Parcon Resilience at YCOE

Facilitators: Andrew Suseno and Maria Ceja

May 16-20th, 2022
What is "Moving Rasa"?

"Rasa is Indonesian for "feelings" and in Sanskrit means "essence."

"Moving Rasa" is a program of guided movement. Assisting participants in connecting with their Rasa/feelings in group settings.

Coincidentally Raza- common rallying cry for Mexican Americans signaling pride and a spirit to keep going...
learning disabilities •
bullies or aggressive behaviors •
disrupted home life •
non-attendance/irregular •
feeling camp •
inability to concentrate •
defiance •
emotional outbursts •

• Teachers and psychologists reported emotional behavioral issues included:

• Teachers and psychologists provided emotional general profiles of the group

Facilitators interviewed District Teachers, Psychologist and Paraprofessionals

Our Student Participants...
Moving Rasa had positive results

For instance...

Participating
Middle School Staff: "I was surprised to see student A and student B

circle: At the beginning and now he is very relaxed talking to others in a middle of a

Last Day: Staff said: "Hey, Marina. Look at student X, the one that was closed

others

Students reported feeling more comfortable in the other bodies and playing with

Facilitators observed positive changes in 100% of the student's behaviors.

Student participation and motivation increased every day:

in students.

Staff participants reported positive personal asset based outcomes as well as
and how they influence the general space of others.

Self-Space vs General Space: Recognizing personal space and behaviors

way.

balancing these elements development and growth are promoted in a positive

water, which influences all interactions including leading and following. By

Element Theory: Ancient Chinese Philosophy: wood, fire, earth, metal and

communication skills and problem-solving.

The Talking Piece: Use of a meaningful object to assist individuals in group

Other Approaches were utilized

3)
"For our middle school students, learning how to communicate their feelings through movement is somewhat new. Although the movements demonstrated during the sessions initially seemed scary, students eventually felt more at ease. It's normal that some students like getting outside and simply moving their bodies."

- Vivian-Douglass Middle School

"Feel like it helped the students learn how to participate with each other and learn to be more of a team player. It was still hard for a few of the students but some got better at it as the days went on. I also think it taught them how to look at things in a different perspective."

- Cesar Whitehead Elementary
THANK YOU!