

**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

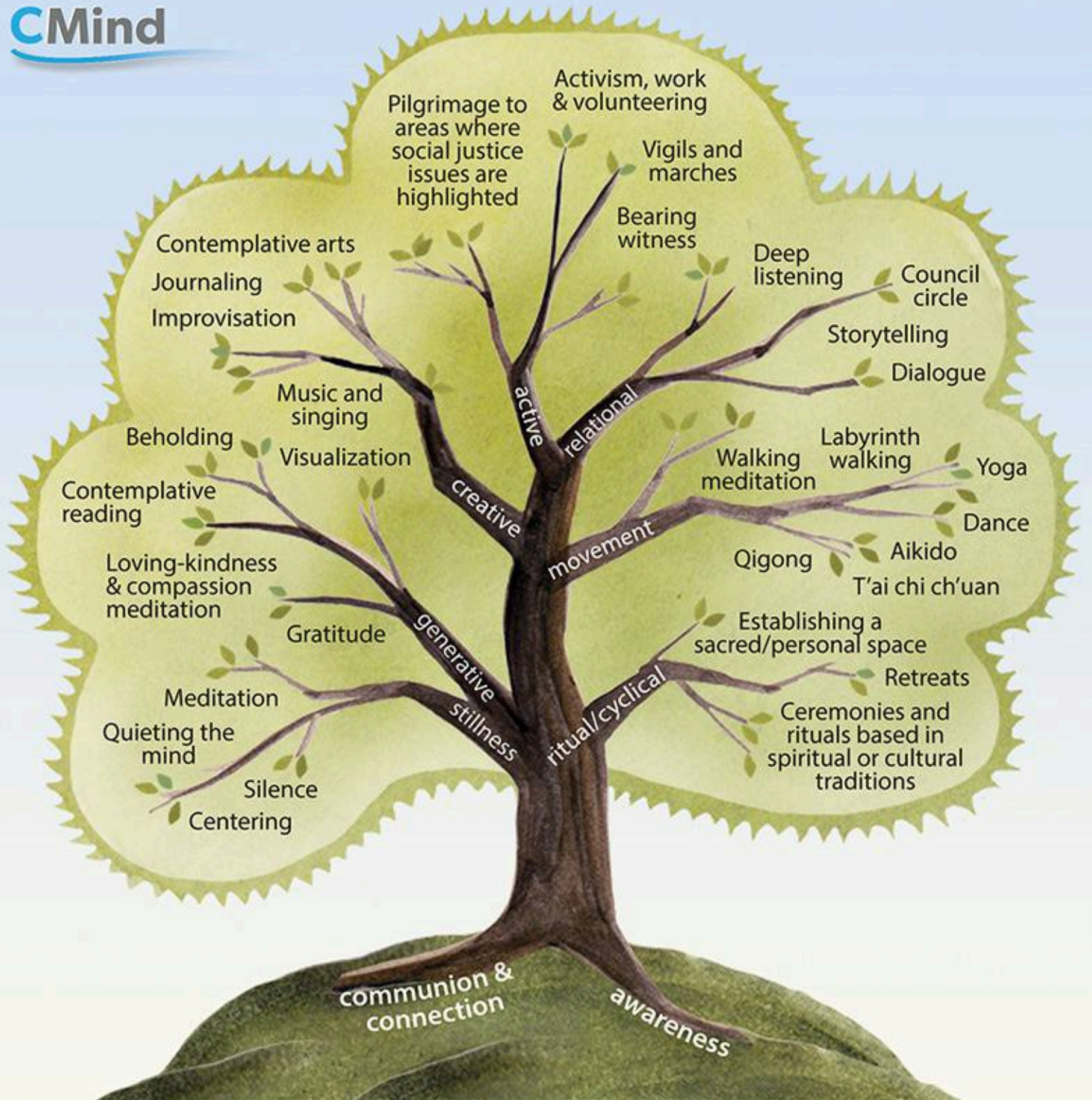


# Opening practice

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

-Tricia Hersey





The Tree of Contemplative Practices  
 CONTEMPLATIVEMIND.ORG

# CMIND\* Tree of Contemplative Practices

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!



bestillmove

bestillmove First leg of our day trip and finale of a wonderful collaboration between my ENGL101 and ACLT 053 students and the New School/Eugene Lang College in NYC. Having lunch at the Triple Crown on Manhattan and heading to Brooklyn to the Irondale Theatre for a performance of Twelfth Night. Loving our time together!!!  
322w

3 likes  
APRIL 21, 2017

Add a comment... Post



## MINDFULNESS ACROSS THE CURRICULUM

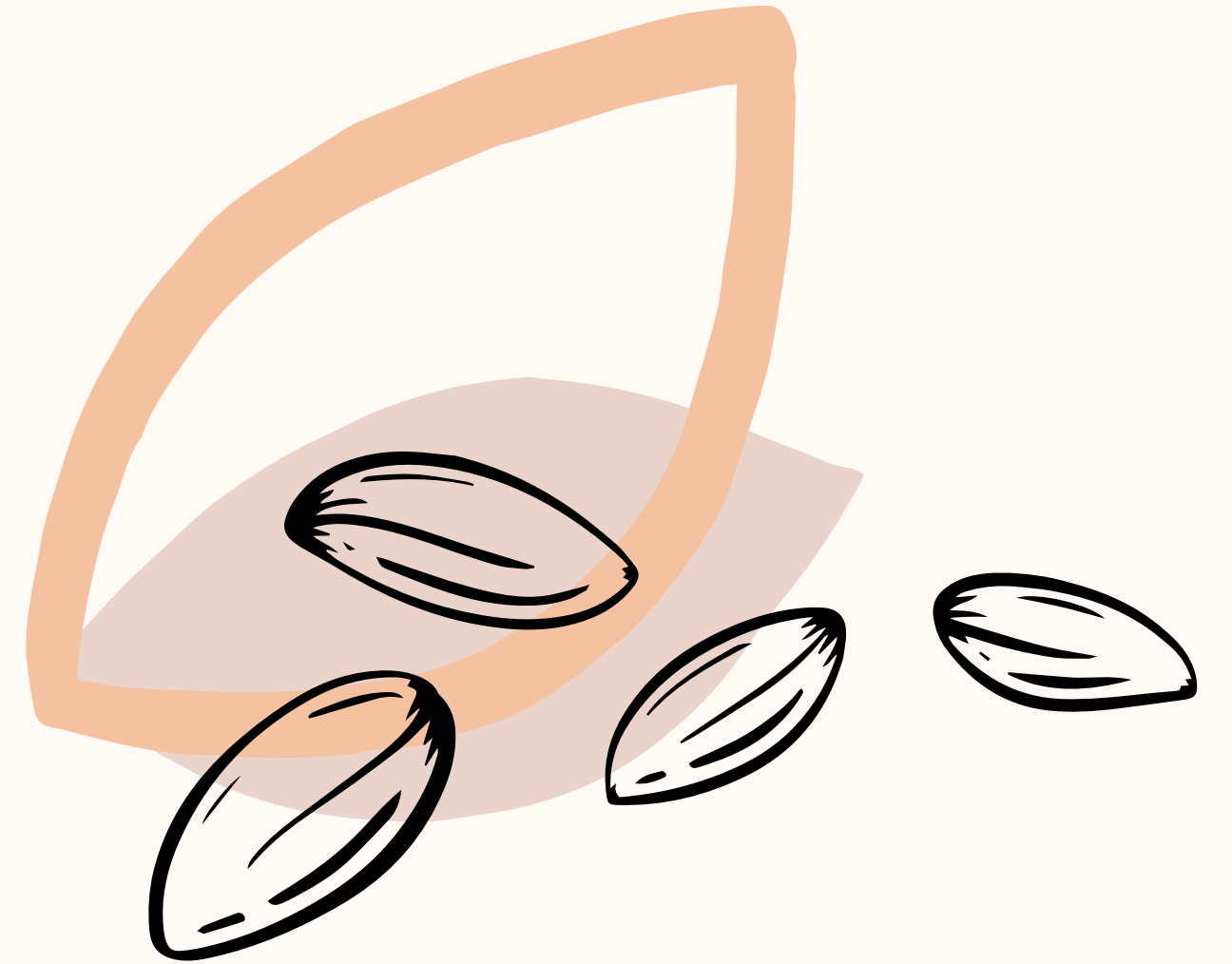
Three workshop series

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.**

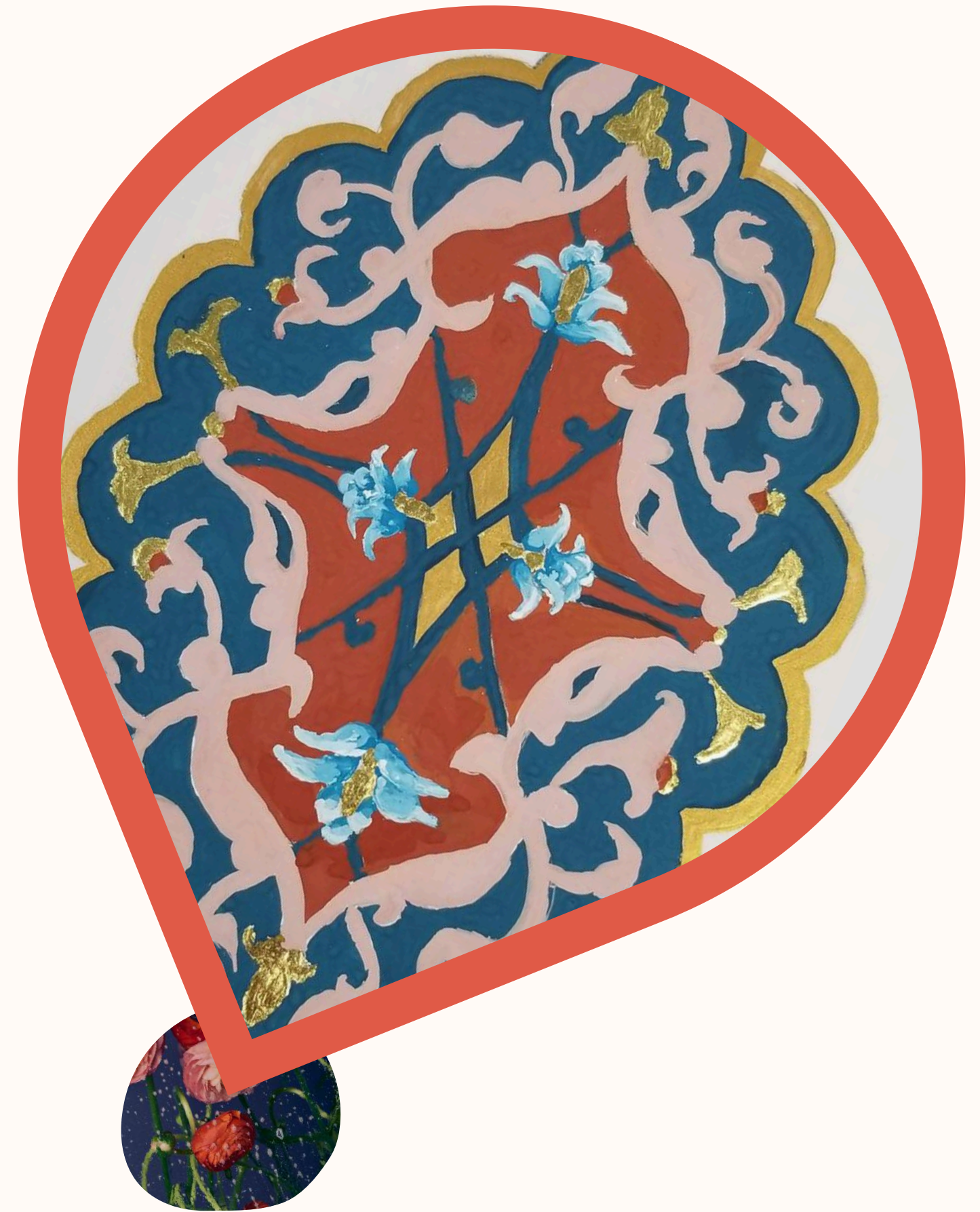
**This person wishes to be loved, just like me.**

**Just-Like-Me Compassion Meditation by Ram Dass,  
Mirabai Bush | Spiritual Practice | Spirituality & Practice**

A meditation with phrases to help you see how others are like you.

 Spirit\_Practice

**Contemplative practices  
were at the heart of every  
major spiritual tradition's  
scholarly and artistic  
practices, only separated  
in Enlightenment.**





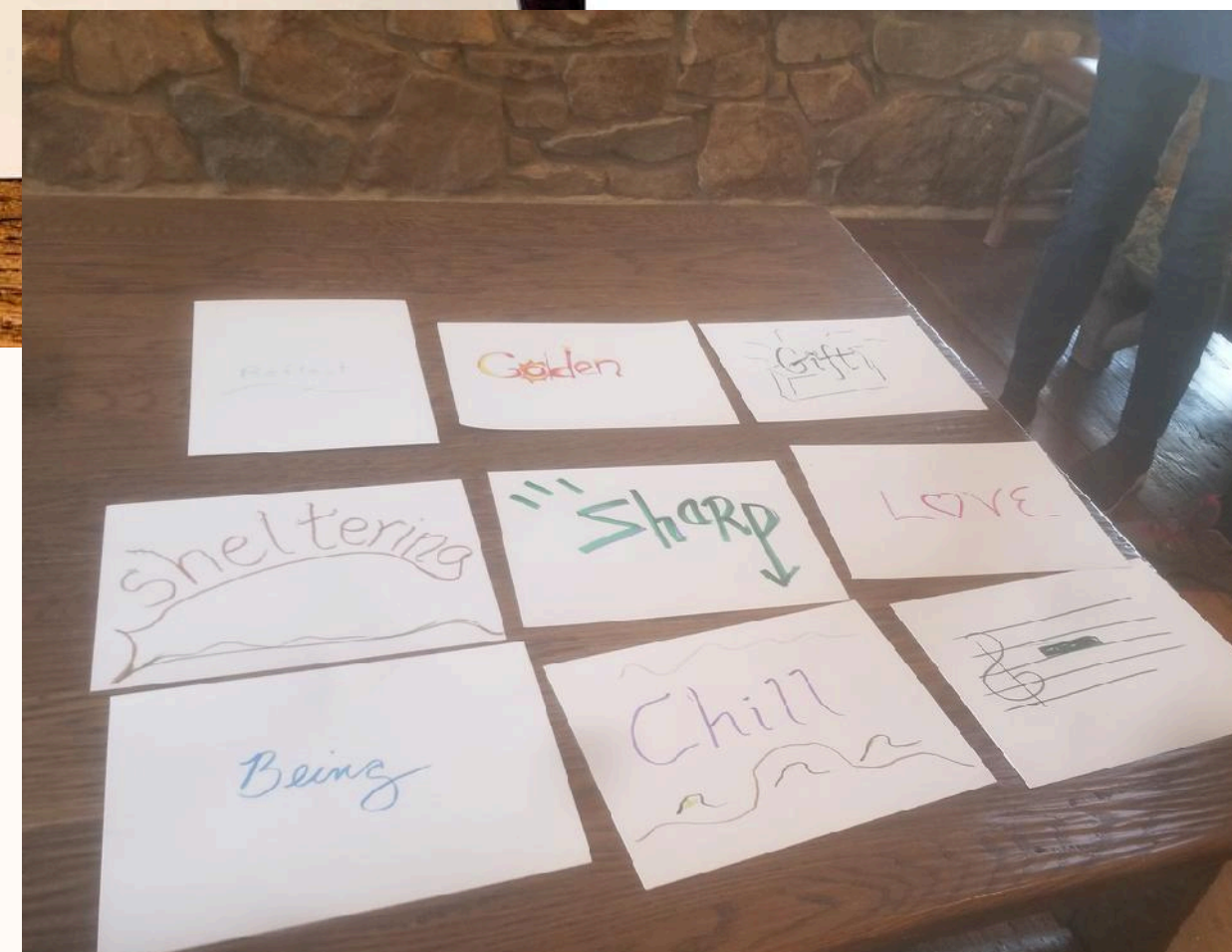
Doha ThorpeWood  
Tree speak  
Wind carries  
And ancestors love  
Balancing stones body & mind  
Unlikely friendships  
Gathering pool  
Friends love rock water  
Clouds touching & moving quickly.

# Retreats



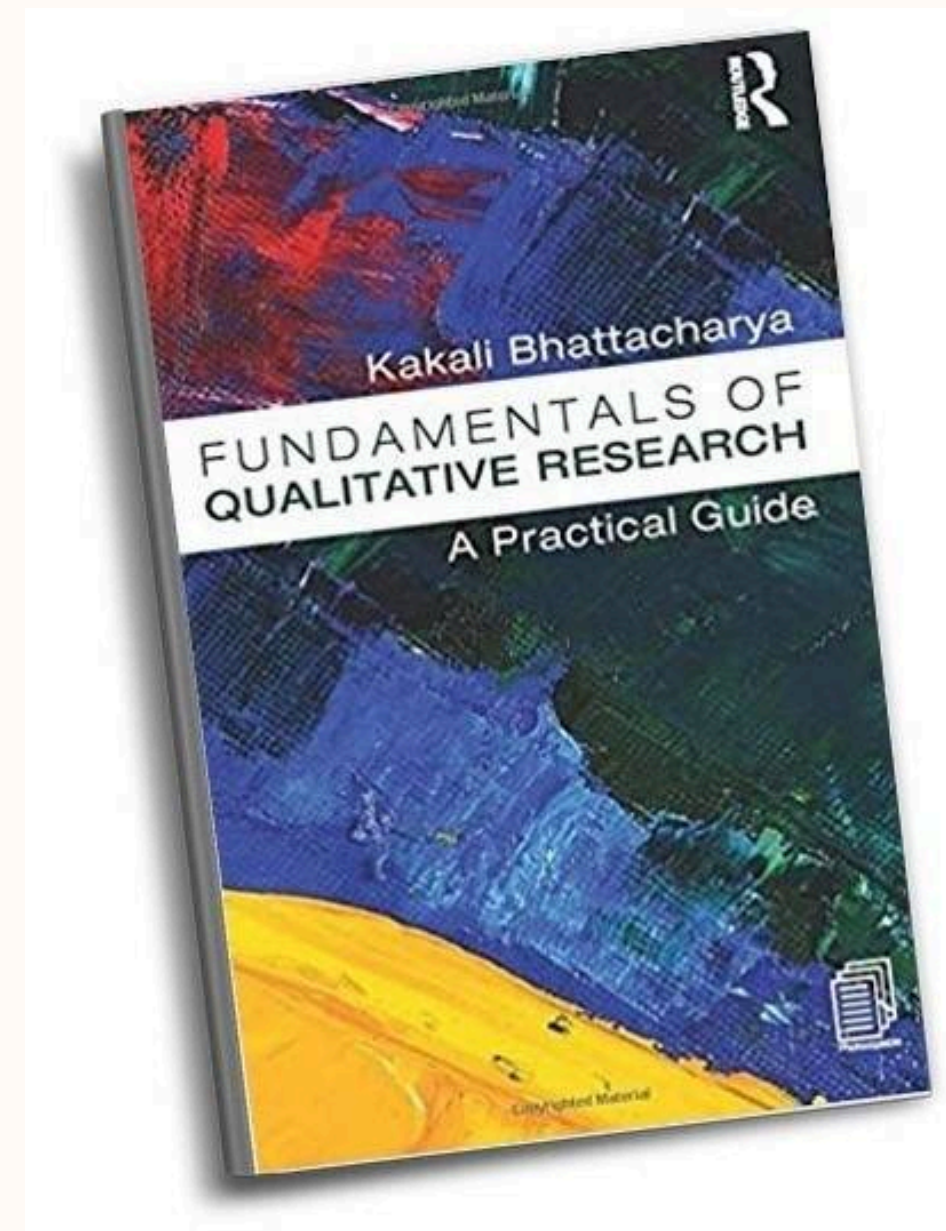
"Camminantes, no hay camino. Se hace camino al andar.  
(Travelers, there is no road, you build the road as you walk.)"  
Antonio Machado

"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.**

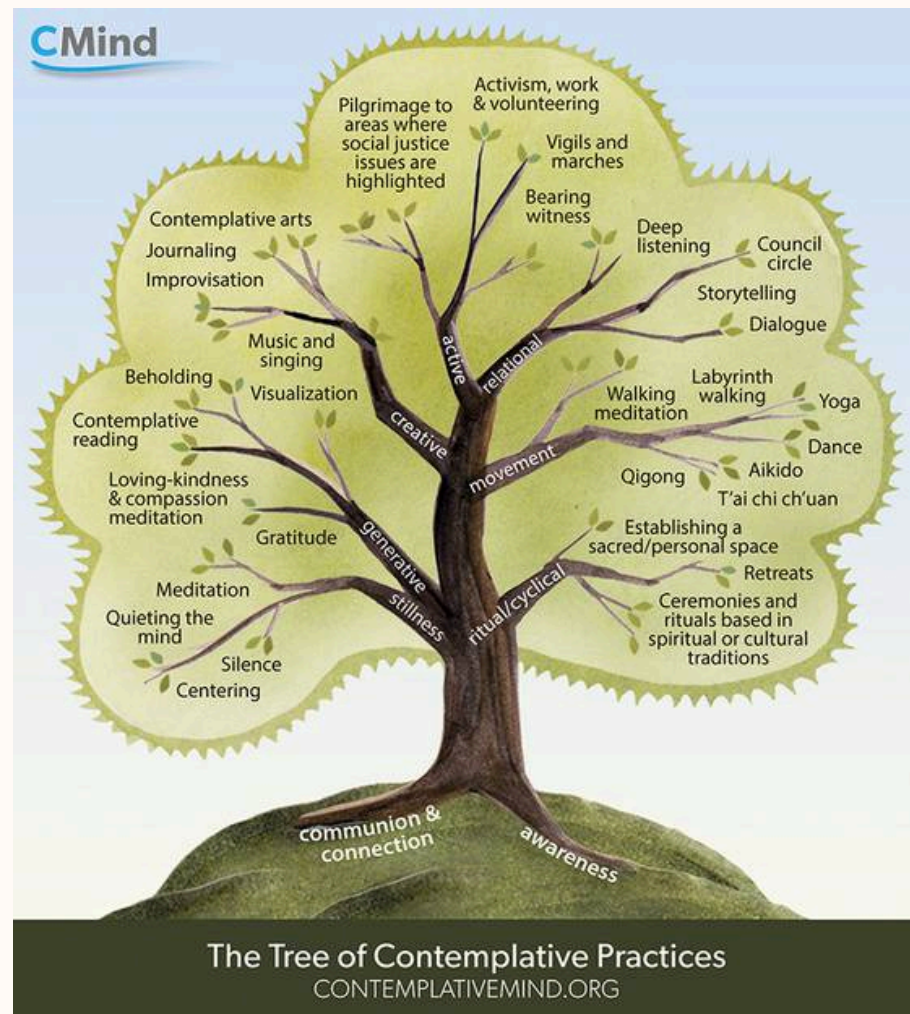
# **flow and pleasure**

**Barbezat/Bush p.36**



# your map to librarianship





## tree by CMIND

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presented at  
LOEX  
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Special thanks to  
Stephanie Briggs



bestillmove  
on Instagram