

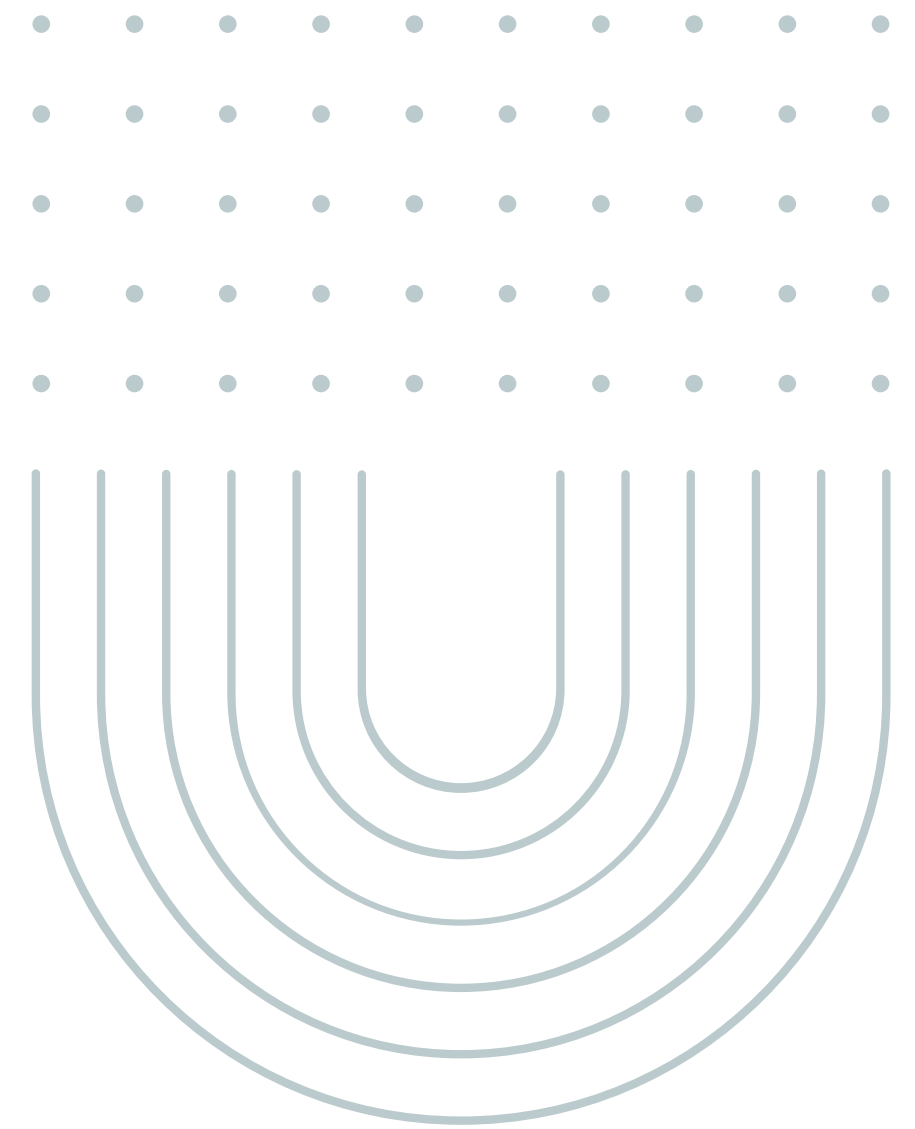
JOY AS THE ANTIDOTE

*brought to you by
Carrie Nolan*





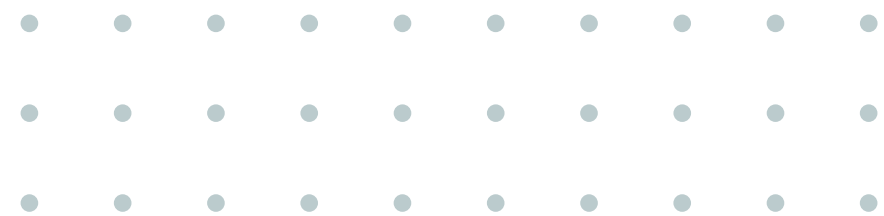
From Wolastoqey Territory



To the unceded traditional territories, including Sk̓wx̓wú7mesh Úxwumixw (Squamish), səlilwətał (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations

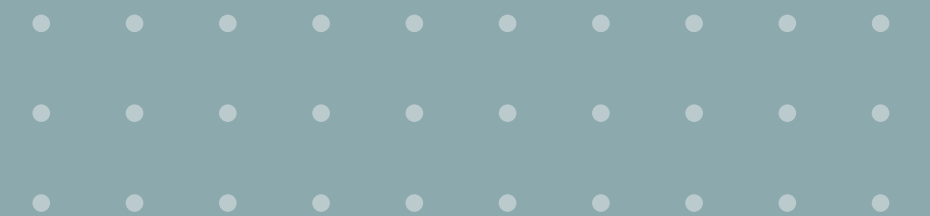
LAND ACKNOWLEDGEMENT

Hi! I'm Carrie!





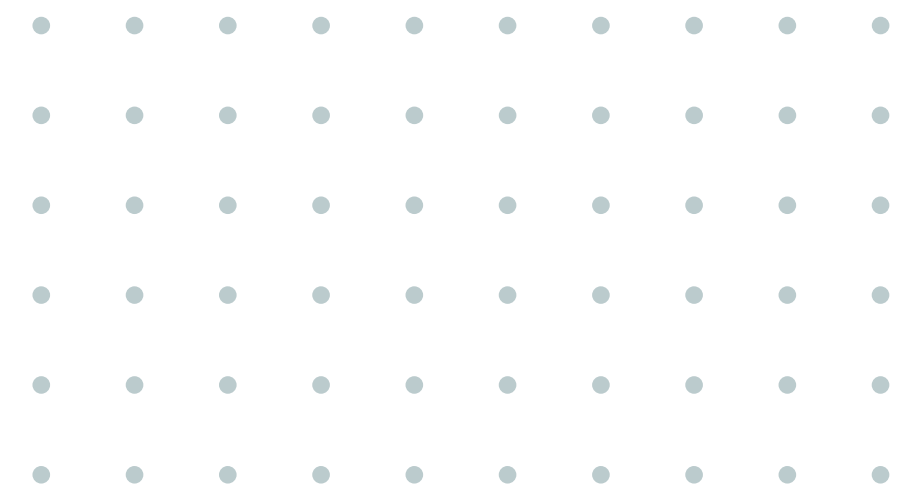
TODAY IS ABOUT
JOY AS THE ANTIDOTE
- IN LIFE & LEARNING -





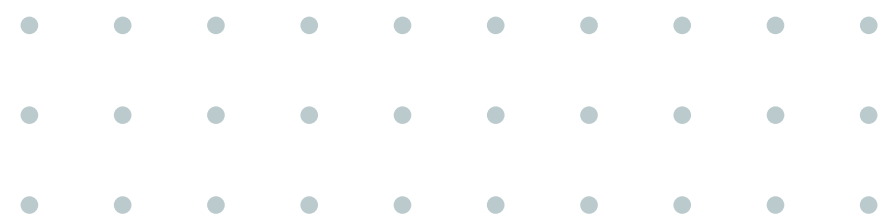
SOME UNDERLYING ASSUMPTIONS

- You care
- You've faced challenges
- Something drew you into education
- Some of you, like me, have experienced burnout





With that in mind, let's talk about how to create Joy, being the experience or feeling of delight, deep connection or appreciation, for yourself and your learners



FOR JOY... I WANT TO TALK ABOUT HOW...

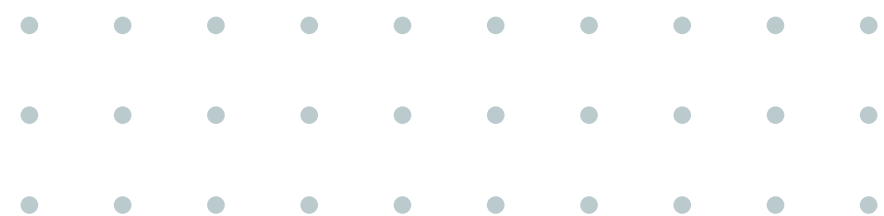


01. WE NEED CONNECTION

02. WE NEED RELIEF

03. WE NEED ADVENTURE

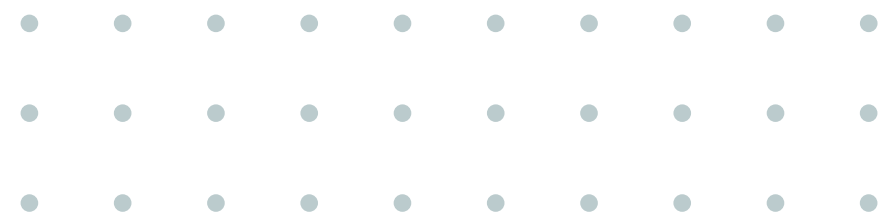
04. WE NEED GLOW



FOR JOY... I WANT TO
TALK ABOUT HOW...



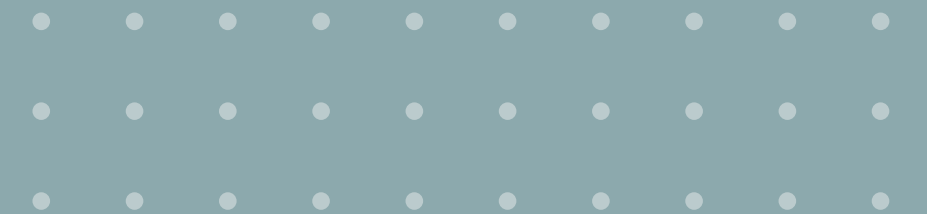
01. WE NEED CONNECTION



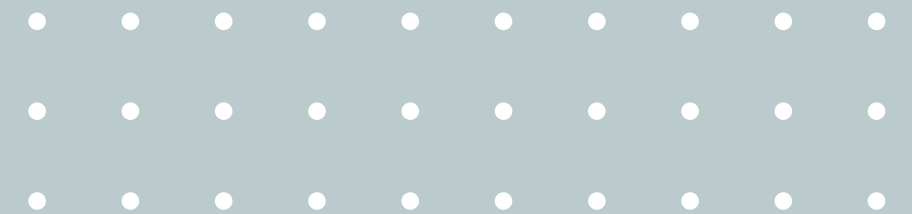


ROCK PAPER SCISSORS

World Championship



Connection in Life?



I was social!

My name is: Carrie



I left the house after 6pm



I had people over



I went to an event



I went to eat out with people



I went on a walk with someone





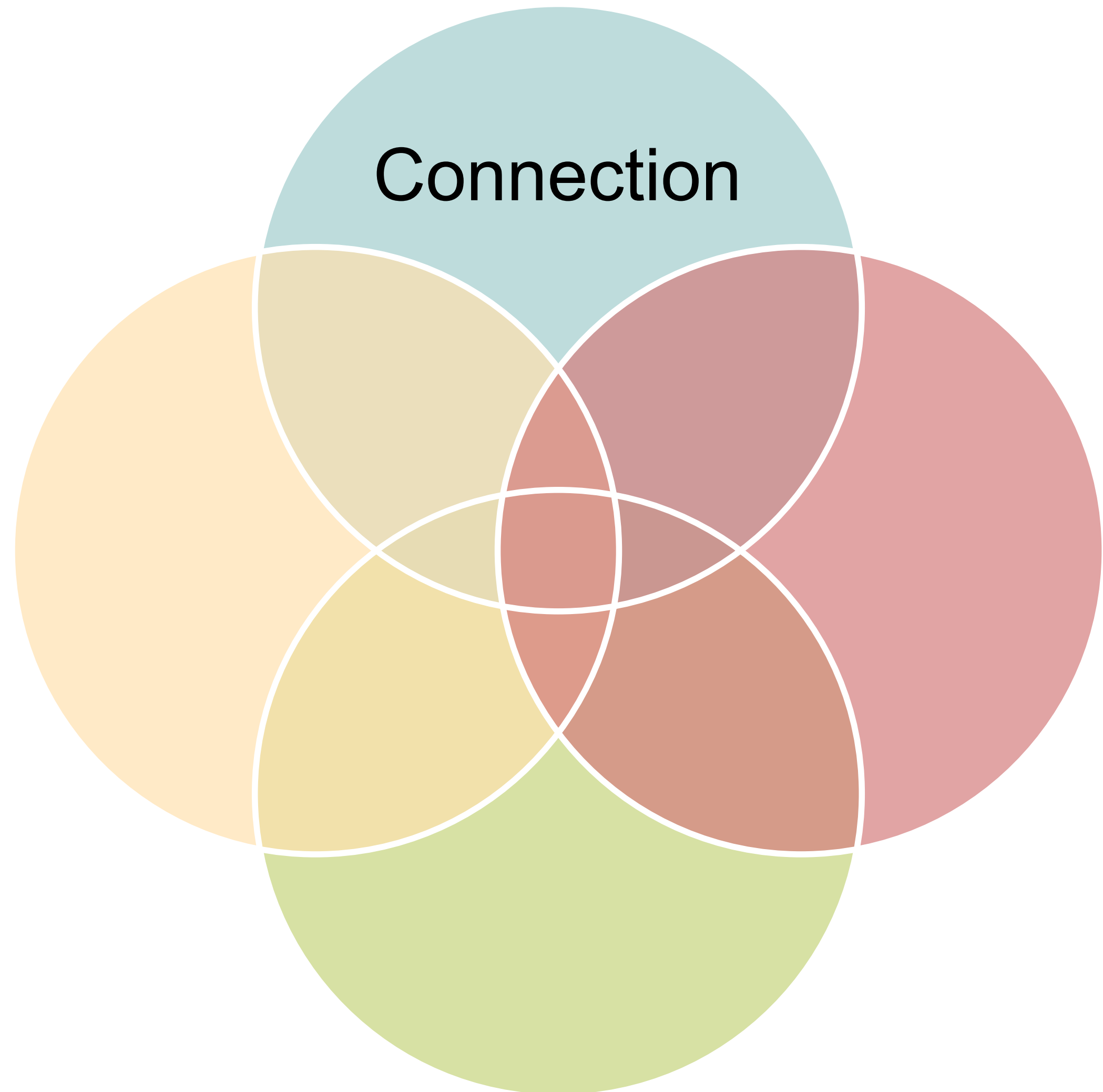
Connection in Learning?



Connection before content



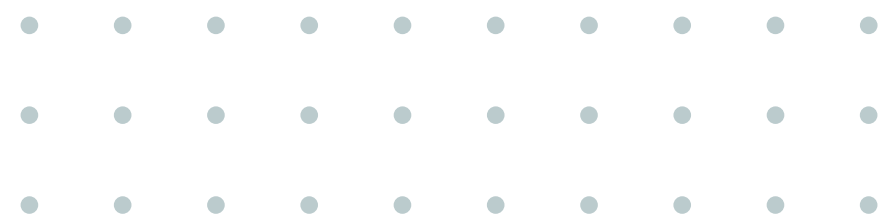
How can you
create
connection in
your life and in
learning?



FOR JOY... I WANT TO
TALK ABOUT HOW...



02. WE NEED RELIEF



A scenic view of a desert canyon with a turquoise lake and a sandy beach, overlaid with a topographic map grid. The text "TOPOGRAPHY & RELIEF" is centered over the image in a large, white, sans-serif font.

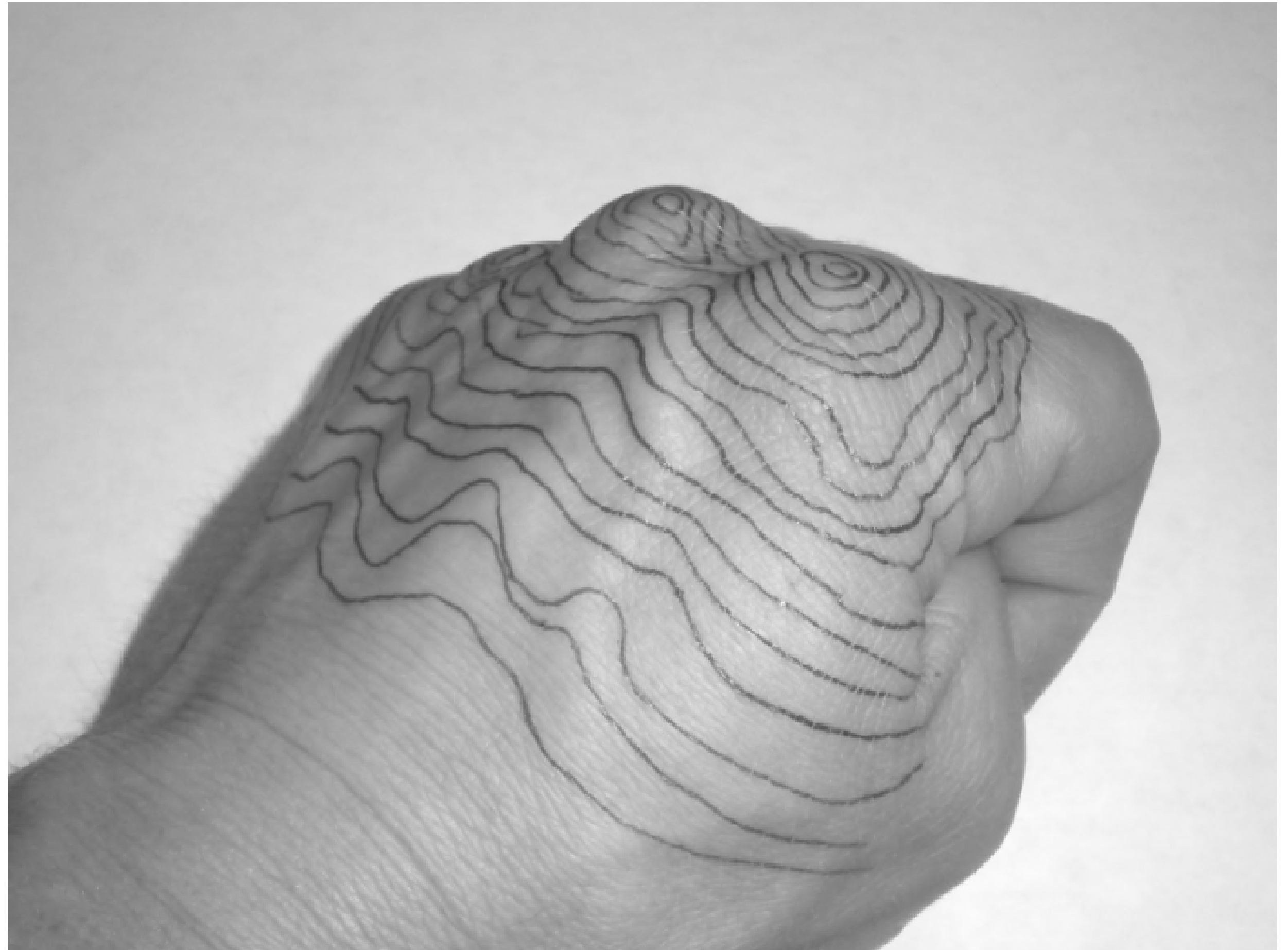
TOPOGRAPHY & RELIEF

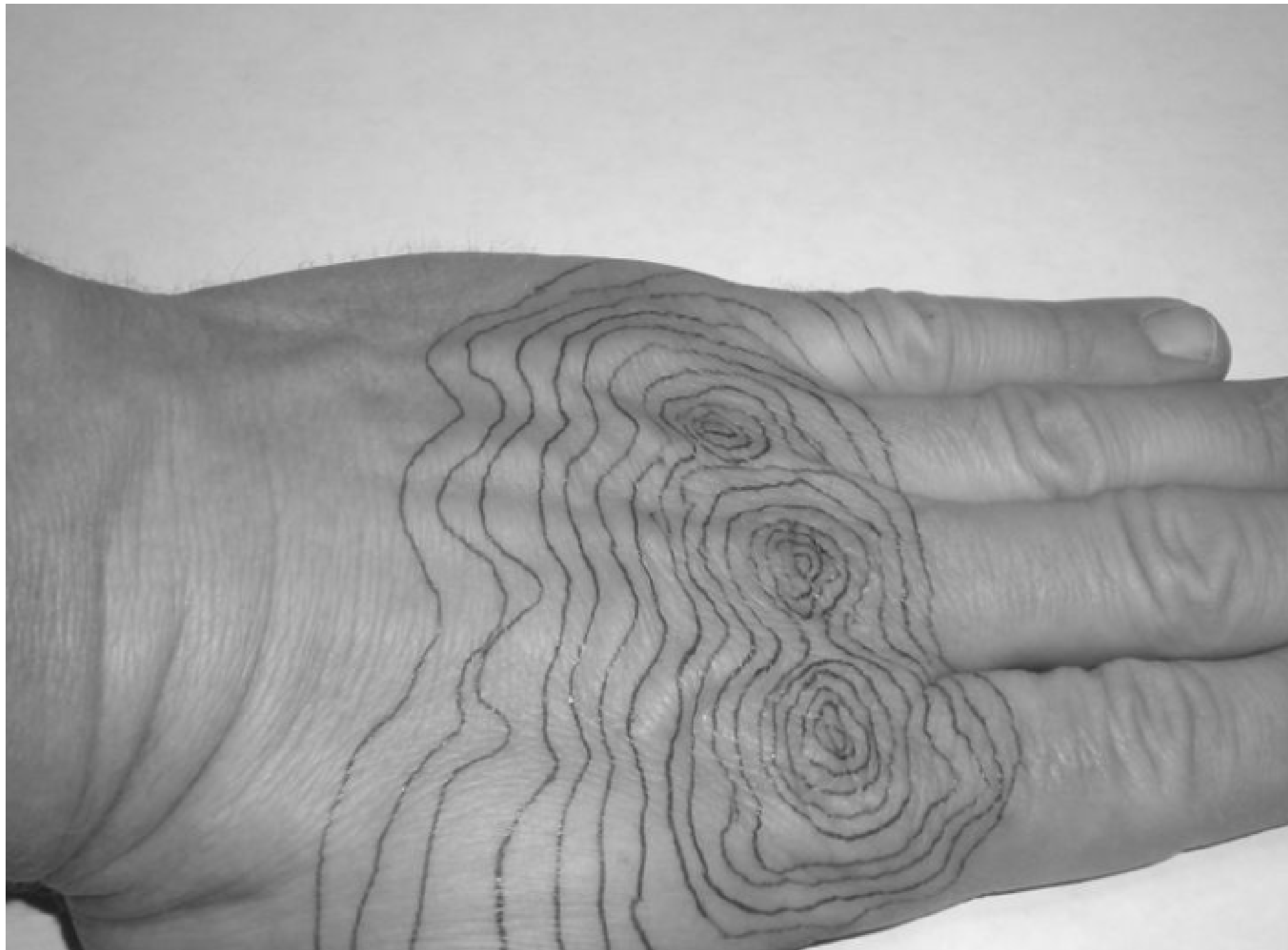
SOME GEOGRAPHICAL TERMS

Relief: The difference in elevation between two points. Flat is low relief. Steep is high relief.

Contour: Lines joining points of equal height.

Make a fist and
draw some
contour lines on
your hand -
remember,
contour lines
join points of
equal height





Ta-Da!

**You've got a map of
your hand!**

**So, what does this
have to do with joy?**



“The great affair, the love affair with life, is to live as variously as possible, to groom one’s curiosity like a high-spirited thoroughbred, climb aboard, and gallop over the thick, sun-struck hills every day. Where there is no risk, the emotional terrain is flat and unyielding, and, despite all its dimensions, valleys, pinnacles, and detours, life will seem to have none of its magnificent geography, only a length. It began in mystery, and it will end in mystery, but what a [wild] and beautiful country lies in between”

- Diane Ackerman in Parker Palmer pg. 113



S curve of learning

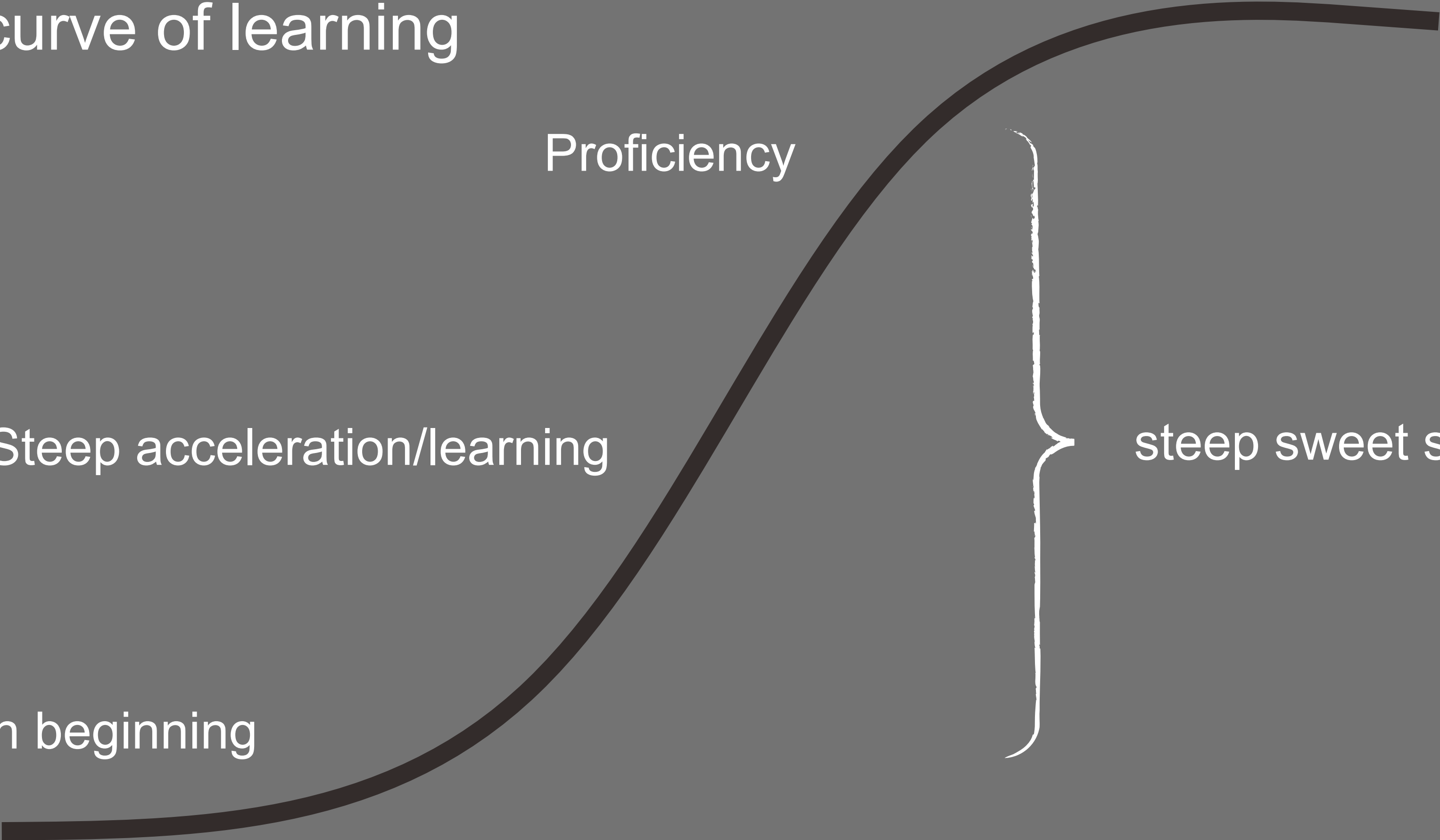
Mastery/Maturity

Proficiency

Steep acceleration/learning

steep sweet spot

Slow in beginning





Relief in Life?



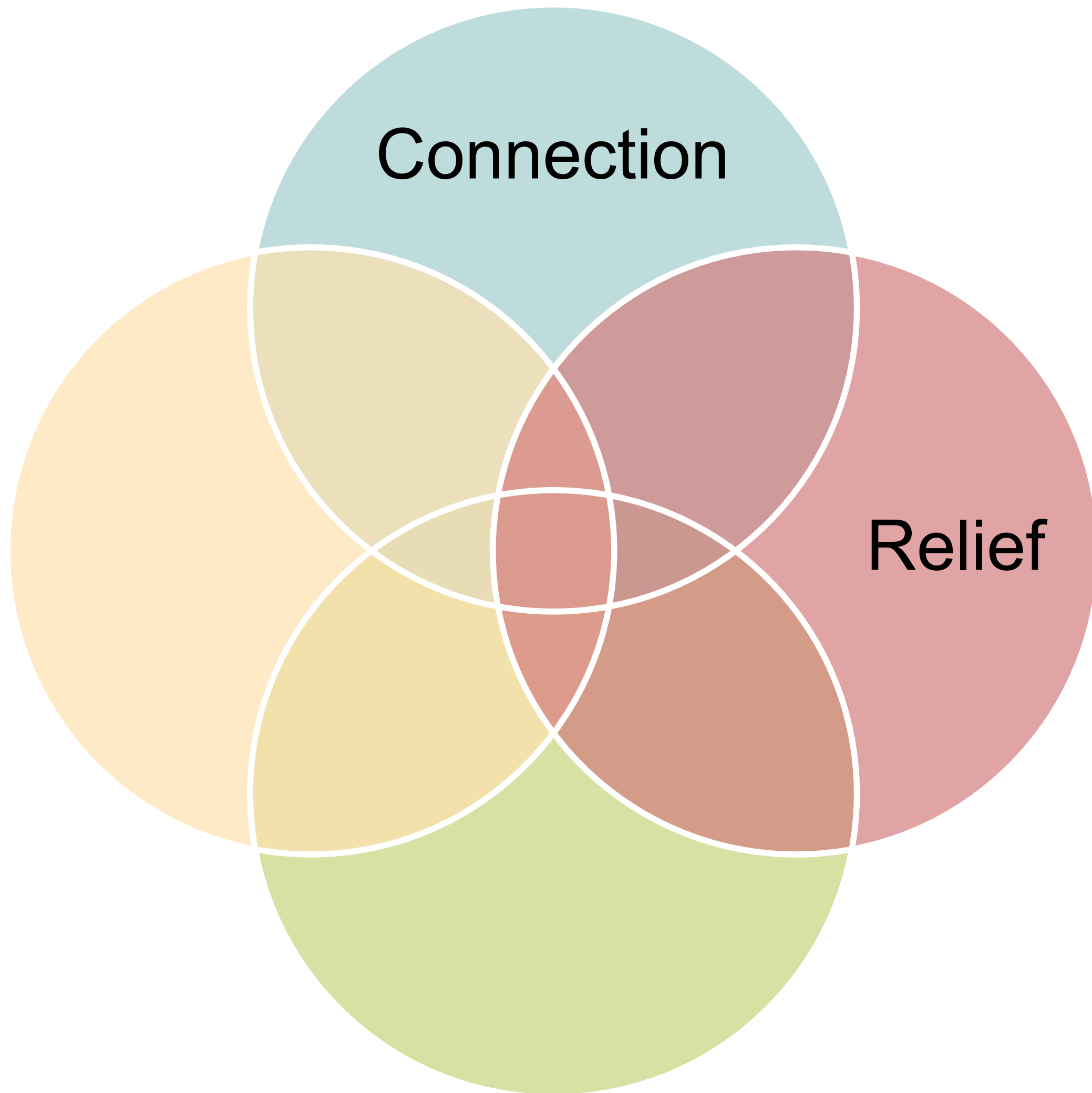
Relief in Learning?



Strange Land Experiences



“Making the strange familiar,
and the familiar strange”

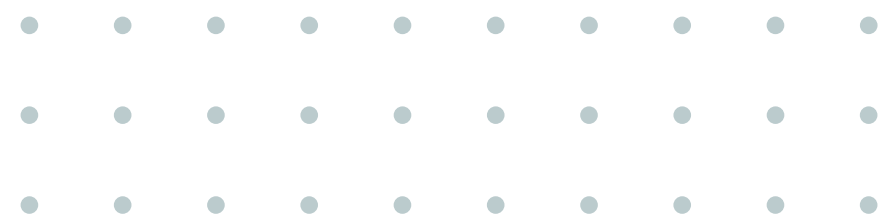


How can you
create relief (high
variance) in your
life and in
learning?

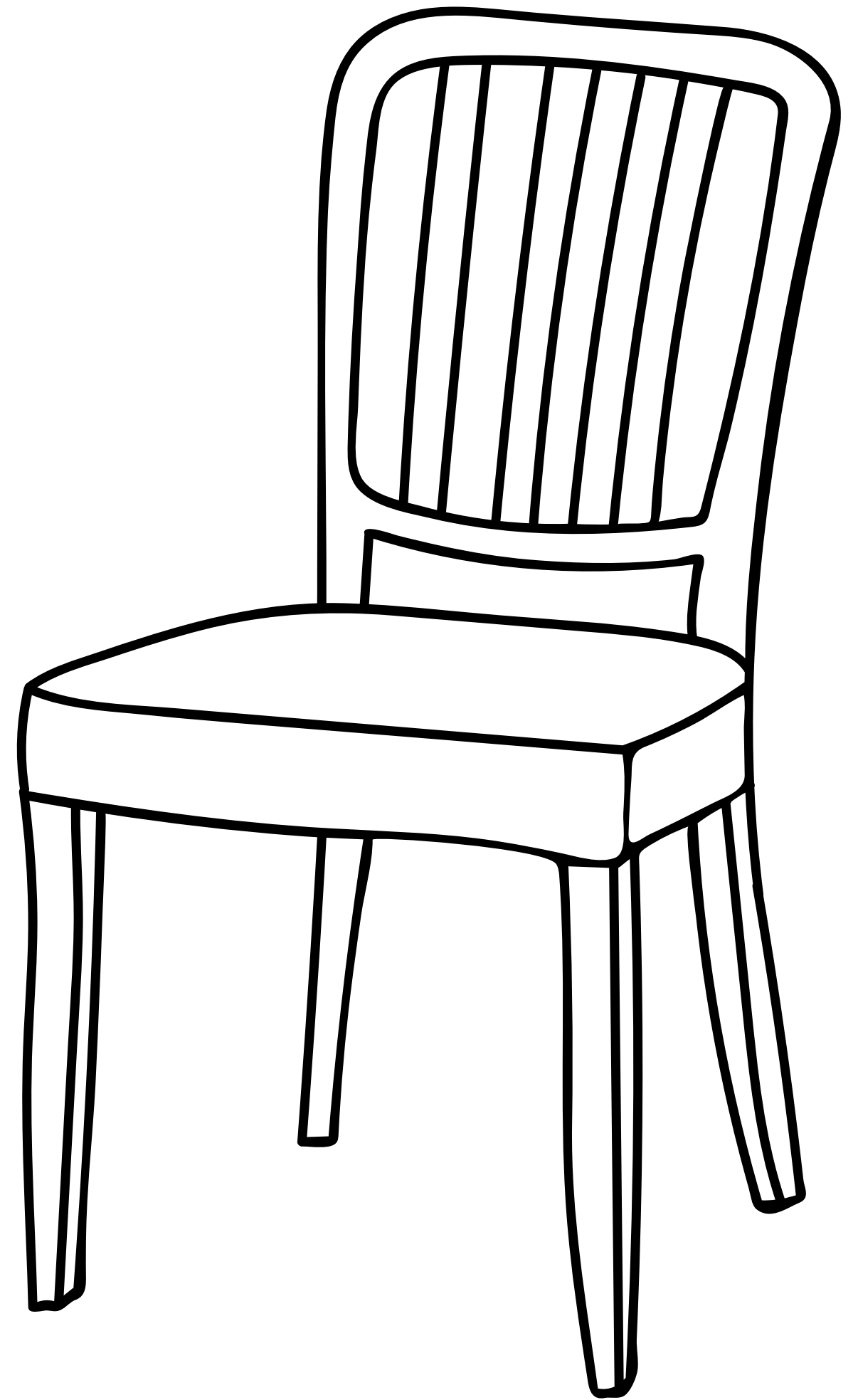
FOR JOY... I WANT TO
TALK ABOUT HOW...



03. WE NEED ADVENTURE



- Reach under your chair and feel for (not grab) a texturally interesting object.
- What does it feel like?
- Share with a neighbour.
(theirs is different)



**What does that
have to do with
adventure?**

A group of people are silhouetted against a bright sunset over a body of water. They appear to be in a boat or standing in shallow water. The sun is low on the horizon, creating a shimmering reflection on the water's surface. The background shows a distant shoreline with some buildings and a hillside on the left.

Indicators of Adventure

- Uncertain outcome
- Risk, the potential to lose something of value
- Inescapable consequences
- Energetic action
- Willing participation

According to Bert Horwood

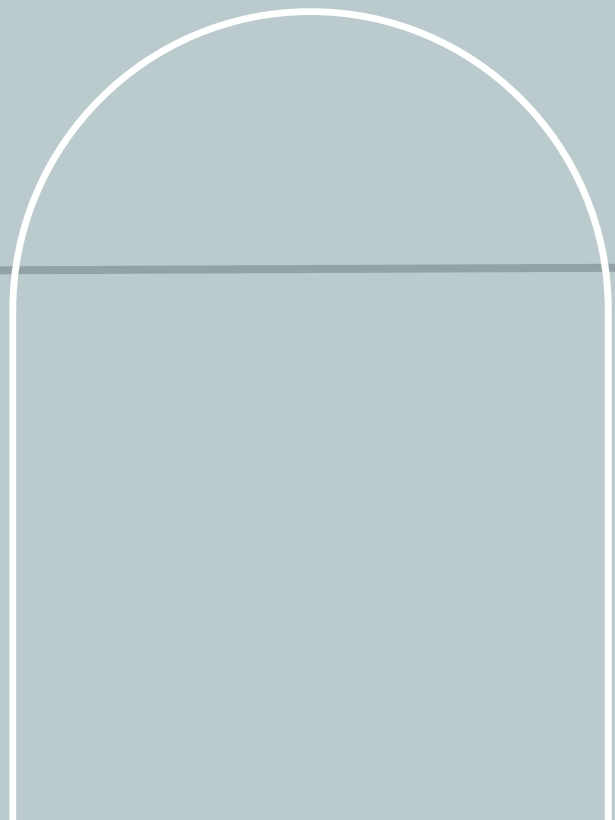


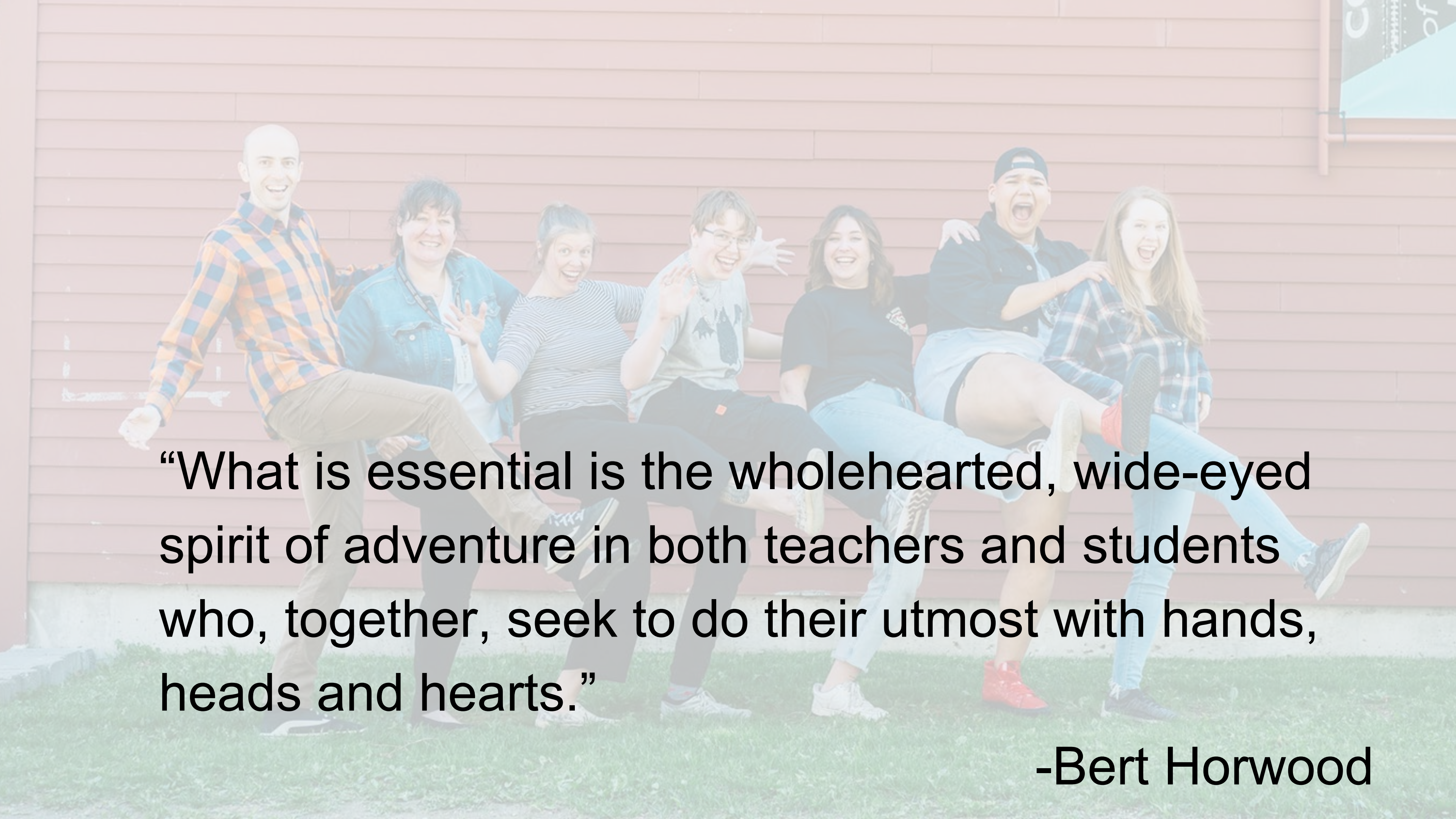
Adventure in Life?

“Do something that
scares you
everyday”

~ Eleanor Roosevelt

Adventure in Learning?



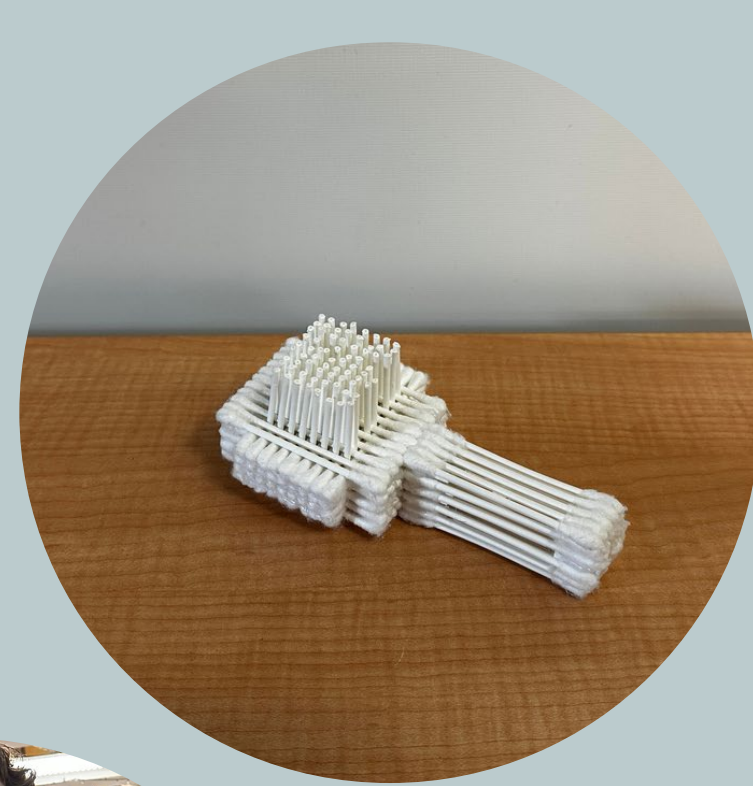


“What is essential is the wholehearted, wide-eyed spirit of adventure in both teachers and students who, together, seek to do their utmost with hands, heads and hearts.”

-Bert Horwood



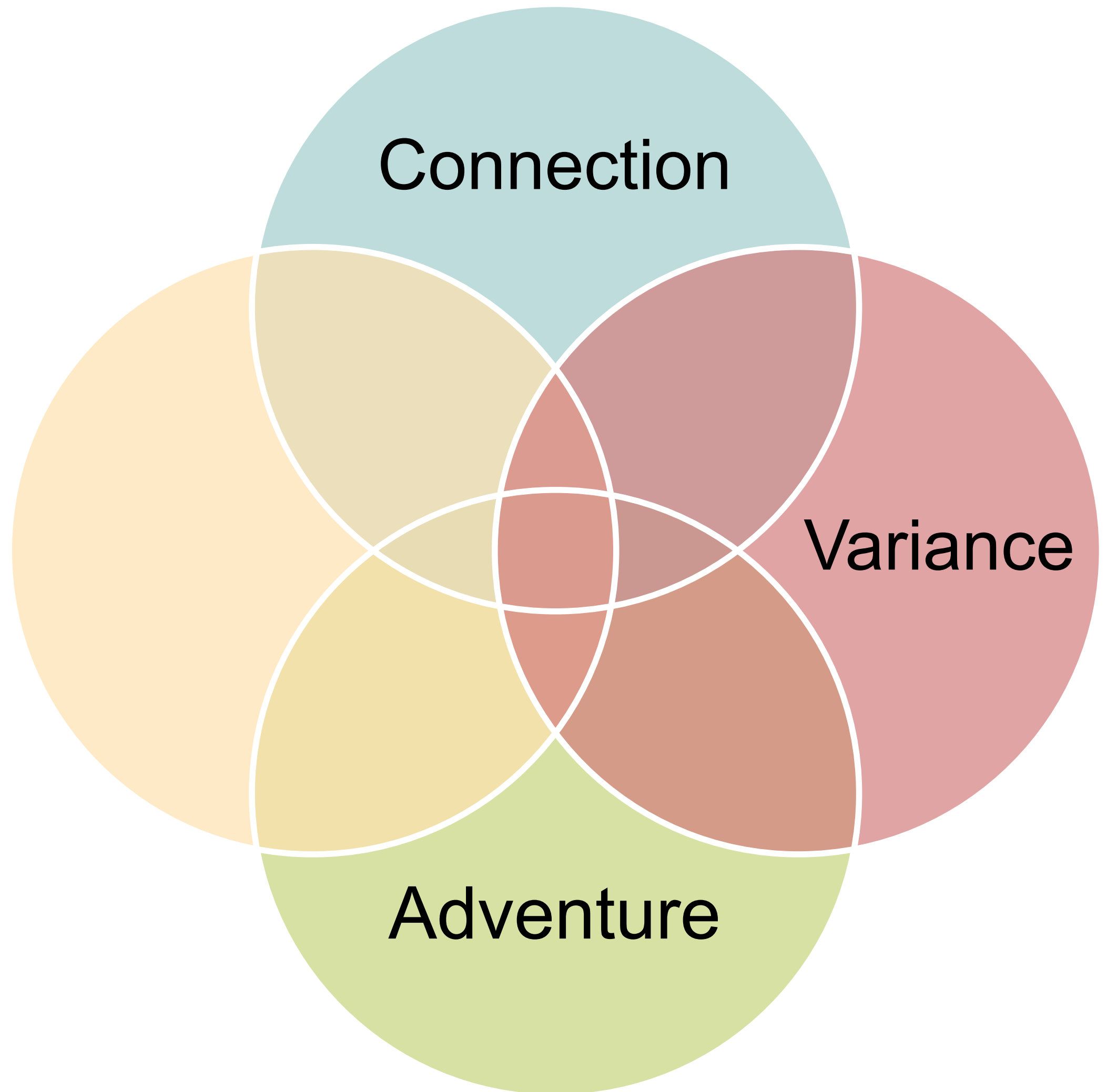
FAAFO



Make a hammer, a hairbrush or scarf with none of the materials used to make a hammer, a hairbrush or scarf



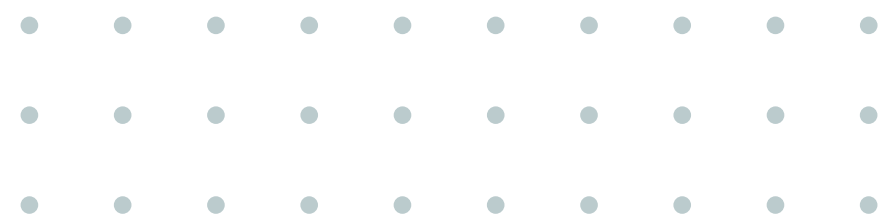
How can you
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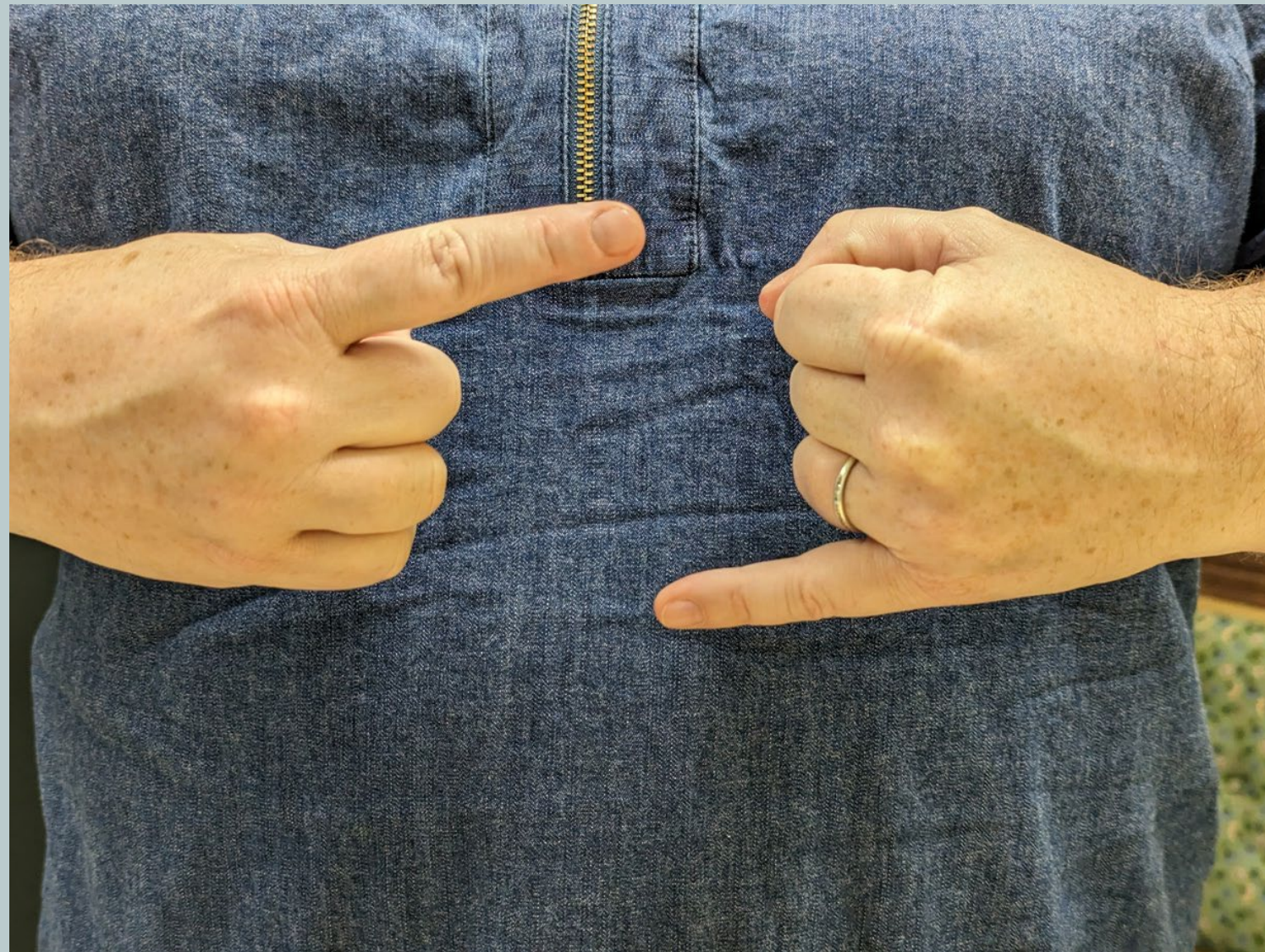
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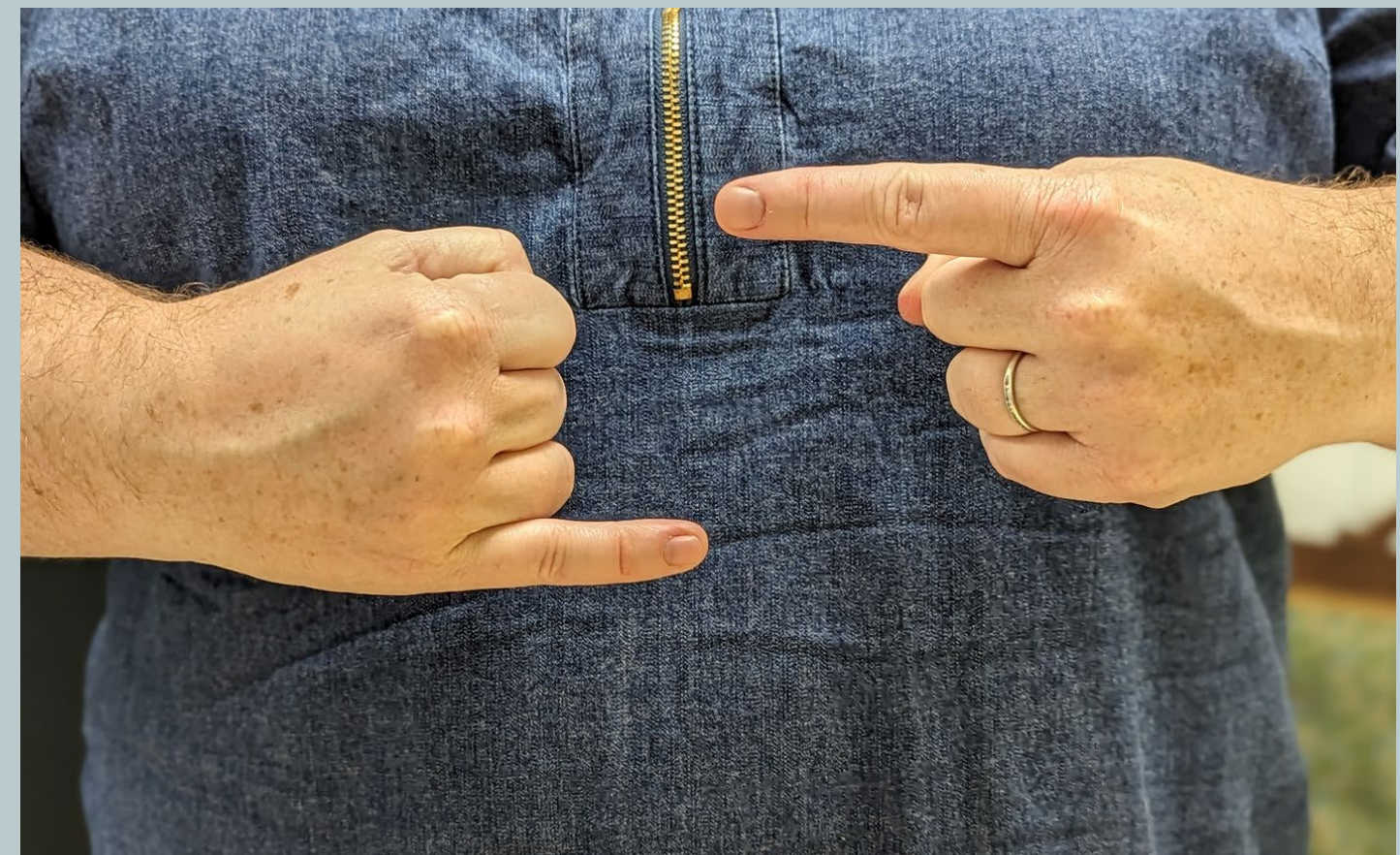
04. WE NEED GLOW

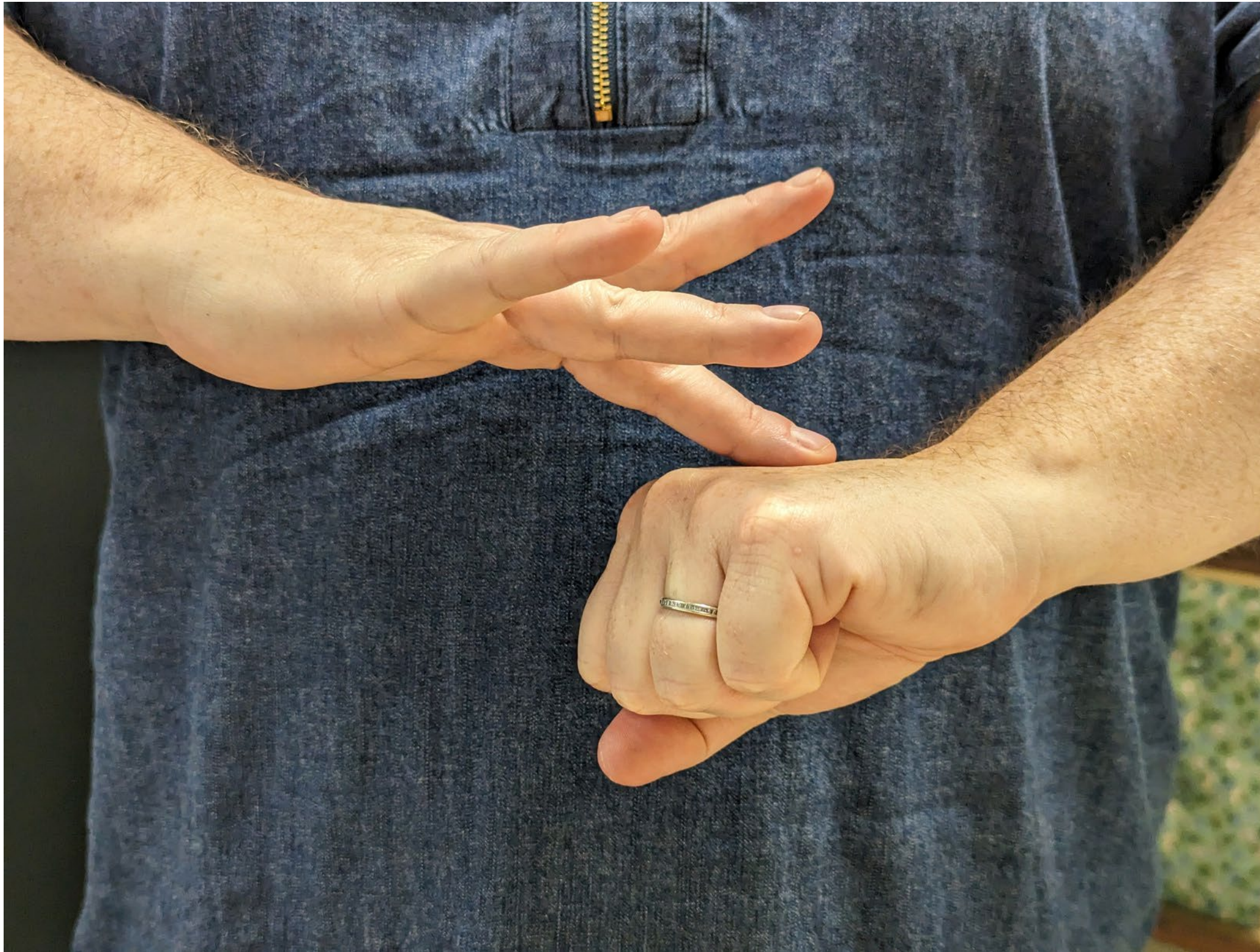


Pinkie



Switch





Glow: To give out steady light without flame; a light emitted by or as if by a substance heated to luminosity.

Glow in Life?

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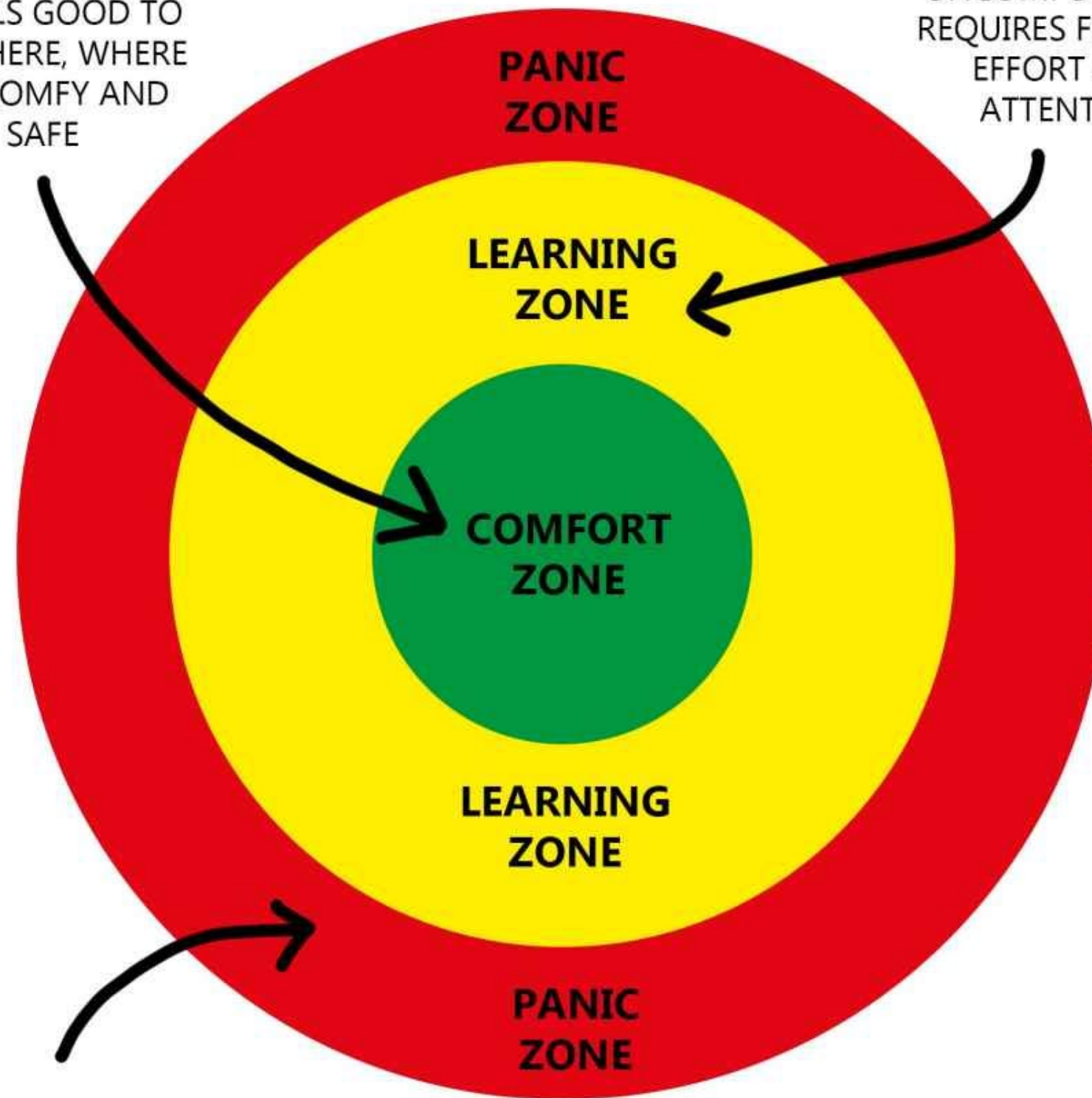




Glow in Learning?

IT FEELS GOOD TO STAY HERE, WHERE IT'S COMFY AND SAFE

UNCOMFORTABLE! REQUIRES FOCUSED EFFORT AND ATTENTION



PANIC ZONE

LEARNING ZONE

COMFORT ZONE

LEARNING ZONE

PANIC ZONE

WAAAAY TOO DIFFICULT. HERE WE ARE OVERWHELMED AND UNABLE TO LEARN



hell no

grow

glow

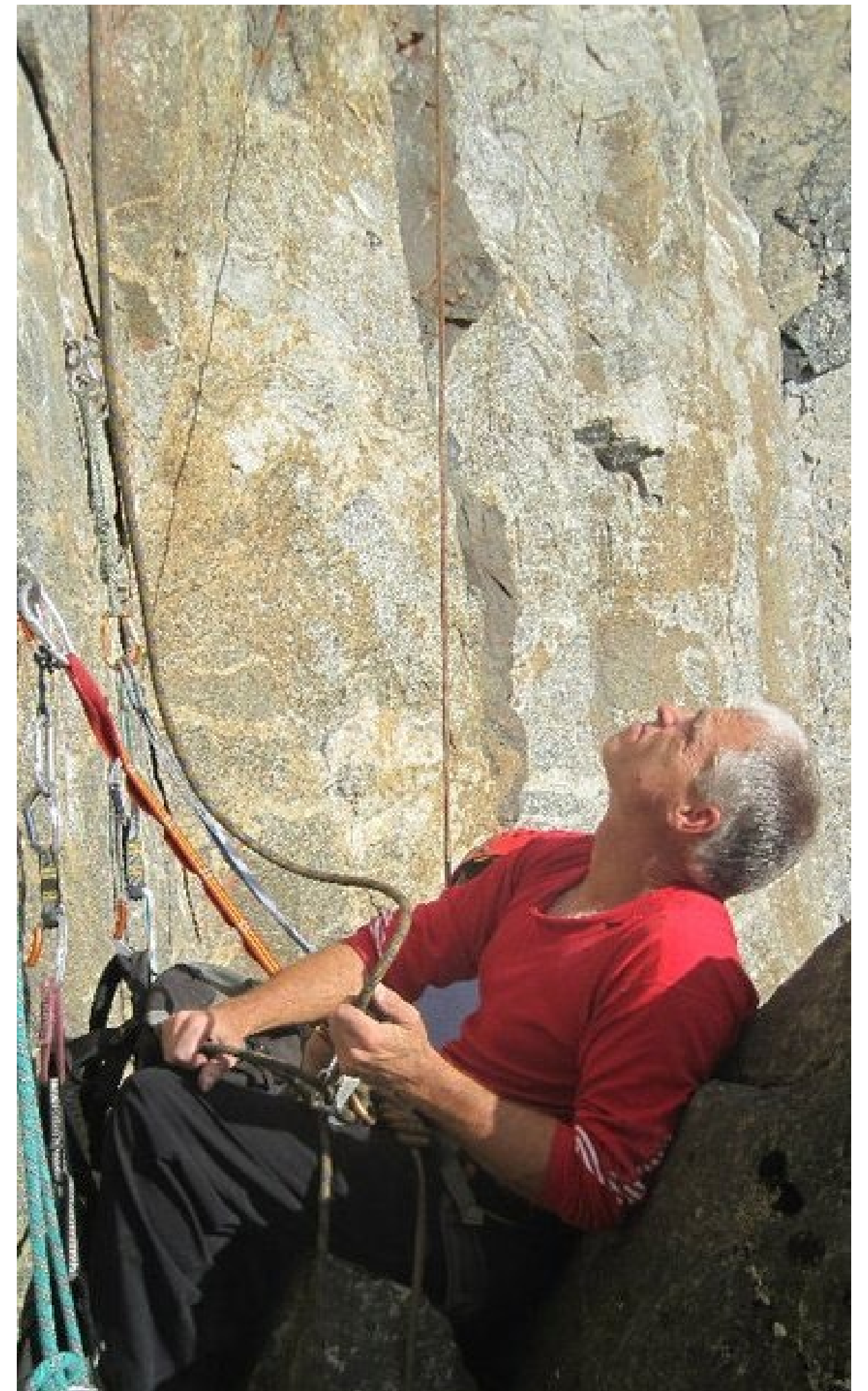
know

How do you
glow?



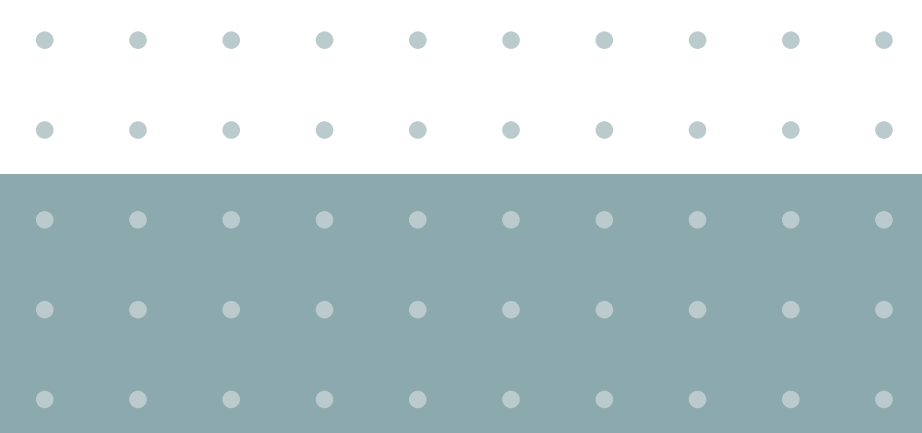
How can your
learners glow?

C.R.A.G



Conclusion





THANK YOU

Have any questions?

506-478-8216

carriemaureenolan@gmail.com

www.carrienolanphd.com

