

Social & Emotional Learning

BELONGING



Louis Fratino, *Among women only*, 2020

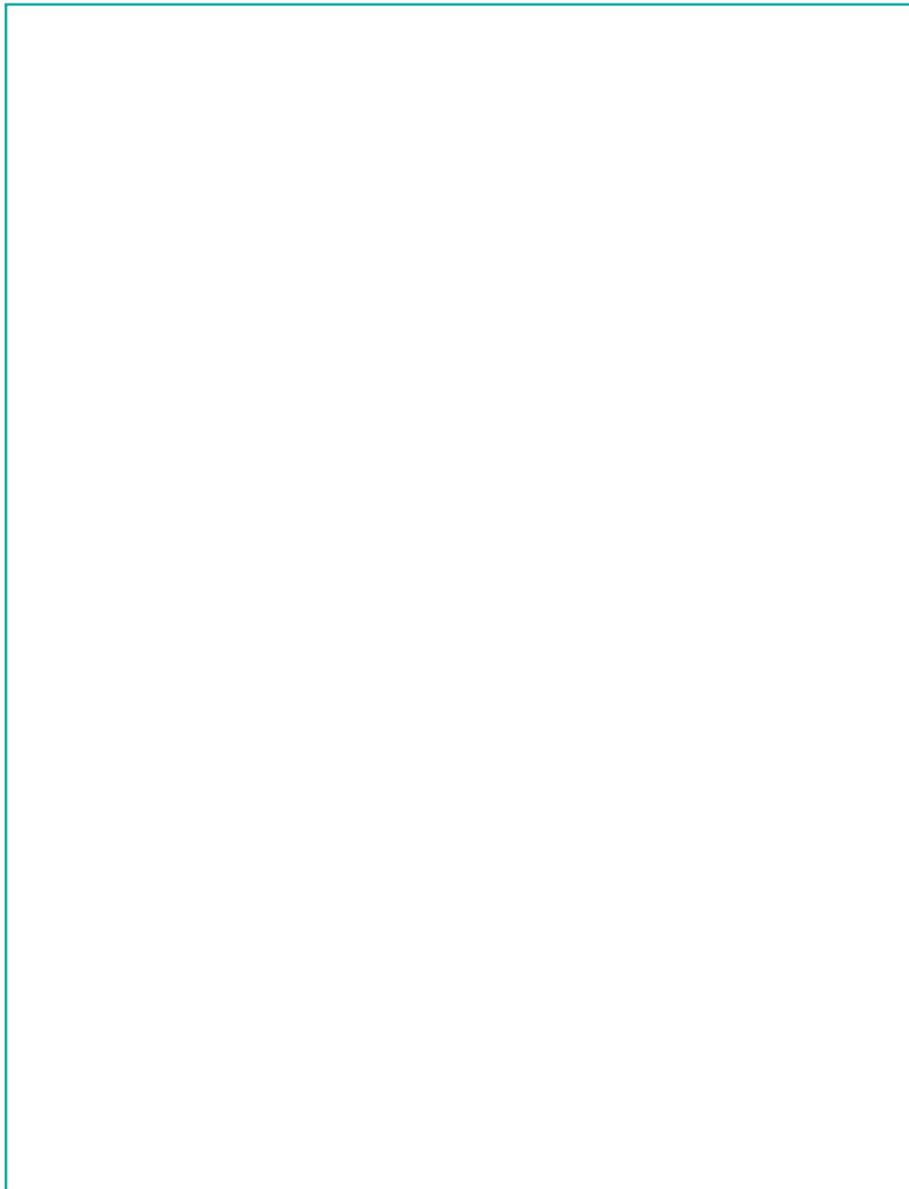
Oil on canvas, 80 1/4 x 65 x 1 3/4 in., Blanton Museum of Art, The University of Texas at Austin, Purchase through funds provided by the Green Family Art Foundation, Adam Green, Director, 2021, ©Louis Fratino, courtesy of the artist and Sikkema Jenkins & Co., New York

still life	<i>A work of art that features still objects (flowers, food, household objects, etc.) for their visual interest or symbolic meanings.</i>
arugula	<i>A leafy green plant commonly used in salads.</i>
adapt	<i>To alter or adjust a behavior to suit a specific situation.</i>
spork	<i>An eating utensil, often used by young children, that combines features of both a spoon and a fork.</i>
expression	<i>The process of making known one's thoughts, feelings, or identity.</i>

How do you make room for newcomers, with all of their differences, in your own groups? How might you signal your welcome — especially to people who may feel hesitant or anxious about belonging?

STILL LIFE

Set up plates, glasses, silverware on a table in an interesting way. Look closely, and draw a still life based on what you see. If you'd like, you can draw food or flowers from your imagination to add color and visual interest.



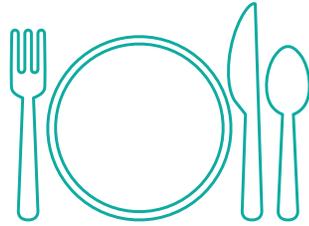
GRATITUDE CHART

Make a practice of noticing the good things in life. For each day of the week, draw or write down one thing you are thankful for.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

HELP OUT AT HOME

Preparing a meal takes time and energy, and you can help! Volunteer to set the table, wash the dishes, or ask what you can do to help. Maybe you can add something to the table to make it look special—something you found in nature, something you made, or something surprising that might spark a conversation.



CONVERSATION STARTERS

If others at your table are up for a conversation game, write some conversation starters on slips of paper, and give each person a slip (or have everyone respond to the same question). Some ideas to get you started:



FIND OUT MORE...

The difference between “belonging” and “fitting in”

Watch Brene Brown on “True Belonging” from Contemplative Interbeing at bit.ly/SELResource17

Learn how to draw a still life

Watch on YouTube at bit.ly/SELResource18

Learn how to set the table

Watch *How To: Proper Everyday Table Setting* on YouTube at bit.ly/SELResource19

Learn how to make a colorful dish

Try making this rainbow spaghetti with instructions from BBC Good Food at bit.ly/SELResource20

Listen and learn more about the musicians

Explore the music of Nimrod Ensemble Berlin who provided the soundtrack to our *Belonging* video at bit.ly/SELResource21

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