

FIND FLOW & LET GO

Visual SEL Tools to Get Unstuck

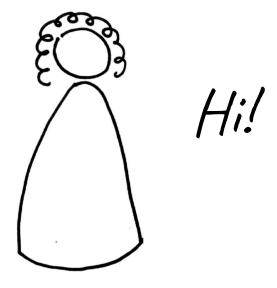
ACTIVITIES AS YOU ARRIVE

- Land & Breathe.
- 2. On 2 sticky notes draw emoji for 2 different things you're feeling right now.
- 3. Introduce yourself to your table and show your stickies.
- 4. Access resources & sign in! bit.ly/sxsw23











ELA BEN-UR

Coach | Founder | Fiddler

@elabenur 9





MANUEL S. HERRERA

Educator | Illustrator | Doodler









KIM ZAJAC

STAND Who's here? **STICKY** What's happening? HANDS







What matters most?



What ways are there?

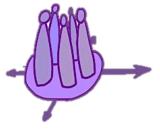


What's a step to try?



FLOW

Free motion in a good direction for all involved.





STUCK

Any not-great motion we can't change (yet).

spinning in circles

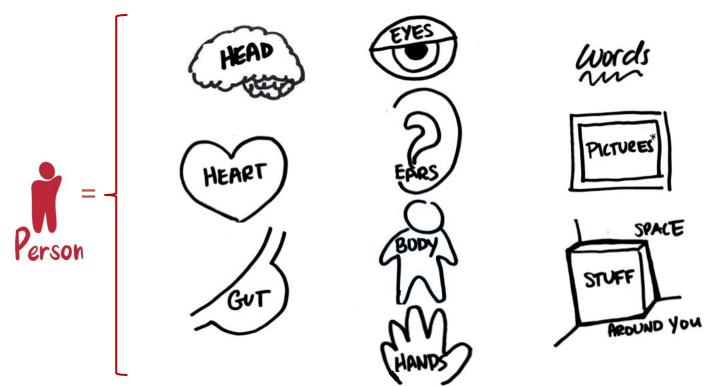
in chaos

sliding backward or speeding somewhere bad

speeding somewhere bad



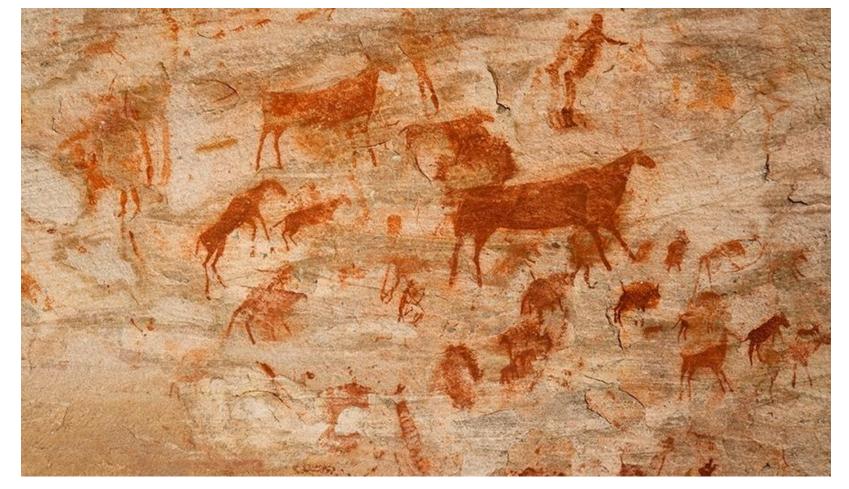
TOOLS



BEING VISUAL ENGAGES











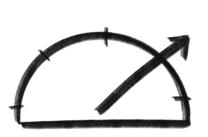
Facial Expression & Body Language



Sketches & Doodles



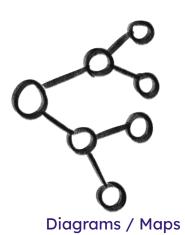
Emoji



Scales / Meters



Pictures





MAPS

That help us get unstuck in different situations

Design Thinking Adaptive **Leadership** Theory U

Systems Thinking

Nonviolent Communication

Appreciative **Inquiry**Experiential **Learning**

Reflective Practice

Scientific Method

Lean **Startup** Development

...and many more...



designf*ingthinking.tumbler.org



COMPASS

Design Thinking Adaptive **Leadership** Theory U

Systems Thinking

Nonviolent Communication

Appreciative **Inquiry**Experiential **Learning**

Reflective Practice

Scientific Method

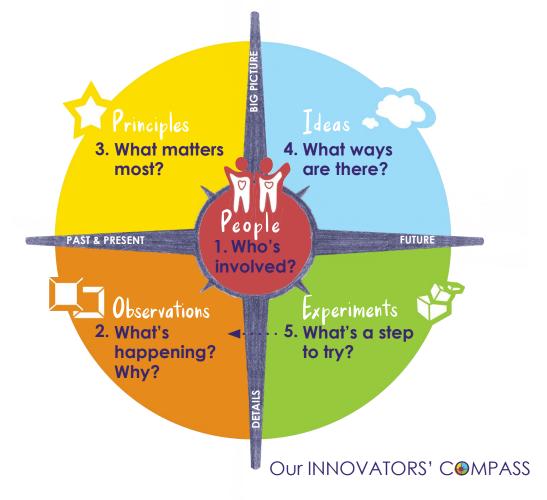
Lean **Startup** Development

...and many more...



COMPASS

How we see anything we do. When we're stuck, we're missing something.



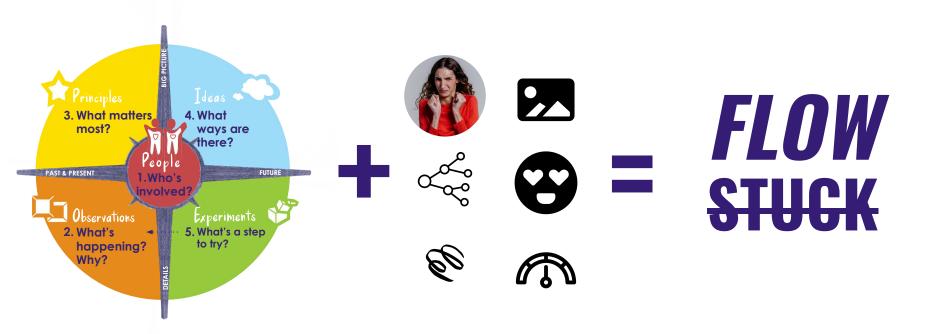


COMPASS

We're born with it!
We just need space and language to keep developing it.



STORIES



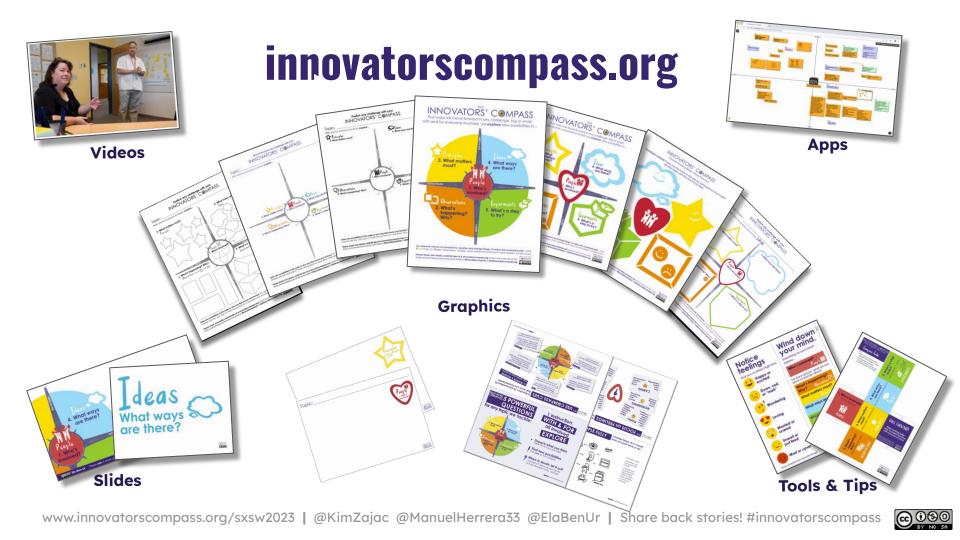


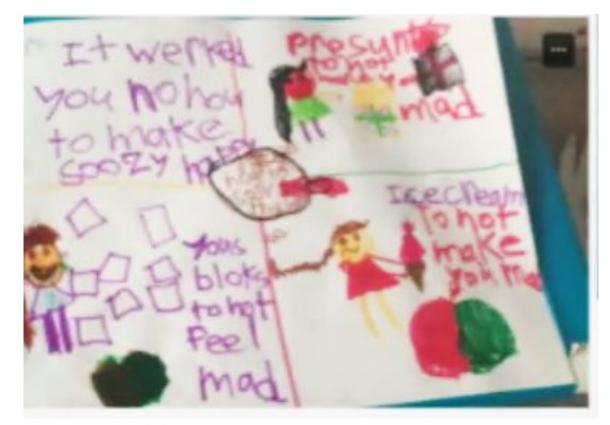
















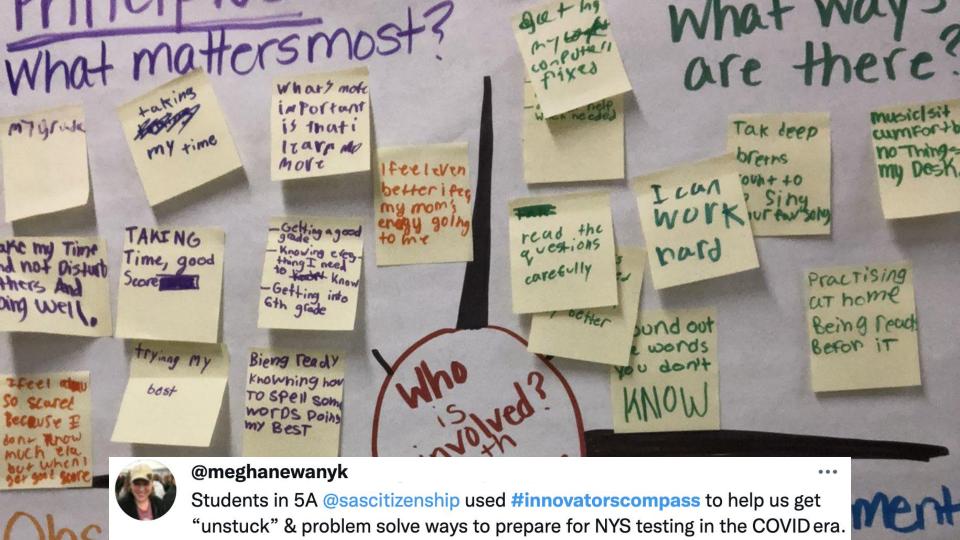
erin paynter (she/her) @erinpaynter · Apr 30

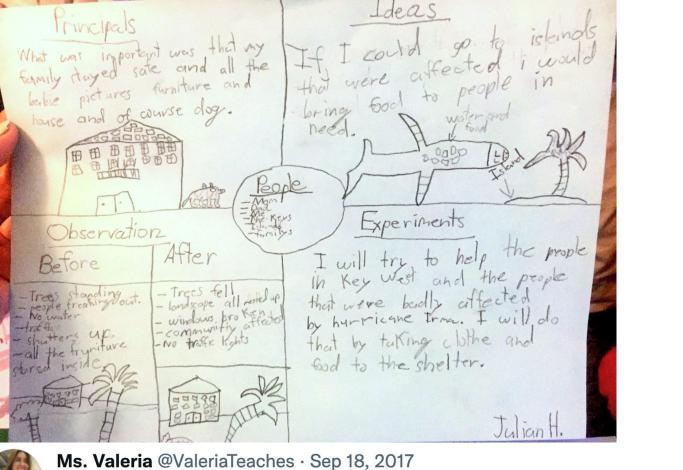
Amazed at how an #OCVNorthwest kinder teacher is using the #innovatorscompass to problem-solve "sticky situations", and develop #studentinquiry with our youngest learners. @ElaBenUr @eric_hardie





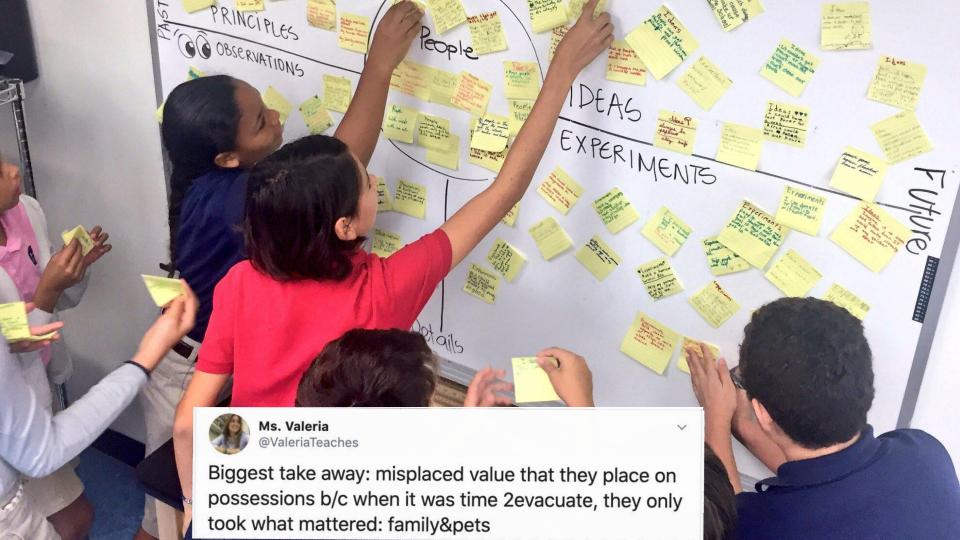


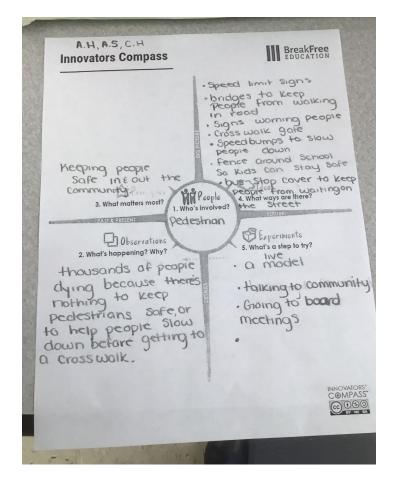






Using #innovatorsCompass today 2give Ss space2 reflect on #hurricaneIRMA \$\mathbb{T}\$; Ss have alot of emotions/experiences/thoughts

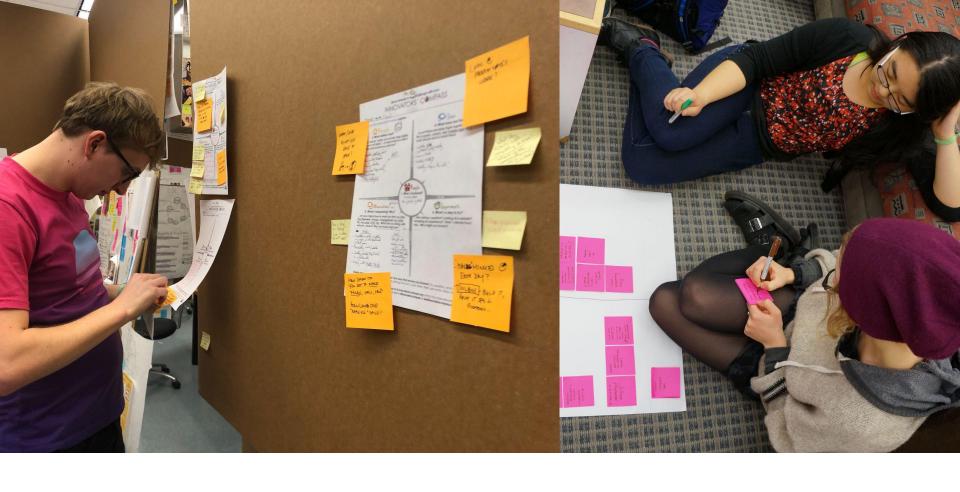




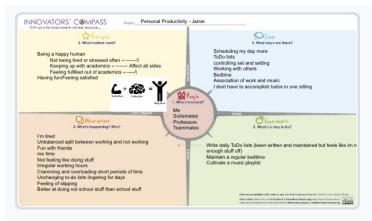


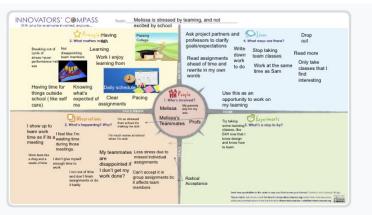


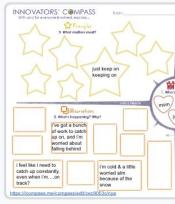
INNOVATO INNOVAL INNOVATORS' COMPASS Topic: Healthier Lifestyle Topic: I'm always tired My Topic: Phone Usage With and for everyone involved, explore... With and for everyone involved, explore... With and for everyone involved, EXPLORE: Principles Principles 3. What matters most? 3. What matters most? 4. What ways are there? Me - feel more confident -Why am I thred even when I sleep enough - Set timers boyfriend -> tries to help me f - Does my mood affect those around me Principles - only use if needed confiden + 3. What matters most? - Is my schedule too busy? - Having to accomplish gods Mon- make me feel better - Texting people Pad - about myself - What do I do before bed? before using phone knowing interpretion - Enjoying life more not being bored Ms. Palermo > help me start - How could light better quality exercising + eating healthy reople sleep? 1. Who's involved? 1. WH family PAST & PRESENT associates 1 Observations - Observations 2. What's happening? Why? Experiments 2. What's happening? Why? Observations 5. What's a step to try? -time-more to exercise - I don't sleep well 2. What's happening? Why? - now exactly - surrounded L - Goto bed around 10 Mrs. Foley-Procko when to yee my phone - Wake up at 6:30 -@FoleyProcko - Start writing hand - Tired - bad mod written notes instead of We all get stuck sometimes, but #innovatorscompass can electronic ones help! Ss in my English for Innovators class realize that small changes can - Stress makes me Times on app make a big difference! @mmarotta @nrsd_tgrigas @kayleagh_m



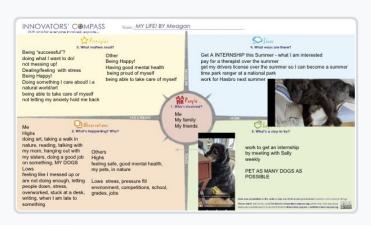








INNOVATORS' COMPASS Tapic: Feeling connected while mostly in Zoom world 4. What ways are there? · Spending time with my friends · Make an outlook calendar? · keeping up with my knock on people's doors classes · work well with · find time to de-stress · stay active Make connections Zoie (MEEE) My friends! 2. What's happening? Why? 6. What's a step to try? · I have a messy schedule · I am stressed · Find activities to do with my · Making connections are very household group hard over zoom · Make more outlook events . I am lost in ISIM SOS1 · fighting zoom fatigue is also Seek new possibilities in this order or any way first moves you begind Constitution of charge. Knop



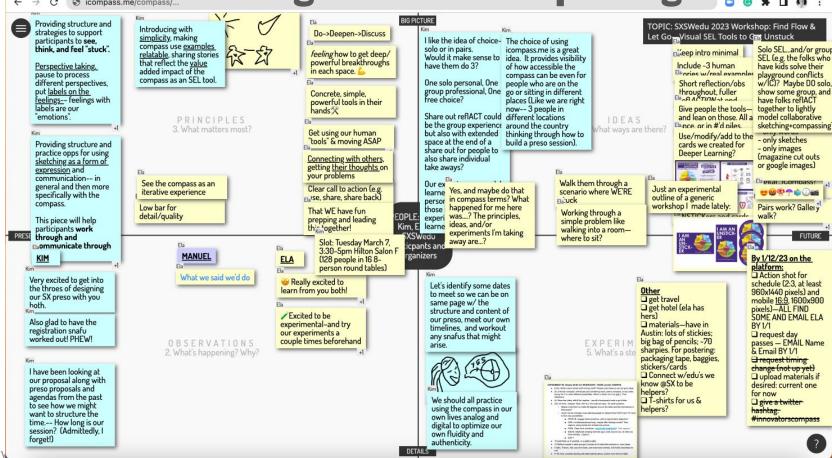




10/26/22 Jou & plenting to hem 12/2/22 æ Sound affering Let there & design alfactual acolm, what so C pide Larg build they Keeph Oshlie Pich LUGADA Pny Blitthian Prent Hallowen! E King/sleys 1 Cl Podia Dalie how? I'm hrest Bed latt? Scale till? a Even & & Right last slusher 14.4 Kyly & 9 PT CIE was Ofin of feel belief -thumw = Novembr = Other -w Tak (new) (m) Nandwarm!!! Shared in Ary of NANDWAY and dury night - Field My chopeune about to burg Citake Prones Atuber & a 1/13/22 195 eng hour @ Self Splake. Feloy 1 1/14/23 EBeddon! ture into your heart of Busches S.T. fun danne konnect of Touter? (Man purto di Arigin Ch? a day to AM PICK/NITPILL Thenners. Da good name of Back - Back -But S. T. Special me Am Shabhut long Fridge the 13th What? Mari Cwrite > 12:30 (1) Bed r City nure pel Litter Jupa high Both 97 - 6 meet Everds, family ununitruct Kab neddory a other > I Not sure what he dul alynd > tents of Book not going say Jurkun Healthness care. Cold Family nuch has is determed by a 144 Marather rest + kalas. propre pica -40. Sleepy - up late Admy 1 Doya 31 2 70m Lifter



Unsticking this workshop design!





PICK A STICKY CHALLENGE OF YOUR OWN

- Personal or professional, useful and sharable
- Involves you and maybe a couple of other people
- Eg. anything you're planning, deciding, doing that you're worried/stressed/excited about

THUMBS UP

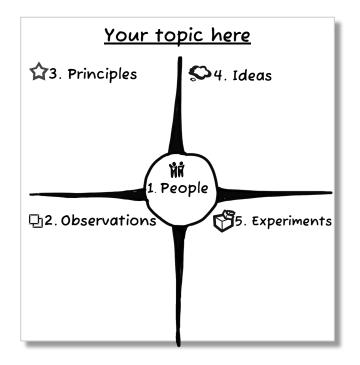




MAKE YOUR COMPASS

- 1. Grab a blank sheet of paper.
- 2. Draw a compass.
- 3. Write your topic at the top.







MASH-UP!

Different visual tools will be used to explore, express, & expand our possibilities in each question.





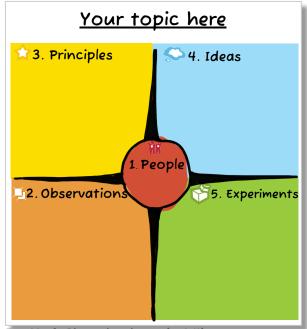












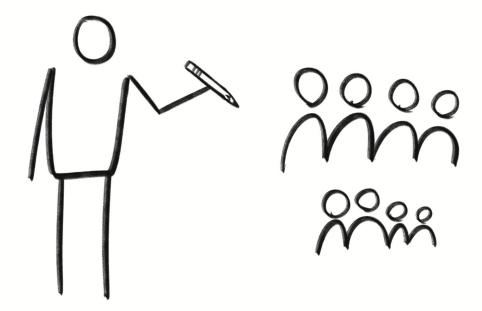




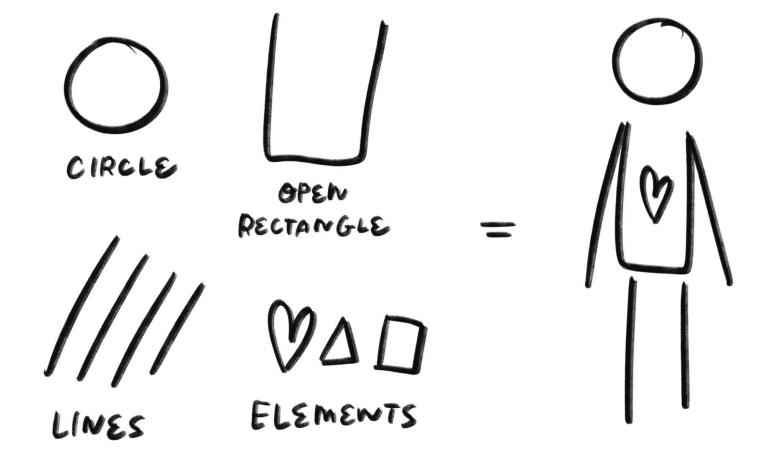


BUILDING CONFIDENCE IN DRAWING

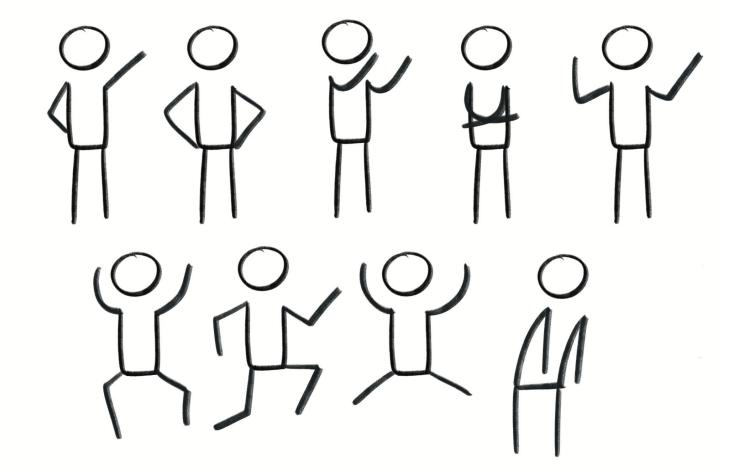
Learn to sketch ideas quickly



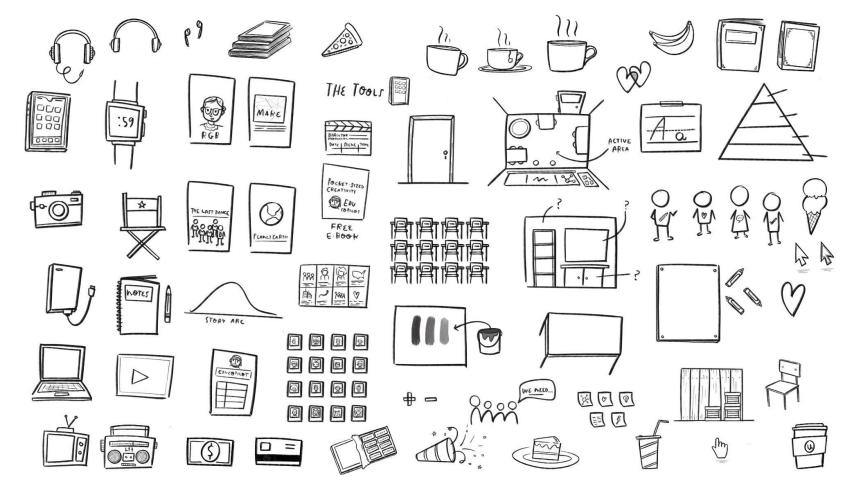










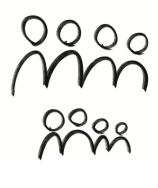






Draw the people involved in your individual "stuck" challenge.









Examples/ tutorial PAST & PRESENT

1. Who's involved?



Observations

2. What's happening? Why?

DETAILS

EXAMPLE: EMOJI & METERS













WHY ?



REGRET



BUILDING MY WETWORK



LOTS OF INTERVIEWS



NOTHING IS HAPPENING



CALM





Visualize at least 5 *different* sides/possibilities here!









































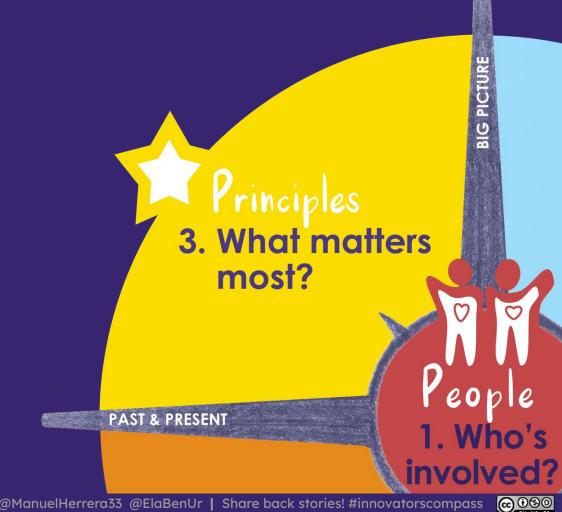












EXAMPLE: SYMBOLS & METAPHORS



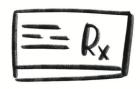










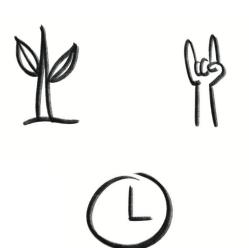


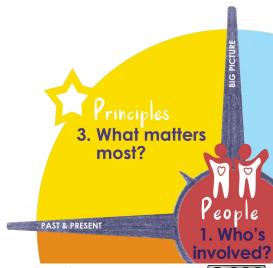






Visualize at least 3 different sides/possibilities here!









EXAMPLE: MIND MAPS



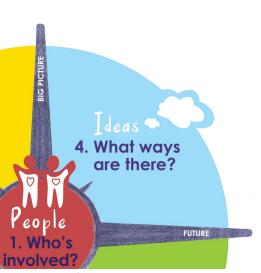




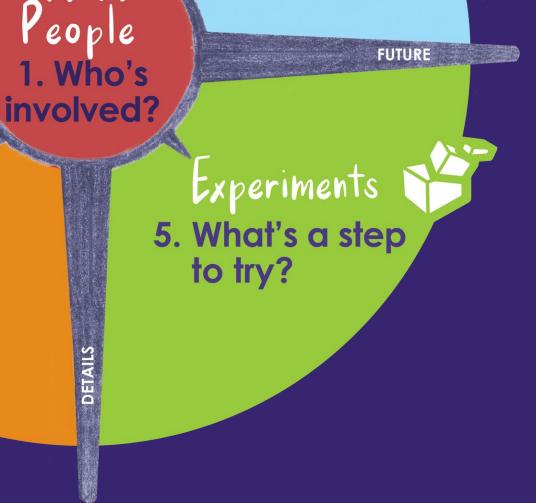


Visualize at least 6 different

possibilities here!







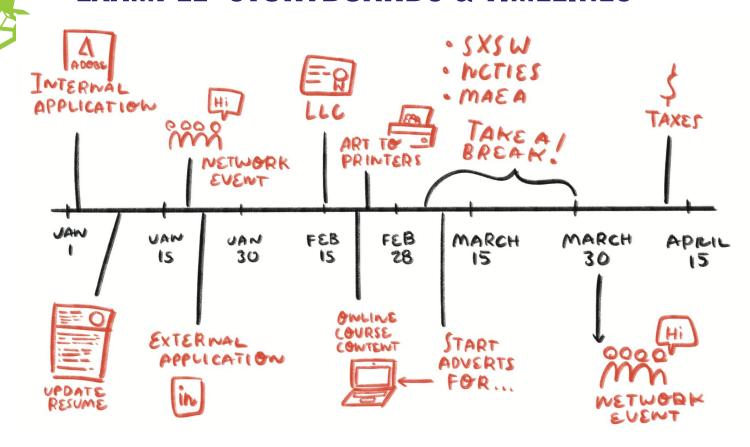


DETAILS

Experiments

FUTURE

5. What's a step to try?







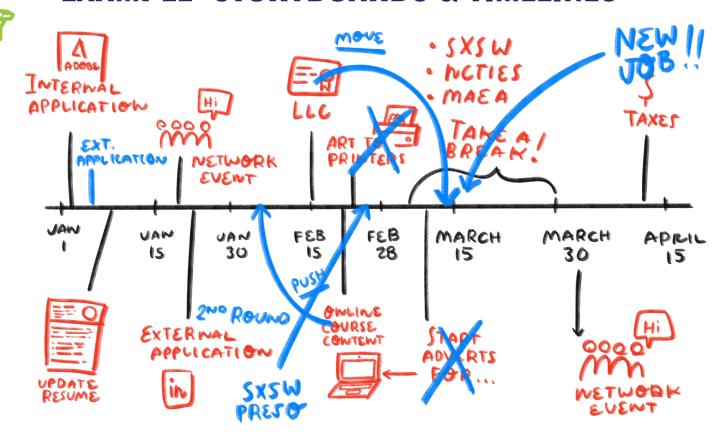
DETAILS

EXAMPLE: STORYBOARDS & TIMELINES

Experiments

FUTURE

5. What's a step to try?



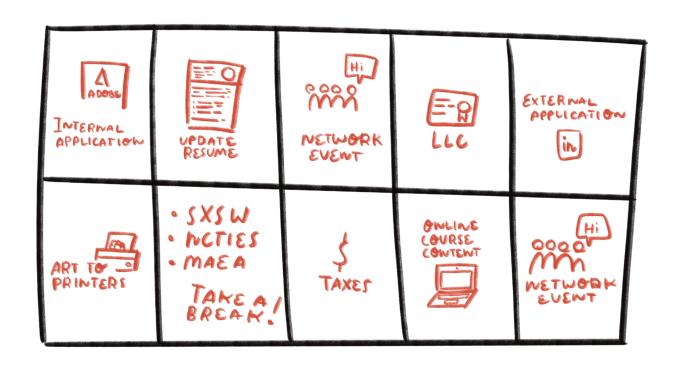




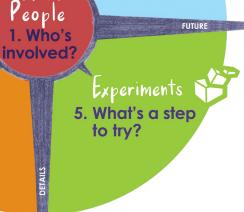
to try?

DETAILS

EXAMPLE: STORYBOARDS & TIMELINES

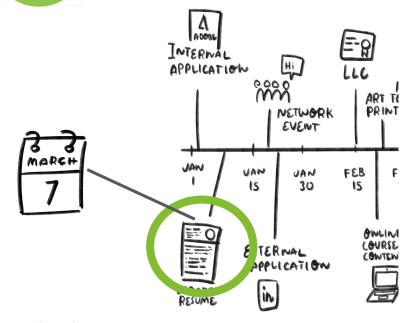


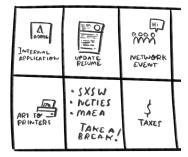




1 minute

Visualize a specific, small step(s)! (We take a step & see what happens!)







Examples/ tutorial PAST & PRESENT

1. Who's involved?



Observations

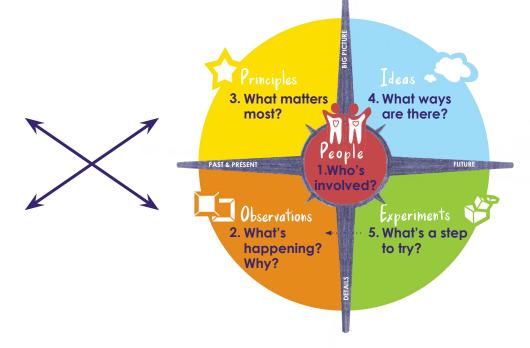
2. What's happening? Why?

DETAILS

MASH-UP!!!

Any visual method with any question! Use paper, screen, board, whatever!







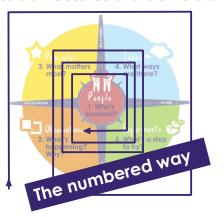
MASH-UP!!!

Any path/pace/way/etc. of asking these questions!

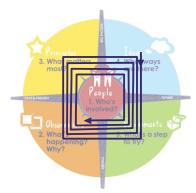
It's a compass, not a map—the right way is the one that moves you forward.

"Go slow to go fast"

Design Thinking, Adaptive Leadership,
Restorative Justice and lots more...



Try-learn cycles
Agile/Startup Methods



Mindful messin' around

Eureka

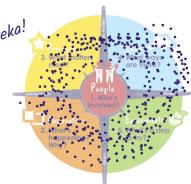
3. What ways are here?

People where?

All Who ways are here?

All all a go and a go

Subconscious





What did you feel doing this? YOU pick the visualization and hold it up!



Face/body language



Diagram



Sketch



Picture

Emoji



Scale/Meter



PAST & PRESENT

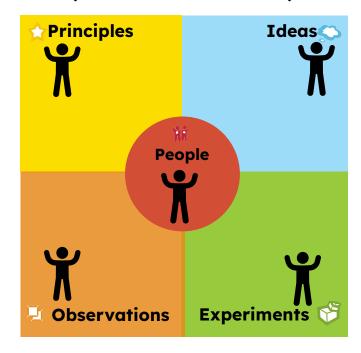


involved?

LET'S STRETCH...AND SEE WITH OUR WHOLE X



(FRONT OF THE ROOM)





LET'S COACH EACH OTHER!

10 minutes

- Turn to a partner, swap papers and <u>silently</u> read/look at them.
- 2. Then talk—and draw!!!



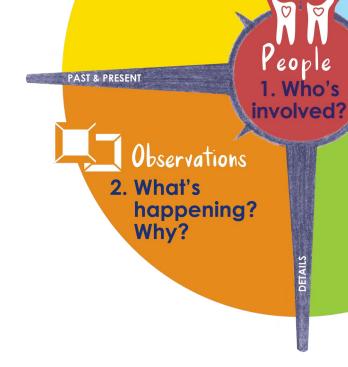
GALLERY WALK!

1. If you're comfortable, put your compass out.

2. Walk around your table!









Our & students' personal learning gets STUCK unless we refl*ACT* on it!



REFL*ACTION*

solo (next: with your table))

Use stickies to visualize & verbalize your thoughts in any order.

1 minute

Questions for us

Find Flow & Let Go ReflACTION



What matters most to me to take away from today?



S Ideas

What ways are there to use these questions in my class, PLC, etc.?



What happened for me (e.g. did, thought, felt..), why?

What's familiar? New?





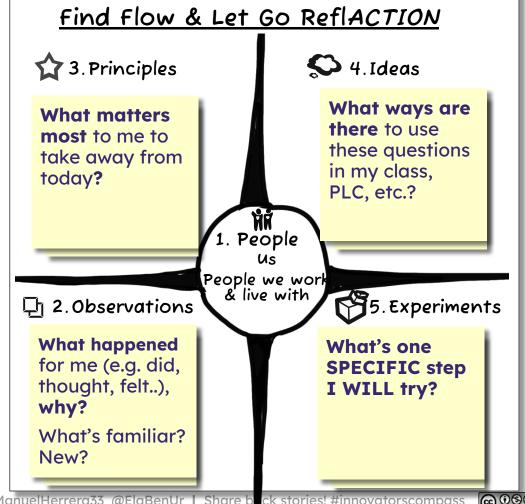
What's one SPECIFIC step I WILL try?

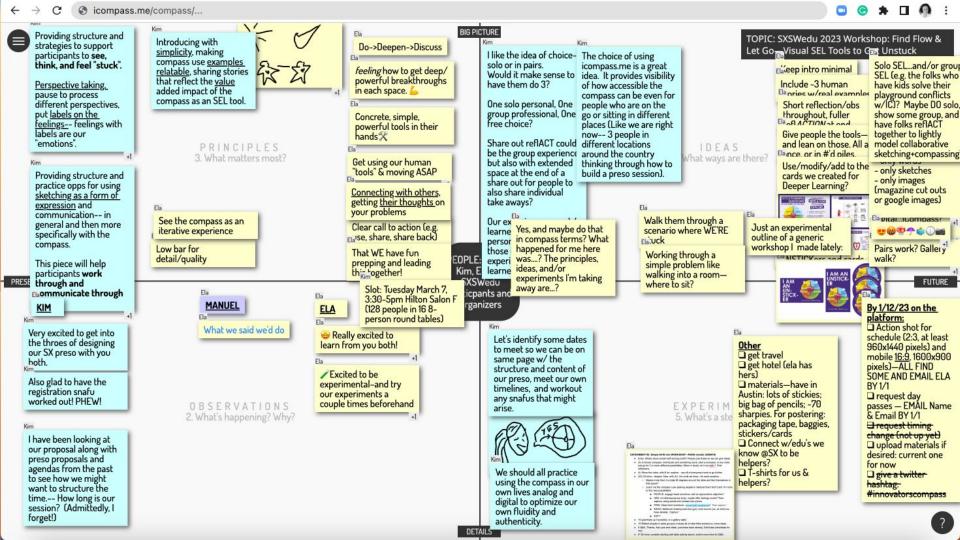
GROUP REFLACTION

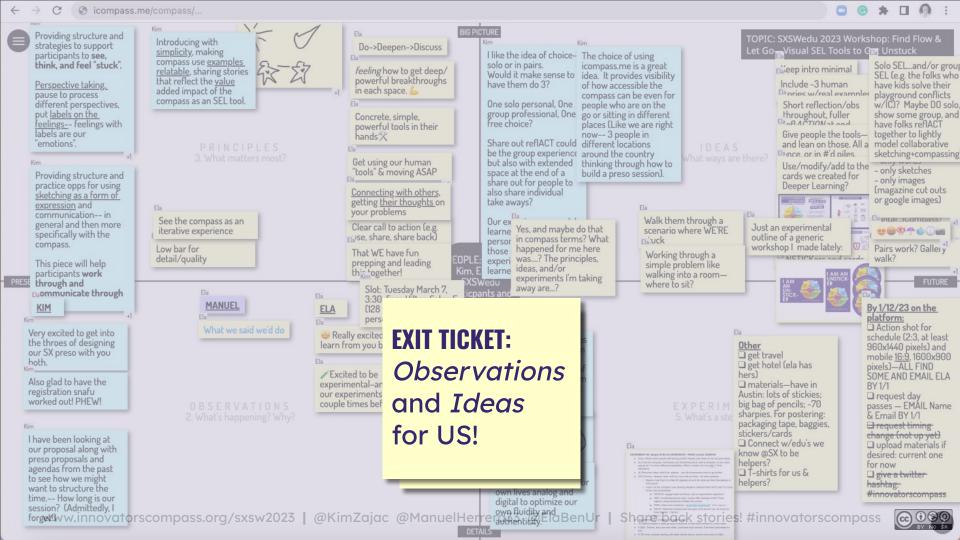
- 1. Start a group compass using your flipchart page or icompass.me.
- 2. Share and post stickies, grouping similar ones.

(Hold up? stickies for us to collect at any time)

8 minutes





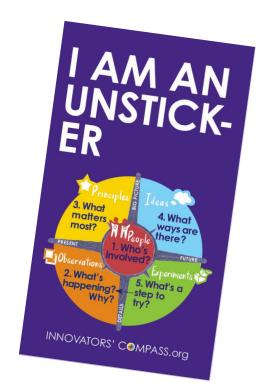


DISCUSSION 0&A



EXIT TICKET:

Observations and Ideas for US!



Access resources & sign in! bit.ly/sxsw23



THANK YOU!

Please bring up supplies, & say hi, pick up pins, extra stickers/cards/etc!

Access resources & sign in for more! bit.ly/sxsw23

And post your exit ticket!



Timers credits: Cat Stevens (sound) a6training.co.uk (graphic)

