hi & welcome! take some breaths to arrive
Planting Breaths, Weeding Doubts: Restorative Practices and Contemplative Pedagogy for Classroom Practice & Teaching Library Research Skills

LOEX 2024
Naperville, IL
Overview

Sample sprouting practices
seeds of CCC at CCBC
Use in the classroom &
college community
Diverse practices—surprise
blooms
reflect/ask

Jean Boggs
Opening practice

There is information in my dreams, in my DreamSpace and in my daydreaming.

–Tricia Hersey
Breath work, being portable and having proven results is widely respected, but there are many ways to practice mindfulness. Some may be easier for people experiencing acute stress. These many branches also express spiritual and cultural diversity.

*(now defunct)*
Contemplative Community Circle at CCBC

- Pioneered by Stephanie Briggs, owner of BeStillMove
- *not an academic committee (in fact, "shop talk" left at door step)
- began as "filling cup" of faculty and staff
- after initial ground covered to bond and address stress of faculty and staff, CCC encouraged to bring practices to class, explore, experiment
- Student Pantry Initiative/ social justice
Contemplative Community Circle at CCBC

Practices:
- dance
- bouncy ball races & hula hooping
- journaling and sharing
- reading
- singing
- drumming
- haiku
- gratitude
- quiet
- yoga
- labyrinth walk
- painting & drawing
- games and play
- nature
beginnings- Embedded Librarianship with Contemplative infusion!
MINDFULNESS ACROSS THE CURRICULUM

Three workshop series
1. Increasing Focus and Motivation
2. Decreasing Anxiety
3. Fostering Connectedness
cultivating benefits:

- organic flow of attention
- connecting to neurodiverse learners
- accommodations for one population tend to help others
- ice breakers that feel authentic
- building organic partnerships through shared passion/interest
Switching Gears

poem motion
Icebreakers, Focus, Slow Research

taste of research
hand breathing
concept map walking
Contemplative Community Circle at CCBC

This person has a body and a mind, just like me.
This person has feelings, emotions, and thoughts, just like me.
This person has experienced physical and emotional pain and suffering, just like me.
This person has at some time been sad, disappointed, angry, or hurt, just like me.
This person has felt unworthy or inadequate, just like me.
This person worries and is frightened sometimes, just like me.
This person will die, just like me.
This person has longed for friendship, just like me.
This person is learning about life, just like me.
This person wants to be caring and kind to others, just like me.
This person wants to be content with what life has given them, just like me.
This person wishes to be free from pain and suffering, just like me.
This person wishes to be safe and healthy, just like me.
This person wishes to be happy, just like me.
This person wishes to be loved, just like me.
Contemplative practices were at the heart of every major spiritual tradition’s scholarly and artistic practices, only separated in Enlightenment.
Retreats

Duba Thorpe-Wood
Tree Speak
Wind carries
And ancestors love
Balancing stones body & mind
Unlike friendships
Gathering pool
Friends love rock water
Clouds touching & moving quickly.

"Communte, no hay camino, se hace camino al andar.
(Traveller, there is no road, you build the road as you walk.)"
—Antonio Machado

"Being listened to is so close to being loved that most of us cannot tell the difference."
—David Oxberg
my next steps

embedding journaling practices

measuring impact
In Practice

Information literacy is the set of integrated abilities encompassing the reflective discovery of information, the understanding of how information is produced and valued, and the use of information in creating new knowledge and participating ethically in communities of learning.
flow and pleasure

Barbezat/Bush p.36
your map to librarianship
JEAN BOGGS
reference & instruction librarian at the Community College of Baltimore County
jboggs2@ccbcmd.edu

tree by CMIND

presented at LOEX
Naperville, IL
May 3, 2024
Special thanks to Stephanie Briggs
on Instagram