



THE mosaic  
PROJECT

## **Mosaic In-School Workshops for Middle School Students**

The experiential quality of Mosaic workshops is what sets us aside from other SEL/character development/ social justice education initiatives. Using games and experiential curricula, we can address any one of the following themes with your students. Most of these sessions are designed for smaller groups in 90-minute time blocks, but can be adjusted to suit your needs.

### **Diversity appreciation**

Issues addressed:

- Stereotyping, prejudice and discrimination
- Inclusion/ exclusion
- The value of diversity

Goals:

- To define, discuss and increase awareness around stereotyping, prejudice and discrimination
- To foster empathy and understanding across differences
- To promote an appreciation of diversity and an awareness of how it can enrich community
- To encourage participants to recognize their uniqueness and inherent value

### **Common ground and interconnection**

Issues addressed:

- Similarities/ unity: in spite of our differences, we have a lot in common
- Interconnection: we are each members of systems and we each play a significant role in the development of systems
- The butterfly effect: small shifts in one place can make large changes somewhere else

Goals:

- To promote awareness of our interconnection
- To encourage positive agency through increasing awareness of the butterfly effect
- To bring out some of the group's similarities
- To help participants see they are each members of a larger group/ system, and that they can/ do influence that larger group and system

### **Empathy training**

Issues addressed:

- Empathy and compassion
- How hurt people hurt other people
- Scars can heal: the importance of getting real and expressing our hurt in healthy ways

Goals:

- To deepen sense of connection and community among the group
- To show that we all have hurts
- To promote the understanding that there are many sides to every story
- To show that scars can heal and we do not have to be driven by our hurt

- To encourage compassion and empathy and promote emotional intelligence

### **Conflict Resolution Training**

Issues addressed:

- Sources of conflict
- Conflict resolution
- Non violent communication (I-messages, etc.)

Goals:

To impart basic conflict resolution skills

- To impart basic non-violent communication skills (asking permission, I-messages, etc.)
- To explore sources of conflict
- To practice conflict resolution in a simulated conflict activity
- To investigate our relationships with conflict in our lives

### **Positive Power**

Issues addressed:

- The power-over vs. power-with paradigm
- Allies
- Oppression

Goals:

- To encourage participants to explore what power means to them
- To understand the implications of the power-over paradigm vs. the power-with paradigm
- To explore and understand alternative paradigms of power (cooperative, flat)
- To investigate personal power
- To investigate the impact of oppression on participants' lives and to reflect on what it means to be an ally to those with less power

### **Gender training**

Issues addressed:

- "Be a man" and "Be a lady" conditioning
- Media literacy
- What is 'normal'? Facts about body image for boys and girls

Goals:

- To explore and understand the impact of gender conditioning
- To deconstruct our concepts of male and female and expand our notion of what is acceptable (is it ok for boys to cry? Is it ok for girls to be angry?)
- To create a safe container in which students can share their gender stories, learn from and empathize with one another
- To promote self esteem and acceptance of self, especially as it relates to gender

**Costs:** The costs for our programs are \$300/hour. We offer discounts when groups purchase multiple workshops and are committed to working together to meet your curriculum needs and budget.

*Please contact our Curriculum and Training Director, Cherrine Badawi (cherrine@mosaicproject.org) if you have any questions or if you like to speak with references. Thank you for your interest in The Mosaic Project!*