Improving Resilience Through the Arts
Learning Forward Conference December 10, 2019
References and resources

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1. Social and Emotional Learning
   - Nationathope.org
   - The Brain Basis for Integrated Social, Emotional, and Academic Development
   - Arts for Life Utah - stories in 4 art forms about the impact of the arts

2. Learning in the Arts
   - Relaxation activities - http://advancingartsleadership.com/node/37
   - Professional development in each art form - http://advancingartsleadership.com/
   - The Value of Basic Drawing
     - Biology teacher about the importance of drawing
     - Mind Mapping for Learning: ScottFlox.org
     - Sketchnoting - https://sylviaduckworth.com/2019/01/15/5-tips-for-live-sketchnoting/
   - Additional questioning strategies to review a work of art

3. Brain-Body Connection
   - Brain Dance - https://www.creativedance.org/about/braindance/
   - Brain Compatible Dance Education by Anne Green Gilbert
   - Making Connections Total Body Integration Through Bartenieff Fundamentals by Peggy Hackney
   - The value of dance for everyone: https://www.soultosolechoreography.org/why-dance-education-matters/

4. Stress/Trauma
   - Teachers’ Guide to Trauma, Sadin, Levy
   - Practice resiliency: http://advancingartsleadership.com/node/38

5. Additional Resources
   - Teachers’ Guide to Resiliency Through the Arts, Flox, Sadin, Levy
   - Norman Rockwell painting – Norman Rockwell Visits a Country School
   - BYU ARTS Partnership lesson plans - education.byu.edu/arts/lessons

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