

Improving Resilience Through the Arts

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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
<https://blogs.scientificamerican.com/symbiartic/rediscovering-the-forgotten-benefits-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.soultolechochoreography.org/why-dance-education-matters/>
- How to get the most out of the Brain Dance - <https://www.danceedtips.com/pages/dance-ed-tip-84-how-to-get-the-most-out-of-anne-green-gilberts-brain-dance>

4. Stress/Trauma

- Trauma Sensitive schools - <https://traumasensitiveschools.org/wp-content/uploads/2019/04/Research-Snapshot.pdf>
- [Teachers' Guide to Trauma, Sadin, Levy](#)
- Trauma recovery - <http://bit.ly/2OUoVpt>
- 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

