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ARTSY & ME

*Adaptive, Restorative, Trauma Informed, Specially Sequenced
Yoga & Music Education*



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EMOTIONAL WELLNESS MONTH

October is centered around Emotional Wellness Month. But what is emotional wellness? And what can you do?

According to the National Wellness Institute, Wellness is "an active process through which people become aware of, and make choices toward, a more successful existence".

Wellness in itself, is recognized to have six dimensions: Occupational Wellness, Physical Wellness, Social Wellness, Intellectual Wellness, Spiritual Wellness and Emotional Wellness.

For a long time, but especially since the pandemic, there are increasing needs to build emotional wellness. There are many ways in which you can try this. This may include, but is not limited to: being able to identify your emotions, expressing your emotions, managing stress, learning mindfulness, finding balance, finding purpose, seek connections, and look for support.

This month we will provide you with resources to build on these skills, realizing that everyone is different and has different needs.



ARTS ED SEL

There is more and more interest in embedding yoga in the music education classroom. It is often seen that it enhances social emotional learning. However, since many of us are still in the beginning of the school year, teachers are often struggling in its practice.

Here are some tips and tricks:

1. Start by getting to know the students in a non-physical way. Learn about their musical interests, their backgrounds, and more. Check out our monthly "Music Education Idea" in each Newsletter.
2. Incorporate poses that students can do by themselves. Keep them simple! Do not force students to participate. Possibly create videos so that they can first try them at home!
3. Avoid poses that require eye contact until they are comfortable with each other.
4. Once group poses are applied, group students who know each other first.
5. Never be afraid to go back to the well-known team building exercises!
6. Participate as a teacher.
7. Prepare students and give them options.

Please [Contact Us](#) at anytime for more guidance.

MUSIC EDUCATION IDEA

Musical Diary

Getting your students to trust each other and connect (especially at a physical level), can take time. Therefore, it is very important to develop a safe classroom environment early on in the academic year - one where they can immediately tell that it is safe to express themselves.

This is a perfect ice breaker activity that can be used for various age groups.

Students create their music diary. This can be done by hand or online. Each page relates to a song that is relatable to them for various reasons. The students explain how it is relatable. Guiding questions can include:

- What song most relates to your past?
- What song most relates to your present?
- What song brings you hope for the future?
- What is a study/homework song?
- What song makes you want to dance?
- What song is from a favorite TV show/movie?
- What song relates to a community?
- What song do you listen to when you are feeling (fill in the blank with any emotion)?
- What song describes you?

And many more...

Then students can decorate however they would like.

This will also right away allow you to create playlists for classes and activities!



YOGA AND MUSIC FOR EMOTIONAL WELLNESS

Yoga and Music are two activities that are naturally inclined to enhance emotional wellness.

The main reason for this is that both activities are centered around the breath and can easily be applied alone as well as in a group.

Research has shown that the practice of these activities improve reasoning, decision making, memory, learning, reaction time, and accuracy. It has also shown to improve your mood - as its practice lowers stress hormones and increases the production of endorphins.

So this month, try something new and challenge yourself, to see if it can make a difference in your life.

When starting a new habit, try to set aside a specific time for it each day, as that will increase the chance of success! Remember, change doesn't happen in one day, it takes time!

POSE OF THE MONTH

October marks: "Emotional Wellness Month". There are many poses that we will post on our [social-media pages](#) this month.

Did you know that partner yoga has many benefits that could be related to emotional wellness? These include:

- Enhancing and cultivating physical and emotional support in relationships
- Create shared moments
- Teaches you to let go
- Promotes a different form of intimacy
- Improves self-awareness
- Helps build trust
- Build kinesthetic awareness (the power of the touch!)
- Helps create balance

For each of the poses you see on our pages, slide to see the partner variation - or try to make up your own partner version!

Remember to share your ideas
[#artsyandme!](#)



JOURNAL PROMPT OF THE MONTH

PURPOSE:

Recognize Emotional Wellness Month

Everyday, share how relationships have been a benefit for you in a positive way.

SOCIAL MEDIA CHALLENGE

PURPOSE:

Recognize Emotional Wellness Month

Post a picture/video/story how relationships have been a benefit to you
#artsyandme



DEAL OF THE MONTH

PURPOSE:

Recognize Emotional Wellness Month

Free Yoga Class on
World Mental Health
Day
Use: WMH22

UPCOMING EVENTS

MONTH:

- Emotional Wellness Month

- 1: International Music Day
- 1: International Day for Older Persons
- 2: International Day of Non-Violence
- 3: Child Health Day
- 4: Animal Day
- 5: World Teacher Day
- 6: Depression Screening
- 7: Kids Music Day
- 10: World Mental Health Day
- 12: Stop Bullying Day
- 15: Universal Music Day
- 17-22: Health Education Week
- 24: United Nations Day
- 28: World Stroke Day

These are just a few national holidays that can relate back to the mission of Artsy & Me. Post your experiences of these days, or others, using #artsyandme!