

Transforming ISS: Using the C.A.R.E. Room to Build Resilience

Presented by: Rob Leytham

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2021 Elevate SEL
Conference!**

Start Strong with
Conscious Discipline
the First Six Weeks

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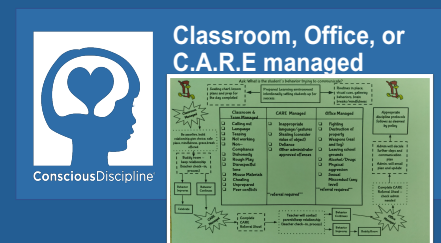
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Rob Leytham
C.A.R.E room Ridgeview Elementary, Liberty Missouri
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C.A.R.E. Room
Calming and Recovering Environment

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**Classroom, Office, or
C.A.R.E managed**

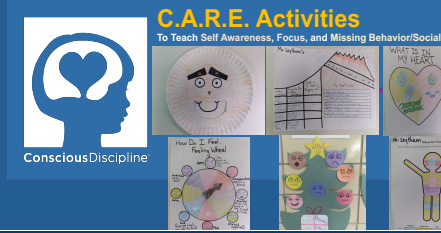
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Student Name: _____ Teacher: _____ Date: _____

C.A.R.E Problem Solving
5 Steps to Regulations

**I Am
I Calm
I Feel
I Choose
I Solve**

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C.A.R.E. Activities
To Teach Self Awareness, Focus, and Missing Behavior/Social Skills

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Mindfulness

• Definition
Being able to focus on the Present.
Being aware of one's Breathing.
Accepting one's Feelings

Benefits of Drums and the Arts

**Focus
Emotional Regulation
Breathing
Regulate Heartbeat
Motor Control
Listening
Sensory/ appropriate touch
Creativity
Fun**

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Rhythm and the Brain

Frontal Lobe:
Drumming enables you to Plan
Strategize
Adjust hands and Body
Concentrate on Performance
Concentrate on Detail

Lynn-Seraphine (2020)

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Rhythm and the Brain



Parietal Lobe:
Sensory Integration
Processes the sensation & feel.
Connects cues from Leader or Music.
Engages Rhythms when repeated verbally.

Lynn-Seraphine (2020)

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Rhythm and the Brain



Temporal Lobe:
Memory
Meaning
Retention
Comprehension

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Rhythm and the Brain



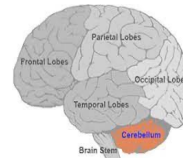
Occipital Lobe:
(Visual rear of skull)
Receives info then sent to the
Hippocampus for memory formation.
Sees instrument
Read's music or rhythmic pattern
Takes visual cues that leader gives

Lynn-Seraphine (2020)

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Rhythm and the Brain



Cerebellum:
Motor Control
Balance
Coordination
Body Movements
Timing
Muscle Memory

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Rhythm and the Brain



Brain Stem:
Body Function
Breathing / Heart rate
Alertness
Attentive
Relay sensory info from
body to the rest of the Brain.

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The Tibetan Singing Bowl



Teaches:
Relaxation
Focus
Healing
Starting of
Transition
Calming of
Emotions

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I can Play the "Drum" / I can Clap my "Hands"



Teaches:
Focus
Listening
Following directions
Impulse control
Anticipation



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The Wave



Teaches:
Focus
Visual learning
Listening
Attention
Impulse Control
Group Play



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Hand Bells / Pass the Tone



Teaches:

- Eye Contact**
- Focus**
- Listening**
- Following Directions**
- Anticipation**

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Rhythmic Mantras



Benefits:
Organizes the Brain
Best Regulates the Student
Positive Talk
Memorization

This School

*In This School
We Are Kind
We Like each other
We Study Hard
We Do our Work
We Listen to our Teachers
We Tell the Truth
We Offer to Help
We Laugh a lot
We Share with Others
We Make Good Choices
And When We Don't
We Apologize
We Wish You Well*

It's OK

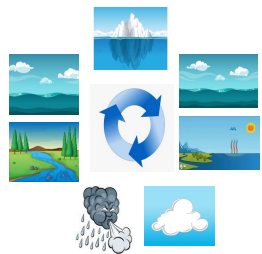
*It's OK
To Be Kind
It's OK
To Stretch My Mind
It's OK
To Raise my Hand
It's OK
To Dream Dreams Grand
It's OK
To Feel some Pride
It's OK
To Let my Teachers Guide
It's OK
To Be Strong
It's OK
To Be Long
Know Right from Wrong
To Rap this Song
And Dance Along*

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The Water Cycle Dance

Science Lesson
Group interaction
Appropriate Touch
Body Control
Movement
Following Directions
Memorization
Anticipation




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Hot Potato



Teaches:

- Breathing Skills**
- Listening**
- Positive Group Play**
- Releases Joy Juice**
- Following Directions**



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Hand Drums and Math

Teaches:

- Math skills**
- Acceptance**
- Generosity**
- Oral Manners**
- Focus**
- Awareness**
- Eye Contact**
- Visualization**

$12 \times 3 = 4 \times 5$

*"May I play on your drum please?"
"You May..."*



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What Do See? Tell Me More



A



B

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The Feeling is Bright when the Rhythm is Right- Leytham

*Suffering induces helplessness.
Drumming and Rhythm induces the power of self.*

Lynn-Seraphine (2020)




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WORDS TO LIVE BY

NOTHING LEFT TO DO BUT SMILE SMILE SMILE!

JERRY GARCIA



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NOTES

