

Harvesting Wisdom From Our Younger Selves

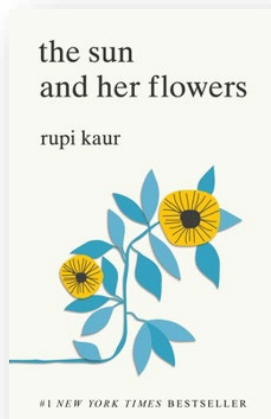


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Enjoy these content and graphic resources related to my workshop. You can reach me at mjabell13@gmail.com if you have questions or feedback.

MJ Abell

Poems



You do not just wake up and become the butterfly.

Rupi Kaur

From her poetry book *the sun and her flowers*

I've been a thousand different women

make peace
with all the (young) women
you once were.

lay flowers
at their feet.

offer them incense
and honey
and forgiveness.

honor them
and give them your silence.

listen.

bless them
and let them be.

for they are the bones
of the temple
you sit in now.

for they are
the rivers
of wisdom
leading you toward
the sea.

Emory Hall



I've been a thousand different women

Emory Hall

From her book *made of rivers*.

Note: I added the word "young" to her poem to reflect our theme.

Read by Emory Hall on this lovely vide with music by Trevor Hall:

https://www.youtube.com/watch?v=iORYwj_1zAw

Read by South African poet Christi Steyn in this video

<https://www.youtube.com/watch?v=buy-XeDEucg>

Spotify also has Emory Hall music and videos

InsideOut Resources



I found the second image above at TeachersPayTeachers and edited the pdf of their version to create my versions below. See my Image and Content Resources section at the end of this handout for more information about TeachersPayTeachers.

The original image for the Pixar concept art of emotions is at this link and also includes the Inside Out 1 & 2 emotions:

https://www.reddit.com/r/Pixar/comments/1ej7g1n/concept_art_of_every_emotion_in_the_inside_out/?rdt=61347

The image is also in the extensive Disney Inside Out wiki where you can read about what emotions were considered and left out of IO 1& 2. Surprise was going to be included in IO 1 but the team decided it was too close to fear.

https://insideout.fandom.com/wiki/Inside_Out

Great Mother Resource

Resource: Jungian Confrerie

<https://www.jungian-confrerie.com/phdi/p1.nsf/supppages/8209?opendocument&part=24>

Great Mother (Council)

- in the collective unconscious
- represents the nurturing and caring mother
- Also represents the power and wisdom of the divine feminine



Inner Mother Resource

Inner Mother (Committee)

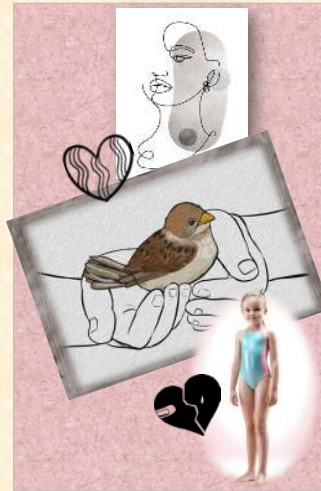
Nurturing presence within us that we can tap into for

- Unconditional love
- Compassion and tenderness
- Guidance, support, self-care

Also reflects strength, provides structure and the ability to set boundaries

Kasia Kolek

<https://kasiakolek.com/inner-mother/>



Resource: Kasia Kolek: Counselor, psychotherapist, and trauma recovery therapist in Dublin, Ireland has many Inner Mother resources here, including some client stories.

<https://kasiakolek.com/inner-mother/>

I enjoyed browsing at <https://kasiakolek.com>. She also has videos on YouTube.

Images: I created my Inner Mother card in Word with free images from pixabay.com then pasted it in the slide.

Ho'oponopono Prayer (pronounced ho-o-pono-pono)

Ho'oponopono is an ancient Hawaiian practice of reconciliation and forgiveness.



A few of the many resources on the web and YouTube:

Good article and image:

<https://healingbrave.com/blogs/all/hooponopono-prayer-for-forgiveness>

Good explanation of the prayer and free printables:

<https://www.101planners.com/hooponopono-prayer/>

Rosalie Silver (rosiyoga) leads you through a 16-minutw meditation with relaxing music:

<https://www.youtube.com/watch?v=2TePAocURLk>

Before Sleep Ho'oponopono Affirmation Exercise (1-hour meditation, repeats the prayer with soft music). Link:

[Before Sleep Ho'oponopono Affirmation Meditation](#)

Lots more videos on YouTube if you search for Ho'oponopono prayer.

Image and Content Resources

These are my go-to resources for images and content (in the case of TeachersPayTeachers).

TeacherPayTeachers.com

TPT is a great resource for content and tools and activities created by teachers. Many are free and some are just a few dollars. The site includes resources for all grade levels, adults, and neurodiverse audiences. If you search for free Inside Out or free emotions you will get a sense

of the range of resource. You can put adult in your search entry too if you want to see mostly teen/adult resource on a topic.

Fun family activity I stumbled across there: Free Worry Bracelet activity for the first day of school: <https://www.teacherspayteachers.com/Product/Worry-Bracelet-for-First-Day-of-School-Open-House-SEL-Social-Emotional-Activity-9816349>

Here is some helpful information from their website:

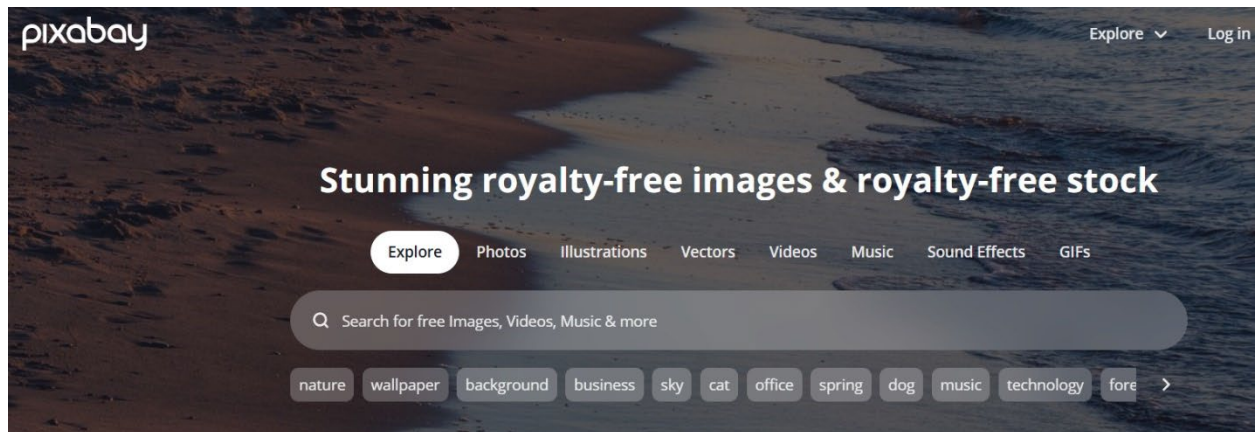
Where teachers share their most innovative solutions

TPT is the world's largest marketplace of PreK-12 resources, powered by a global community of experienced educators. On TPT, educators can find endless innovative and inspiring ideas to address every learning moment. For first-year teachers and 20-year veterans alike, TPT has everything educators need to bring more creativity to their instruction, better engage students, and level up their teaching skills

Resource type	Seasonal	ELA	Math	Science	Social studies	Languages	Arts	Special
Student practice			Teacher tools		Activities		Classroom decor	
Independent work packet			Classroom management		Games		Bulletin board ideas	
Worksheets			Teacher manuals		Centers		Posters	
Assessment			Outlines		Projects		Word walls	
Graphic organizers			Rubrics		Laboratory			
Task cards			Syllabi		Songs			
Flash cards			Unit plans					
			Lessons		Clip art		Printables	

Pixabay.com

This is the first place I search for free photos, illustrations, etc.



These images in my slides came from Pixabay. I included some tips not because Pixabay is hard. I picked these things up as I got more familiar with Pixabay's layout and contents.



I started by searching the Illustrations category for free balance. Then I switched to stacked rocks transparent and found this.

If you like a sketch look like this heart, include sketch in your search.



I put together separate images to create my Inner Mother card. I found the bird sketch when I search for cherish.



Pixabay tips:

- Search results start with this iStock message and some images you would have to pay to use. Scroll down to see the royalty-free images. You can get a Pixabay membership and see more images, but I've always found something for free that will work for my needs.

Sponsored Images iStock LIMITED DEAL: 20% off with **PIXABAY20** coupon ⓘ

- If you want the background of the image to be transparent (like the stack of rocks and the heart), include transparent in your search or at one of the high levels I think you can click a box to indicate you want transparent images in your search. Otherwise, you get a mix of both, which is not a problem as you're figuring out what you may want.
- There is an AI capability I haven't explored yet.