



## Week 10 Newsletter

### Dear Quad Manhattan Parent,

This week's check in was quite extensive since each student's check in lead into a group conversation that became separate psychosocial lessons for this week. Two students discussed negative school experiences, which lead us into a discussion on self-esteem. We processed the thoughts and emotions that were shared. We also talked about how just because a person may not be skilled in one area doesn't mean that he/she isn't skilled in any areas. We all have different talents and our uniqueness is what makes us cool. We also problem solved as a group to resolve a distraction. Each student gave his input on the problem and proposed solutions. This lead us into another discussion on non-verbal communication and respectful body language. After our check in we had a few minutes to play Ah So Ko. We explained the rules to a participant who had been absent from class last week and added a new rule.

When we transitioned into Dungeon World, we spent some time making sure all players were caught up on the story before continuing. The students had a difficult challenge ahead--deciding how to resolve the conflict between the Kingdom and the Colonies. This led to a discussion that was largely led by the students themselves. The communication element here was valuable and crucial, because not all of the students agreed upon how to proceed.

The scenario was accurately assessed by the students as a reflection of the American Revolutionary War, a classic example of a conflict with many different complex perspectives and points of view. The students had respected each other's different opinions up til now, and at this point began to talk among themselves, recognizing that they could do a lot more as a team, but only if they were on the same page and had agreed upon a common goal. They then proceeded with their plan to speak to the general and negotiate a peace between the rebels and the kingdom.

Before a particularly important dice roll, we took the opportunity to discuss how we can sometimes anticipate our positive or negative feelings-- how, if the dice result is bad, we're understandably going to feel upset, and if it's good, we'll feel happy. This could be a helpful perspective-exercise at home, in particular before events and situations that are anticipated as being difficult. Our suggestion was to be prepared to use calm-body exercises when "bad roll" situations arise, or even when they are \*expected\* to arise.

Have a happy Thanksgiving!

Best,  
Sam and Timm

Thanks for reading!