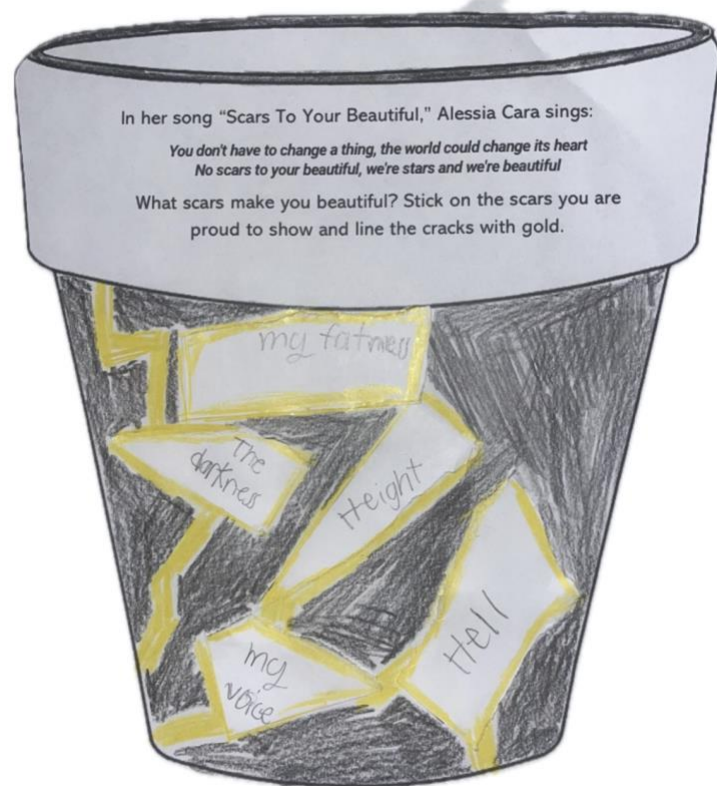
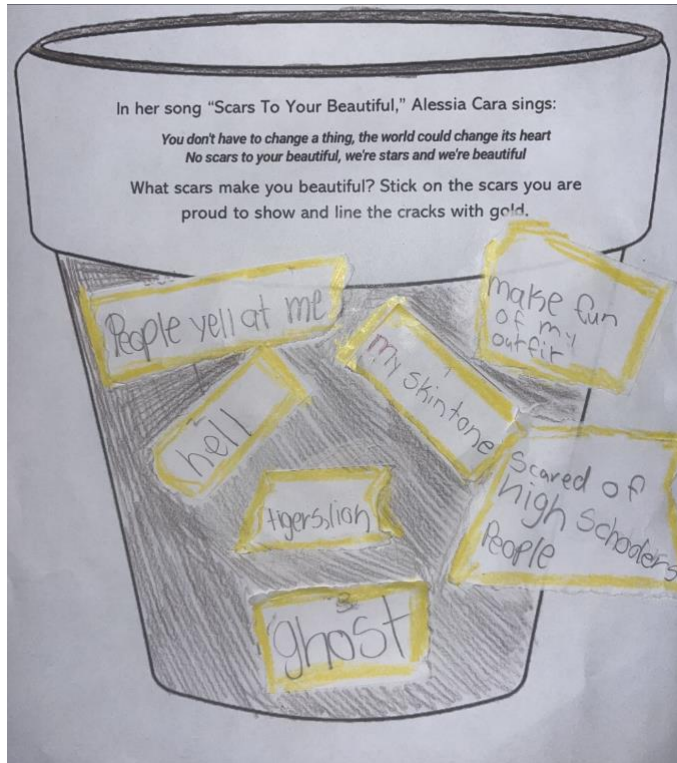


Kintsugi is a Japanese art of repairing broken pottery by mending the cracked pieces with gold. It can represent embracing our imperfections and honoring the process of being put back together. Scholars anonymously wrote in the cracks what they felt were some insecurities and fears that they had, and we discussed how we all have permission to share and be proud of the things that we are insecure about or that scare us.



Below are some photos of our calming corner that the kids and I have been working on. We are calling it "The Guest House", which is based on a poem that is about treating your body like a guest house for all your emotions - both negative and positive ones. The pictures on the wall by the house are the kid's interpretations of inviting their own feelings in, treating them with respect knowing that they are only temporary visitors and will come and go. This little house serves as a quiet corner for when someone is feeling overwhelmed or in need of some quiet time to reset. I have also put the poem below in case anyone wanted to check it out.

*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

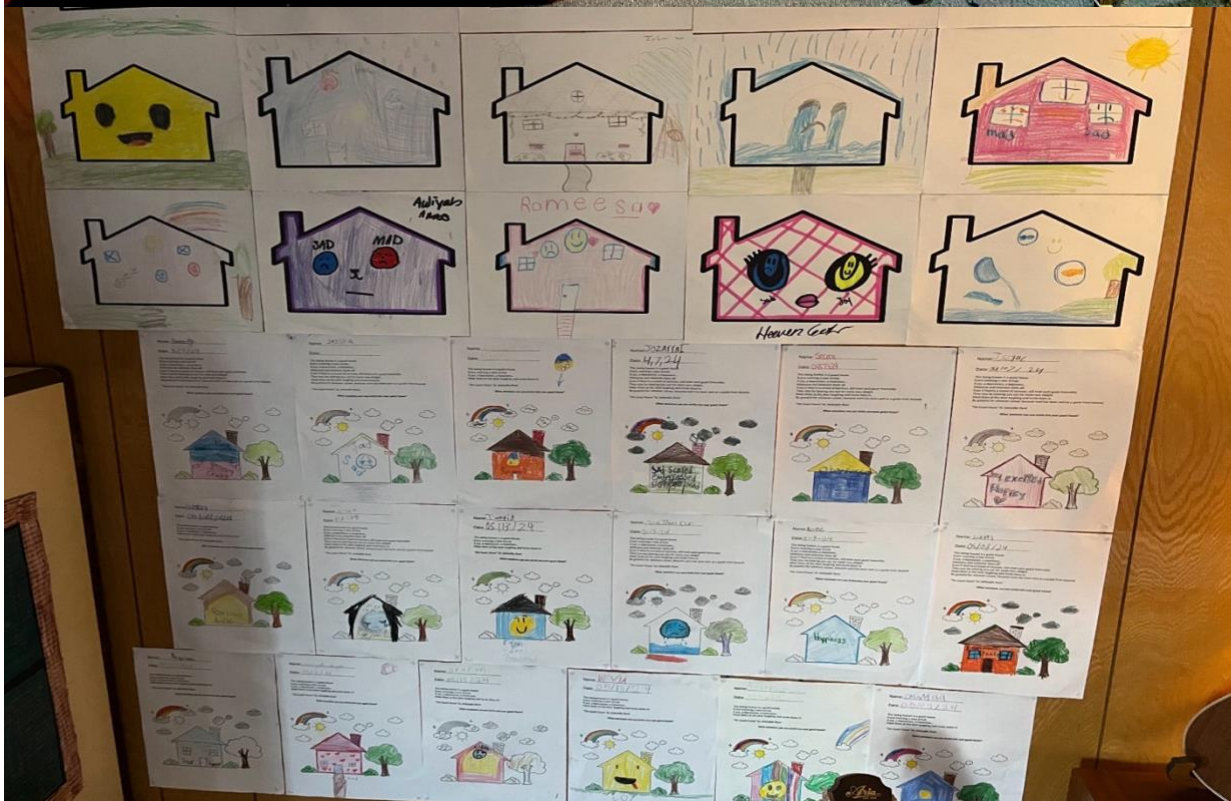
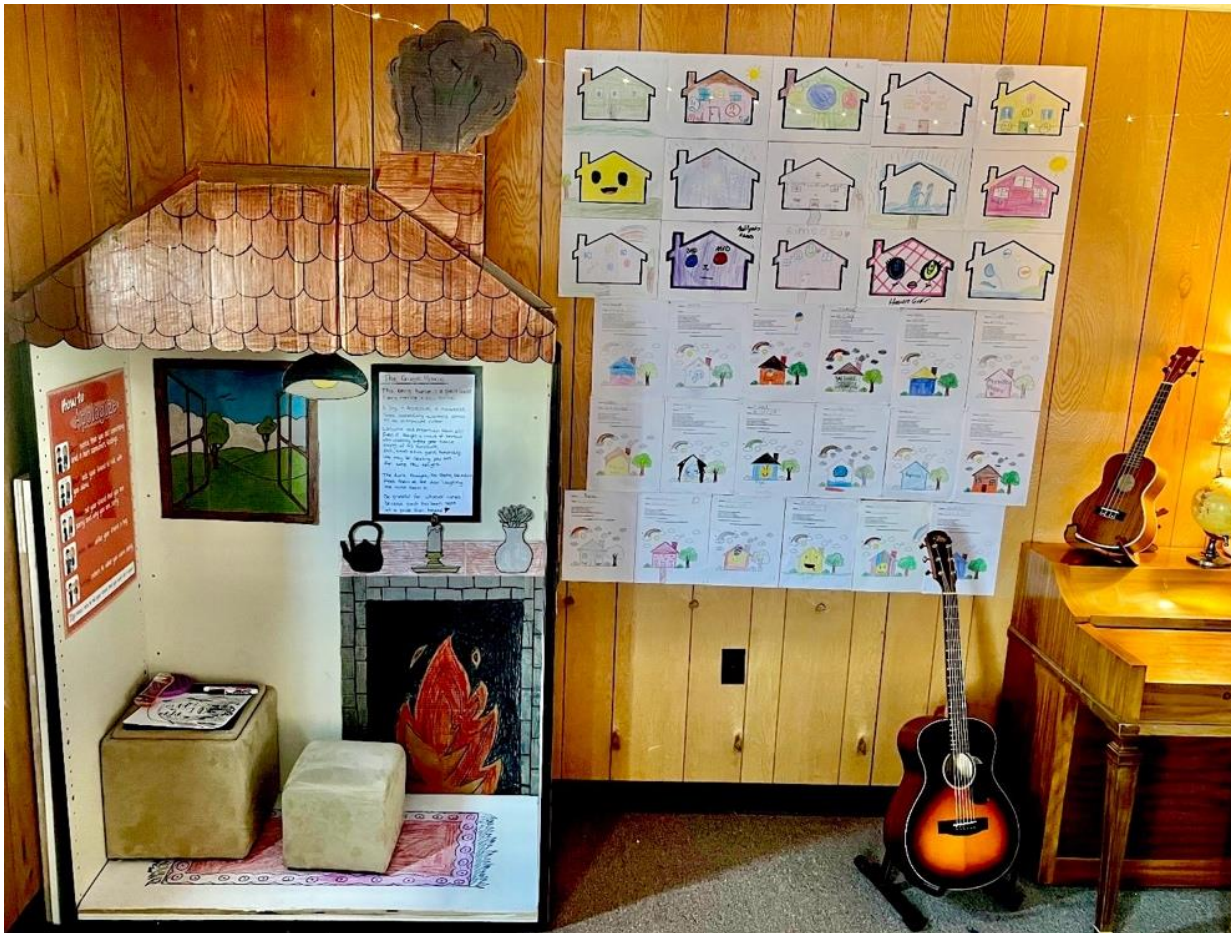
*Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,*

*still, treat each guest honorably.
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.*

*Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*





The video attached is a short visual that displays the recent activity we have been doing. Based on the lyrics of a song by Luca Foagle, scholars were encouraged to write or draw about what they believe they are unfolding into as they get older. This can be in reference to both what they want to be when they grow up as well as the things about themselves that they love and are proud to share.