

# Arts Integration and Wellness Residencies

Professional Development and Training Catalog



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# Meet Our Trainer



Shanina Carmichael is the lead trainer of our Arts Integration and Wellness programming. Ms. Carmichael holds a Master's Degree Social Work from the University of Chicago with a concentration in Community School Leadership. She is also a 500 hr certified yoga instructor and has over 20 years of dance experience. Our lead trainer has a variety of skills and strengths that make her highly adaptable to the needs of schools and organizations. Mrs. Carmichael has been conducting arts integration trainings for 6 years throughout the State of Mississippi. As a former homeschooling mom, Montessori Teacher, and Aftercare Director, she has a wealth of experience engaging students inside and outside of the classroom. Her classroom and direct care experiences provide great insight into how to create effective trainings that "work" inside the classroom.



# Mindfulness

## STRESS MANAGEMENT

This training is designed to give teachers tools to create a classroom environment that invites peace, focus, and harmony through mindfulness practices. Providing strategies for implementing calming or energizing morning practices, brain break activities, chair yoga, and breathing techniques. These trainings also provide strategies for physical changes to the classroom that can improve mood, focus, and motivation.

## AVAILABLE TITLES/THEMES

- Stories with a Twist: How to present stories with meaningful lessons woven into a fun yoga practice and mindfulness crafts.
- Brain Breaks: Fun ways to Calm, Energize, or Reset on a Challenging Day
- Movement for Mindfulness: Yoga, Breathing Techniques, Affirmations and Mindfulness Crafts for a Healthy Home/Classroom/Workplace
- I am the Light: Calming and Energizing Techniques and Tools for Teachers/Staff
- Creating a Space: Engagement of Senses, Class Design, and Organization to Create an Optimal Learning Environment



# West African Arts

## TRAVEL TO AFRICA



In these trainings, we travel to Africa with stories, music, and dance. Offered as a classroom emersion training or teacher only training, teachers will learn engaging storytelling techniques while infusing state learning standards as comprehension checkpoints. Teachers will learn traditional West African dance movements, the country of origin and cultural contexts of the movement.



Teachers will also learn a song, traditional rhythm, and the instruments used to play the music. Concluding the training teachers will be provided lesson plans, recordings, and story resources to facilitate delivering the lesson independantly.

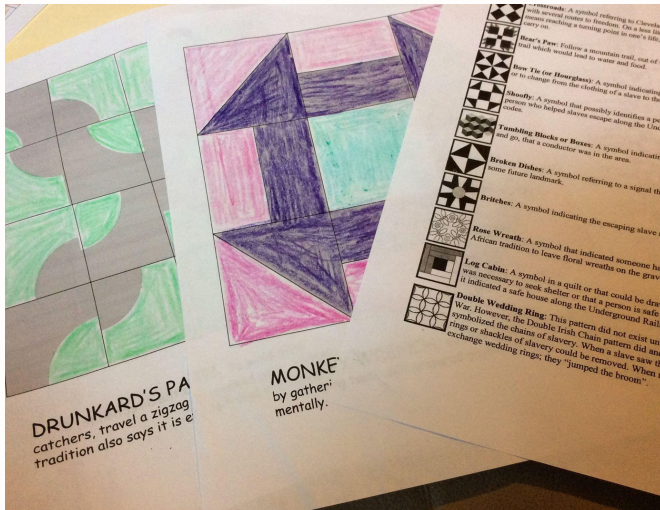
## AVAILABLE TITLES/THEMES



- Bringing the Rain to Kapiti Plain: Importance of Water
- Zomo the Trickster Rabbit: Good Decision Making
- Mufaro's Beautiful Daughters: Treating Others Kindly/Leadership
- Why Mosquitoes Buzz in People's Ears: Behaviors Impact Others

# Social Justice

## SOCIAL JUSTICE & ART



Our social justice and arts integration trainings explore social justice movements and celebrate change catalyst. We share techniques to expose students to social justice concepts while simultaneously teaching core subject learning standards and arts learning standards. Books are the starting point of these sessions but students are given space to discuss, dream, and create service/learning opportunities. We explore ways art has played a role in social justice from the underground railroad to the movements of today.



## AVAILABLE TITLES/THEMES

- Quilt Codes and Spirituals-How Art Was Used on the Underground Railroad: Abolition, Resistance; and Reading Comprehension
- Ruby Bridges & The March on Washington: Civil Rights & Reading Comprehension
- Marley Dias get it Done: Representation and Activism; Service Project; and Reading Comprehension

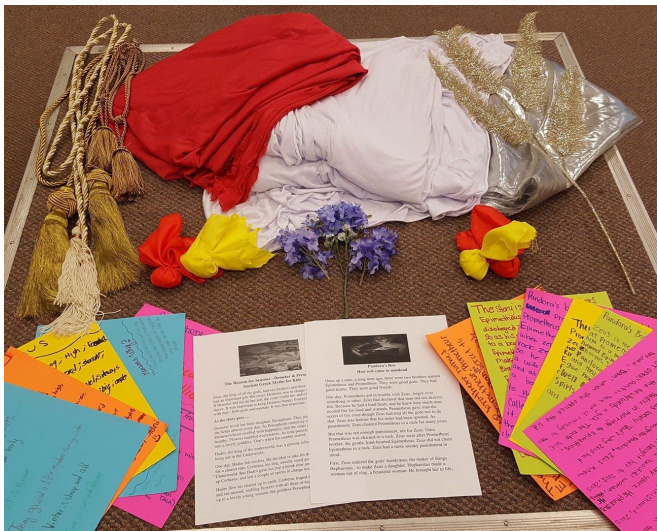


# Custom Crafted



## TEACHER GUIDED

Many times Teachers are concerned that bringing in special presentations will cost them instructional time. Custom presentations are ideal for schools and teachers that want the experience while keeping students on track to cover necessary learning standards. Our trainer meets with teacher(s) and discusses what standards, subjects, and social-emotional learning they desire to be covered. They also discuss dates that will allow the lesson plans' skill delivery to fall in sequential order for optimal student learning. The trainer models how to teach the learning standards using dance, visual art, and music. The Teacher(s) are left with the necessary materials to deliver the lesson plan independently.



## PAST PRESENTATIONS



- Life Cycle of a Plant: Science, Reading and Dance
- Organ Systems: Science, Testing Related Stress Management and Dance
- Greek Mythology: Literature, Presentation skills and Dance

# Cultivating Creativity



## INSPIRING CREATIVITY AT SCHOOL, HOME, & WORK

This presentation is for EVERYONE. Providing information on the importance of creativity to our health/wellness, the future economy, and problem solving in everyday life. This training provides recent data on the growing creative economy and data connecting art participation to reduced stress and chronic diseases. This is a highly rated training providing real time activities to protect creativity, cultivate creativity, and restore creativity in the classroom, at home, or in the workplace. Great for Professional development workshops and parent engagement activities.

### WHAT ATTENDEES ARE SAYING:

"Mrs. Carmichael is always a joy! I loved her ideas to generate creativity!"

"I LOVED this session! Great insight into the future!"

"The creative breaks were enjoyable, and Shanina provided valuable creative activities I can use with my 5th graders!"

" I enjoyed learning about the new occupations which use creativity."

"The creative activities were good. I am going to use some of them in my PDs with my teachers." -

# Services Offered

All of the presentations listed in this portfolio can be adapted to any of the formats below. All of the the E.A.S.E. trainings are interactive, engaging, and full of learning.



## PROFESSIONAL DEVELOPMENT

**\$1,000**

This training includes a one day 1.5 hour training presenting 2 lessons for teachers and administrators only. It is highly interactive. The trainer will deliver the lesson plan with teachers acting as students. Space for questions and feedback is allotted. Teachers will receive all necessary resources to deliver the lessons plan independently.

## ASSEMBLY IMMERSION

**\$2,000**

This training includes a 5-day residency with 2 sessions per day. Assemblies allow two combined classes to attend each session. Four arts integrated lesson plans will be modeled. The session will prepare students for a culminating performance. Fifth day is reserved for student performances, teacher feedback, and material review. Teachers will receive all necessary resources to deliver the lesson plans independently.

## CLASSROOM IMMERSION

**\$2,500**

This training includes a 5-day residency with 4 classroom visits per day (classrooms cannot be combined). Four arts integrated lesson plans will be modeled. The sessions will prepare students for a culminating performance. Fifth day is reserved for student performances, teacher feedback, and material review. Teachers will receive all necessary resources to deliver the lesson plans independently.

Funding and grant writing support is available. Need assistance acquiring funds? Email us, do not let lack of resources deter your institution from taking advantage of this opportunity.

**Bonus:** Refer a school that books a training and receive a \$50 credit or free 30 minute West African dance class.

**For booking inquiries: [easeartsms@gmail.com](mailto:easeartsms@gmail.com) or (314) 601-2938.**