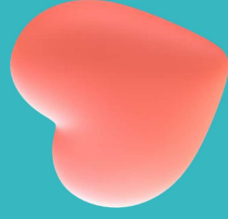


# Fostering Resilience in Children through Virtual Mindfulness



AAM  
5/19/2024



# WELCOME

We're glad you're here!

**Jenn Reifsteck**

National Museum of Asian Art

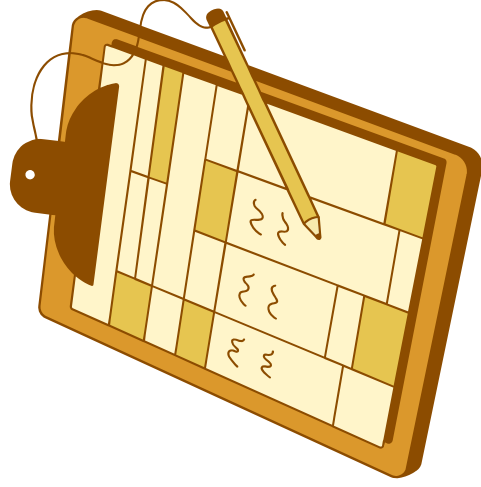


**Lisa Danahy**

Create Calm Inc.



# LEARNING OBJECTIVES



✿ explore strategies for interpreting museum objects through movement

✿ practice accessible breathing and meditation exercises that manage anxiety, support self-regulation and build resilience in ourselves and children

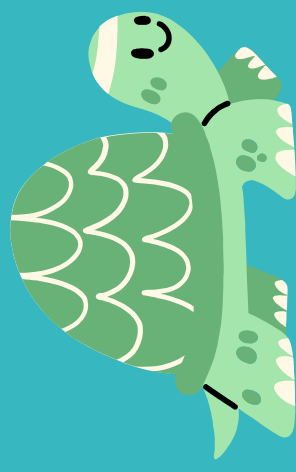
✿ develop techniques for fostering deep conversations about objects with visitors of any age

✿ review scientific research on the benefits of mindfulness practices for youth

it's okay to

slow down

Connect with your breath...





**What do you see?**

**Write 5 things**







**What do you see?**

**Write 5 NEW things**



**What do you think is  
going on in this  
painting?**

**Turn and Talk**



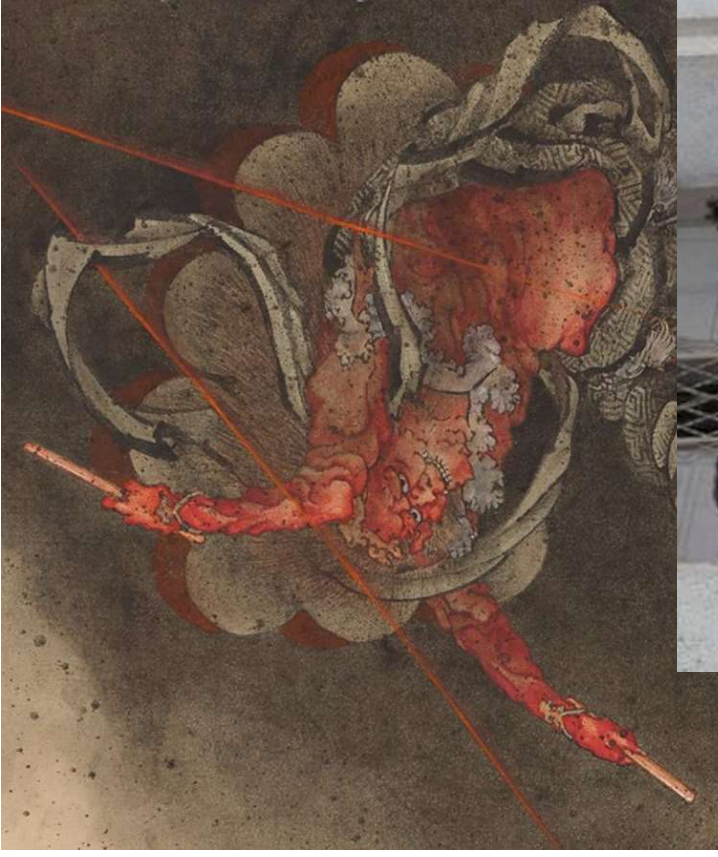
**What do you wonder?**

**Turn and Talk**





Thunder god  
Katsushika Hokusai (1760–1849)  
Japan, Edo period, 1847  
Hanging scroll; ink and color on paper  
Gift of Charles Lang Freer  
Freer Gallery of Art  
F1900.47



# WHAT IS SLOW LOOKING?



**"Taking the time to  
carefully observe more  
than meets the eye at  
first glance."**

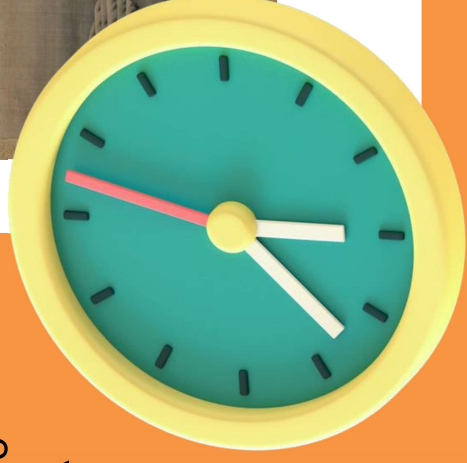
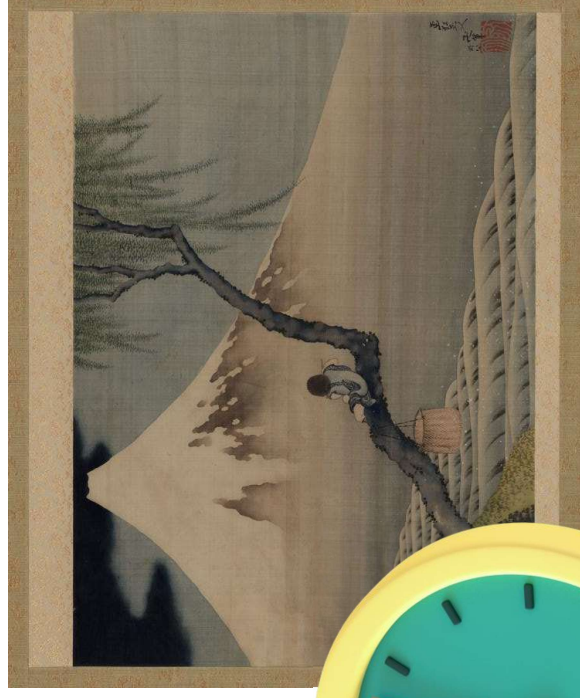
Shari Tishman

Slow Looking: The Art and Practice of Learning through  
Observation (2018)



# FAST MINDS AT THE MUSEUM

Visitors spend an average of 15 to 30 seconds in front of a work of art. A good portion of the time is spent reading the label.



Rosenbloom, Stephanie. "The Art of Slowing Down in a Museum," *New York Times*, October 9, 2014, [http://www.nytimes.com/2014/10/12/travel/the-art-of-slowng-down-in-a-museum.html?\\_r=2](http://www.nytimes.com/2014/10/12/travel/the-art-of-slowng-down-in-a-museum.html?_r=2) (accessed June 22, 2016)

Smith, J.K., & L. F. (2001). "Spending Time on Art". In *Empirical Studies of the Arts*, 19(2).

Worts, D. (2003). "On the Brink of Irrelevance? Art Museums in Contemporary Society." In L. Tickle, V. Sekules, & M. Xanthoudaki (eds.), *Researching Visual Arts Education in Museums and Galleries: An International Reader*. Dordrecht, Netherlands: Kluwer Academic Publishers.

# HOW DO WE "SLOW LOOK"?



**A**R**T**F**U**L  
**T**H**I**N**K**I**N**G



**See, Think,**

**Wonder**

reasoning with  
evidence

**Looking**

**10 x 2**

develops  
observation,  
descriptive  
language skills

**Colors,**

**Shapes, Lines**

develops descriptive  
language

**Step**

**Inside**

perspective-taking

# SLOW LOOKING MINDFULNESS



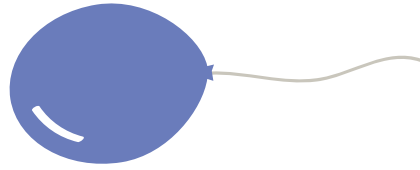
- Deliberate, unfolding processes
- Noticing different perspectives
- Curiosity, openness, and wonder
- Focus and concentration
- Learned dispositions

**\* Inquiry \* Awareness \* Connection \***



# ENERGY INQUIRY

Through Yoga & Mindfulness



## FOCUS

(Inquiry)

When children can focus, they develop self-awareness.



## CALM

(Awareness)

When children find their inner calm, they can focus.

## REGULATION

(Connection)

When children are self-aware and have yoga tools to bring them back to a balanced state, they are able to self-regulate.



# WHAT IS ARTFUL MOVEMENT?

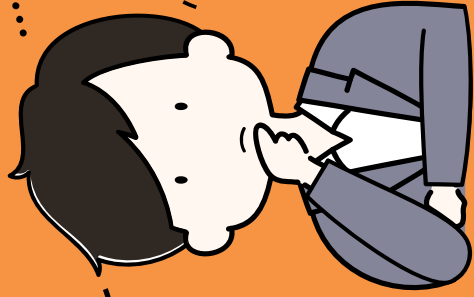
- Virtual field trip
- Grades PreK-6th
- Combines Breathwork,  
Slow looking at art, Movement, Relaxation
- SEL skills, culturally responsive

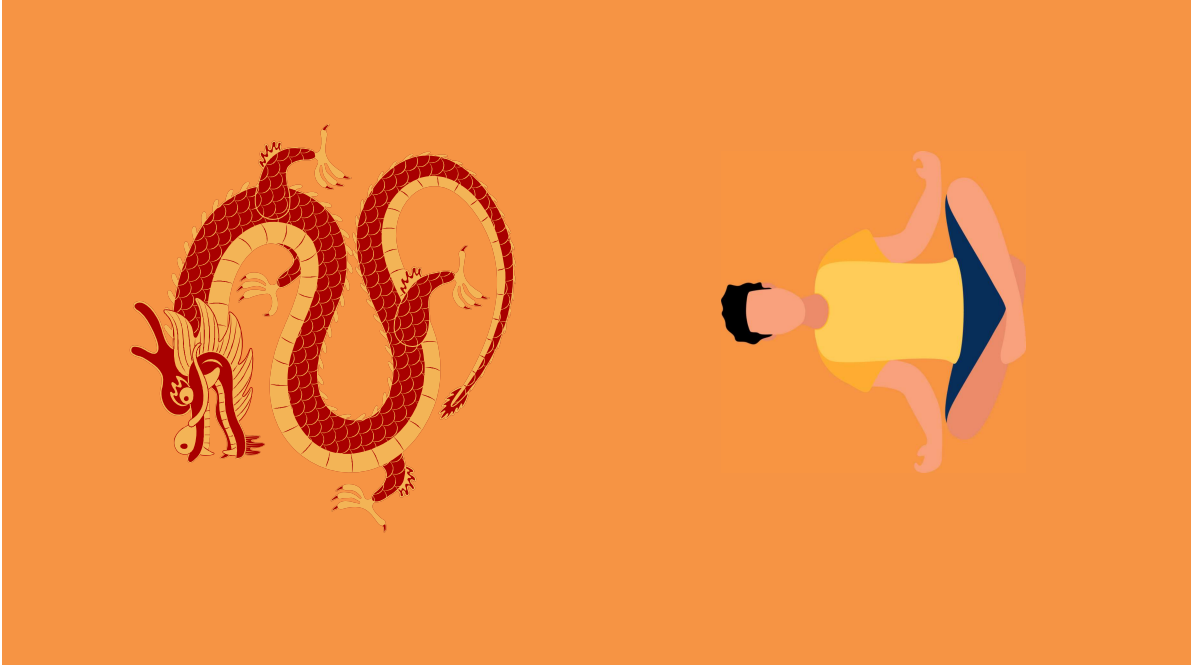
*“I learned how to do yoga and how I got so many people around that cares [sic] about me.” —  
Third-grade student*

*“I felt excited because it made me feel free.” 4th grade student*



**Now YOU try!**





**ARTFUL MOVEMENT  
LESSON PLAN**

OBJECT FOR  
SLOW LOOKING

MOVEMENT

PROJECT ZERO  
THINKING ROUTINE

A decorative lesson plan template on a light pink background. It features a large red rounded rectangle labeled 'MOVEMENT' and a large yellow rounded rectangle labeled 'PROJECT ZERO THINKING ROUTINE'. A white box with an orange border is labeled 'OBJECT FOR SLOW LOOKING'. The page is decorated with various elements: a yellow swirl, a blue flower, a green branch with leaves, a red tulip, a blue teapot with red berries, a red butterfly, and yellow stars.



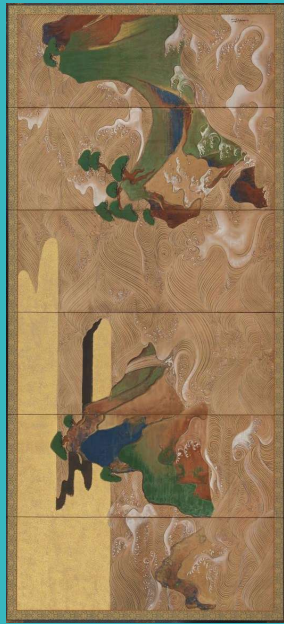
**Lesson Plan  
Template**



**Project Zero  
Thinking Routines**  
for exploring art, images, &  
objects



**NMAA Objects**  
for movement sequence  
inspiration







# Artful Movement: Educating Mindfully

Summer Learning and  
Retreat 2024

Join  
the  
Waitlist

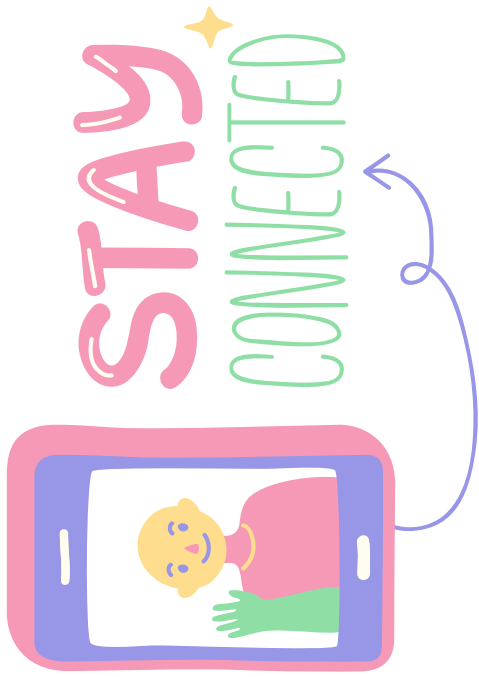


When: June 24 - 26, 2024

Where: National Museum of Asian Art  
Washington, DC

# THANK YOU!

We enjoyed learning with you today!



**Jenn Reifsteck**

National Museum of Asian Art

ReifsteckJ@si.edu



**Lisa Danahy**

Create Calm Inc.

lisa@CreateCalm.org



in/lisadanahy/



create\_calm\_yoga/

