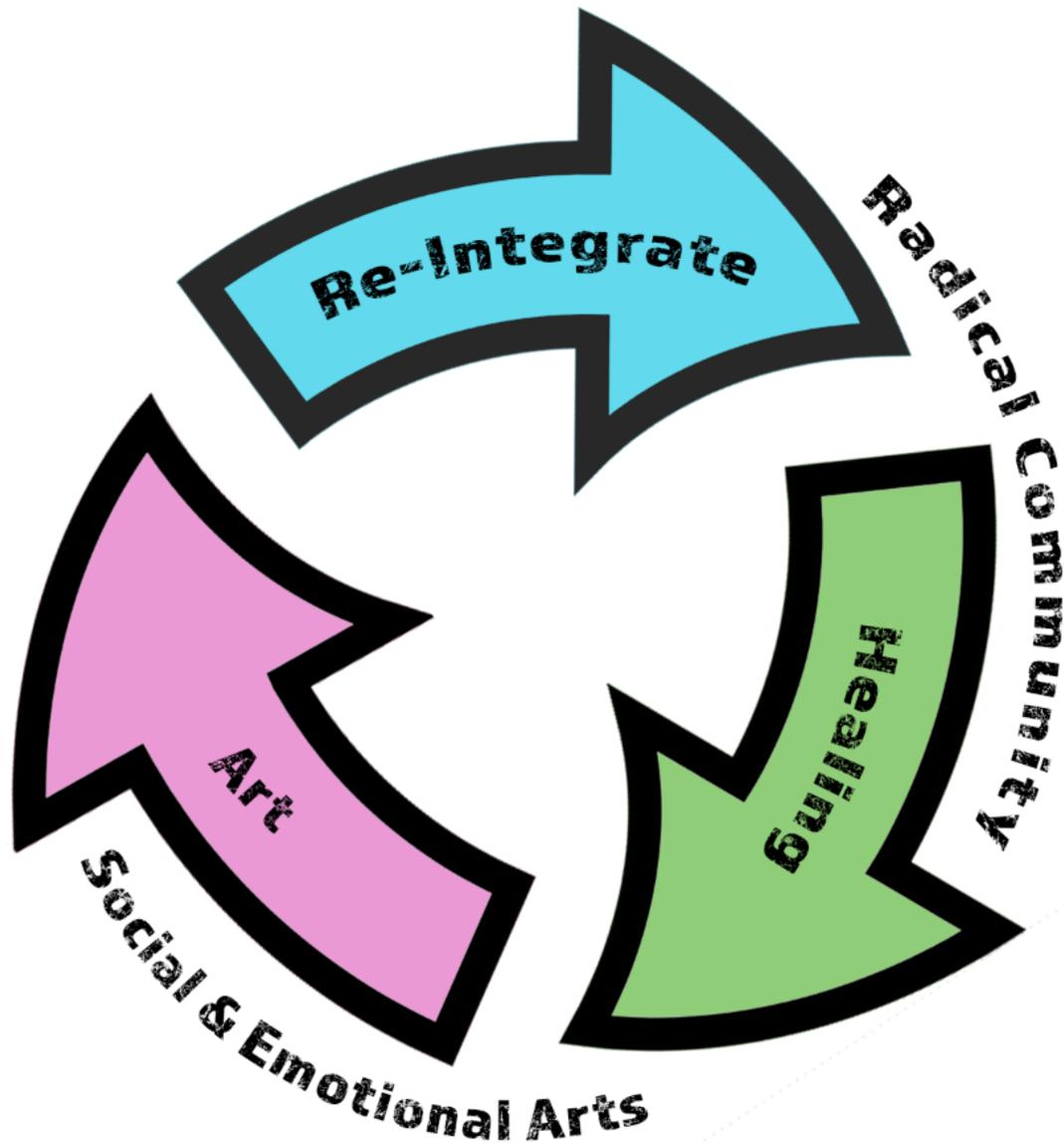


SEARCH Framework



Scan with your smartphone for SEARCH resources.

I am.. My Truth

Cycle 1 Reflection

I am...	You type here
Because I am..	
Some may think...	
Some may say...	
Some assume...	
The TRUTH is...	

Cycle 2 Reflection

I am...	
Because I am..	
Some may think...	
Some may say...	
Some assume...	
The TRUTH is...	

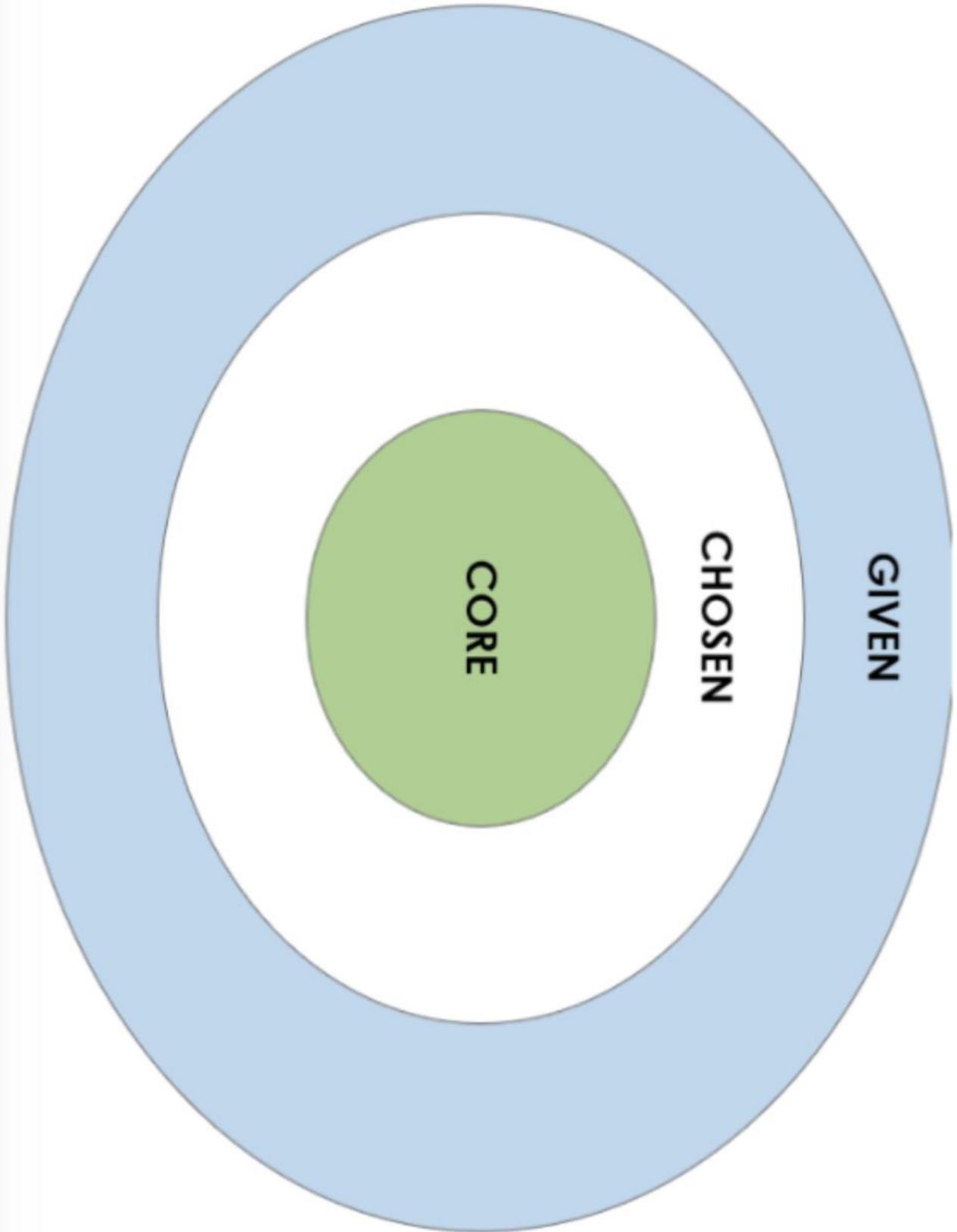
Cycle 3 Reflection

I am...	
Because I am..	
Some may think...	
Some may say...	
Some assume...	
The TRUTH is...	

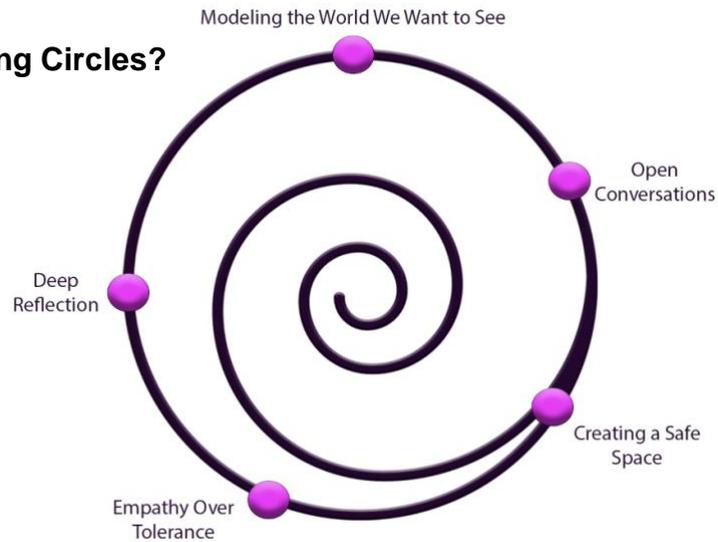
Identity Map

1. **Given Identity (Outer Ring):** Which aspects of your identity were given to you? These are traits you have no control over (e.g. birthplace, first language, age)
2. **Chosen Identity (Middle Ring)** chosen? What is your spark? What do you love to live, friends, movies, food, interests?
3. **Core Identity (Central Ring):** How do you define yourself at your core? Who are you?

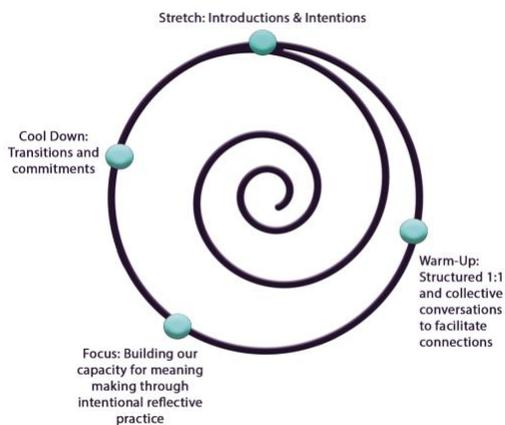
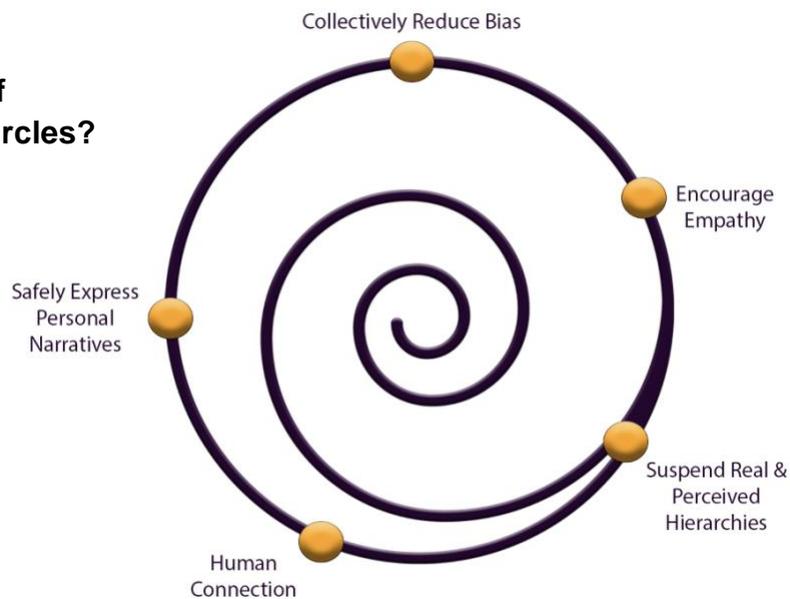




What is a Restorative Healing Circles?



What is the purpose of Restorative Healing Circles?



A successful Restorative Healing Circle involves 4 key steps:

1. **Stretch:** Introductions & Intentions
2. **Warm-Up:** Structured 1:1 and collective conversations to facilitate connections
3. **Focus:** Building our capacity for meaning making through intentional reflective practice
4. **Cool Down:** Transitions and commitments

Stretch Prompts:

- *What is something that brought you joy as a child?*
- *How are you creating space to center joy for yourself and your loved ones?*
- *What is your happy place, where you feel the most free?*
- *Share a memory of an experience when you laughed or smiled uncontrollably*

Warm-up Prompts:

- *Speak about a physical location you can go to where you are able to feel a sense of peace, safety, and sacredness. What is it about that location that allows you to feel a sense of peace, safety, and sacredness?*
- *What forces or obstacles have attempted to get in the way of you feeling a sense of peace, safety, and sacredness?*
- *Share a memory of when you first realized that your race, ethnicity, gender, or sexuality mattered? What was communicated to you and how did it impact the way you engaged with the world around you?*
- *Reflect on yourself as a child; what grace, compassions, and affirmations would you offer to your younger self?*
- *Share the name of a person who has been influential in shaping your understanding about race and racism. How did this person influence your perspective?*
- *Share a story about a time you encountered someone whom you thought was completely different from you, but discovered something you both shared intimately in common? What did this experience teach you?*

Focus Prompts:

- *What does it look like for you to engage in a loving and healing-centered relationship with yourself? What about the others around you? Where are the spaces where you find love in abundance?*
- *Name a time when you felt like your voice was stifled or unheard? How did it affect the way you communicate your ideas? How does it affect the way you receive others' ideas?*
- *How are you integrating a justice centered understanding of the intersectionality of race, ethnic identity, gender, sexual orientation into your own practice?*

Cool Down Prompts:

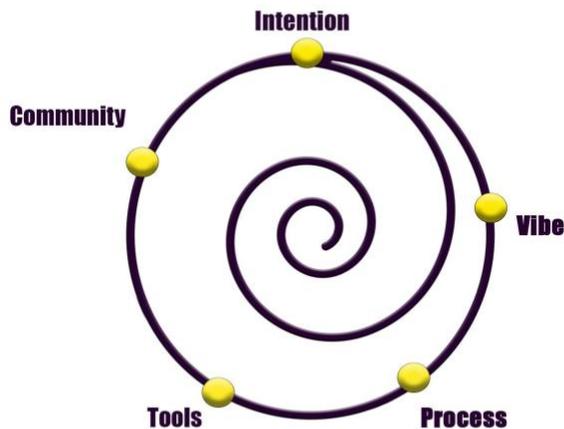
- *Share one word about how you felt about your experience in the circle*
- *Name something you are grateful for in this moment*

- Offer a word of an affirmation to someone you shared space with today
- How will you make time to care for yourself and your well-being in the next 24 hours?

Mindfulness:

Mindfulness practices help establish a calmer learning environment. There are various mindful strategies that are research-based and shown to help adults and young people identify and manage stressors through focusing on emotional well-being, self-awareness, management, and healing.

Successful Social Emotional Arts session involves 5 key steps:



1. **Intentionality:** Topics and activities that align to healing & social emotional learning.
2. **Vibe:** Comfortable, safe and affirming space, music chosen by participants.
3. **Tools:** materials and multimedia resources-(consider the resources available to your audience).
4. **Process: “Process over product,”** being mindful that folks have a history/ personal experience with creativity so always focus on process achievements vs. the product.
5. **Community:** Individual and collective share out on feelings, reflection on new knowledge, and celebration.

Topics and activities that align to healing and social emotional learning examples:

1. I am..My truth Poem
2. Identity Map
3. Vision Boards
4. Life Mapping
5. Mandalas: Creating own or coloring sheets
6. Inside/ Out Masks or boxes
7. Guided visualization exercises

Example SEARCH Agenda

Social Emotional Arts & Radical Community Healing promotes individual and collective action through a sequence of sessions facilitated as a Community of Praxis. Participants work with fellow participants and collaboratively explore culturally responsive healing practices that infuse arts, restorative practices, Social and Emotional Learning, and a Positive Youth Development approach.

Example Facilitator Agenda (2 Hours)

Time	Activity	Presenter(s)	Materials	Purpose
20 Minutes	Stretch	Facilitator and Group	Norms and Shared Agreements Check-iN Questions	<ul style="list-style-type: none"> Establish process for coming into community Explain importance of this step and adjustments that can be made in program
35 Minutes	Warm UP	Facilitator and Group	Prompts Reflective Journals Talking Piece Personal Artifacts	<ul style="list-style-type: none"> Participants discuss prompts Reflect prior to start Self-disclaimer Release the pressure of expectations Engage in creative writing Intentionally witness others "mutuality"
50 Minutes	Focus	Facilitator and Group	Handouts Reflective Prompts	<ul style="list-style-type: none"> Identity map Restorative Healing Circle Deepening Connections
15 Minutes	Cool Down	Facilitator and Group	Portfolios	<ul style="list-style-type: none"> Mindful Moment Reflection Journal Self-Care Plan Life and Journey Mapping