, highlighting qualities from the raisin exercise, encouraging mindfulness 5 minutes
- C.) Revisit rubric using participant’s contributions 5 minutes
- D.) Introduce Exquisite Corpse/handout sheets 5 minutes
- E.) Exquisite Corpse Exercise (one session) 20 minutes
- F.) Revisit/modify rubric w/Exquisite Corpse contributions 5 minutes
- G.) Introduce how to use a digital camera 10 minutes
- H.) Make a Community Alphabet for All Saints College 80 minutes
 - 1. Separate into four groups with cameras
 - 2. Create a visual alphabet, considering concept and technique
- I.) Closing reflections 30 minutes
- J.) Beginning Assessment Sheets, and photo portraits