

## An Arts-based Approach to Counteract Trauma/Violence

- **Step 1: Tearing -** Open the folder and tear the paper inside. As you do so, consider the impact of grief, loss, trauma, and violence in our schools and communities. Talk with each other as you tear.
- **Step 2: Visualizing** Close your eyes (if comfortable) and take 3 deep breathes. Imagine a rectangular box, approximately 4"x12" with a black chalkboard inside with the question written on it "what are my personal responsibilities and our collective responsibilities to end violence?" Visualize the sides of the box begin to open. Envision what action you can take to end violence.
- **Step 3: Creating** Use a gluestick to reassemble selected torn papers inside and/or outside the folder in ways that convey personal strategies and collective action to end violence. Use markers to add images and text. Include group members' names on your collage. Take photos of the collage, the process of making it, and of your group with the camera being passed around. Please pass the camera to another group and return the camera to Karen Keifer-Boyd at the end of the Lobby session.
- **Step 4: Sharing** Present your collage of strategies/action plans to the group. For those who twitter: @naeawc, #naeawc, #naeaartmatters, #artsed
- **Step 5: Reflecting** On return home, use the NAEA Women's Caucus blog at <a href="http://naeawcvoices.wordpress.com/naea-lobby-session-2013/">http://naeawcvoices.wordpress.com/naea-lobby-session-2013/</a> to share how you have taken personal responsibility for collective action.

## **Lobby Session Facilitators:**

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