



IN THE LOOP

Social-emotional and anti-bias active learning activities

Taking on new challenges, growing and feeding your soul

Have you every attempted something new and failed? Have you struggled to get back at it? Have you tried again and again and succeeded? How did you feel?

What was the journey like?

Sometimes, those things that are the most difficult produce the most growth. This issue focuses on those things that feed the soul of our coaches.

What feeds your soul?



Expanding knowledge and skills

Learning new things, especially skills for which I have little “practical” use for, helps get me into a more mindful state. The steep learning curve pushes me to focus intently on the task at hand. The inconsequentiality of the outcome allows me to just cherish the journey. I’ve tried making noodles by hand, relishing the adventures of crafting my own noodle shaving knife out of a discarded can. I knead the ramen dough by stepping on it, using my body weight in lieu of a pasta machine. The results were lackluster to say the least, and I haven’t gotten much better at all, but it’s been so much fun! I’ve also learned a song or two in each of several indigenous Taiwanese languages (Amis, Pinuyumayan, Paiwan, Bunun, and Atayal), savoring the process of trying to decipher and replicate the unfamiliar phonemes. A part of me wonders whether I should be engaging more deeply with these languages out of respect; at the same time, the organic feelings of connection, appreciation, and joy have filled me up in a way that may not have happened with a more rigorous focus. I choose to trust that joy is an integral part of revitalization, for us individually and collectively.

Courtesy of Coach Fanny



Photo courtesy of Coach Elidia

Decluttering and getting organized

The acts of decluttering and organizing can be overwhelming. Deciding if certain things are worth keeping, donating, or completely thrown away can be even more of an arduous task, especially without having a plan in mind. The approach to the process should include deciding if you are attempting to actually declutter- which is to pare down your belongings or if you simply want to organize- which is to find a useful and dedicated space for items and belongings. The Simplicity Habit, a lifestyle blog dedicated to decluttering and simplifying, shares that decluttering should take place first, followed by organizing the remaining items. It is useful to begin decluttering by getting rid of:

- old things that have not been worn or used
- duplicate items
- expired or out of date items

Courtesy of Coach Afiya



Photo link: The Simplicity Habit useful checklists

Chill Drive - Lofi hip hop mix ~ Stress Relief, Relaxing Music

Music for relaxation



Photo link: music on YouTube

Get active

This video gives suggestions for being active and moving your body. It is so important that we all still keep our bodies moving during these difficult times. Stand up and stretch or walk in place while you are watching your favorite shows. Find those pockets of time each day that you can get your body moving and hold yourself accountable in positive ways. You will feel better for it.

Courtesy of Coach Aaron



Photo link: Get active with kids, YouTube video

**Music washes away from
the soul the dust of
everyday life.**

Berthold Auerbach

How do I recharge and feed my soul? After prayer & study, my go to is music. I love praise and worship. I enjoy singing psalms, call and response and good ole' foot stomping, hand clapping praise break.

When the pandemic hit, church was shut down. When church re-opened, it was with the mandate of no solo or group singing. I understood the reasoning, but it still broke my heart.

So, what did I do? I began my own personal sing-spirations sessions at home, in the car and sometimes when I'm shopping. Music takes me to places where I can rest, reflect, and rejuvenate. For me, music sets or resets. I move forward with a fresh outlook. That's how I feed my soul. 😊

Courtesy of Coach Shawn



Photo link: Article: Does music affect your mood?



My Sacred Space and Building Relationships

Is there something you like to do that feeds your soul? For example, maybe you have a favorite recipe you used to cook in the kitchen with your uncle and this recipe was passed down for generations. You may look at the kitchen, as a sacred space. The kitchen is a metaphor (a figure of speech) but your "kitchen" can be wherever you have those fond memories . . . a sacred space. What did you learn there, and didn't even realize you were learning? Maybe your sacred space was outside in the yard, grilling with the family, where stories were passed down and dominoes were being played on the folding card table! Maybe it's the garden where you learned from your grandma how to identify, use and pick herbs for both cooking and medicinal purposes.

One of the things that feeds my soul now is a 3 in 1 combination - spending time with friends/family while building relationships AND traveling. This is the ultimate combo for me! Recently, I took two local day trips with friends, which include going to Mount Rainier on the first trip and on another trip, going to the Mermaid Museum in Aberdeen, Washington. My sacred space is being by water. When I am by water, I find it to be a peaceful space, it is rejuvenating and it comforts me. On both trips, we ended up by bodies of water. This feeds my soul because I was able to spend time with friends, build relationships and travel!

So, what feeds your soul? Do you have an activity you are passionate about? What are the feelings this activity holds for you or that you cherish? Most importantly, what can you do to implement that into your life some more?

Courtesy of Coach Kim

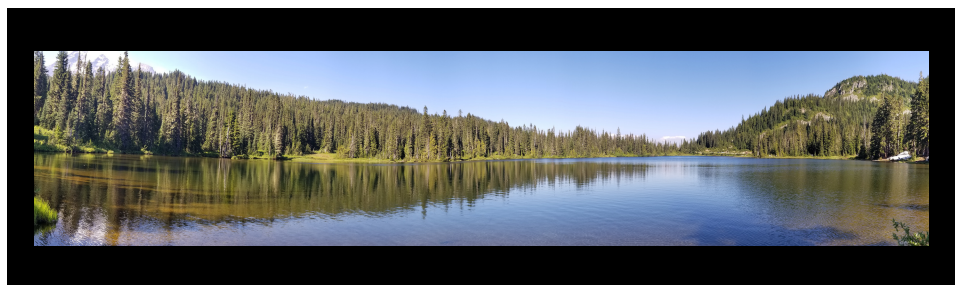


Photo Link: Song For Mama - from the movie Soul Food