

Crafting Resilient Girls in Milwaukee



**PROJECT OF ALICE'S GARDEN, BODY
AND SOUL HEALING ARTS CENTER,
CENTER FOR RESILIENT CITIES,
VENICE WILLIAMS AND NANCY
BROOK**



Building Resiliency Utilizing Dr. Ginsberg's Resiliency Model



Logic Model for Crafting Resilient Girls (CRG)



Inputs/Resources

- Resiliency Building Model
- Community Garden and Healing Arts Center (meeting space)
- experienced family group facilitator and community agency
- volunteers, students, artists, nurses, parents
- access to target, girls 8-12
- pantry and art supplies
- technology
- craft and resiliency building library

Activities

- after school homework group
- Craft
- Yoga, Exercise, Dance, Gardening
- Problem Solving and Reading Circles
- Team Building
- psycho-education
- nutrition and health education
- celebration of rites of passage
- exposure to diverse cultures
- navigation and exploration of neighborhoods

Program Outcome



Short Term Outcome

- Increase connections as evaluated through eco mapping
- Improved academic achievement / improved reading scores and report card
- Decreased anxiety
Spence Child anxiety scale

Long Term Outcome

- Increased Emotional Control
- Improved Problem Solving Skills
- Improved integration in the community
- Decrease stress level
- Improved Communication Skill

CRG Logic Model



Outcomes/ Short Term

- Build **Competence**
- Build **Confidence**
- Build **Connection**
- Build **Character**
- Build **Contribution**
- Build **Coping**
- Build **Control**

Outcomes /Long Term

- improve academic performance
- increase verbal and critical thinking skills
- awareness of connections and opportunities to connect to the larger community
- reduce stress level
- improved problem solving skills
- internal locus of control

Purpose of Group Activities (after school)



- Participation in a homework group will increase **competence, confidence, control** and **connection** with school.
- Participation in reading and discussion circles will expand **connections**, improve reading **competence, coping, contribution** and **confidence**. participants will listen and respect other's ideas, **character** and express and contribute your own ideas.
- Participation in craft allows for self expression through **creativity, connection and control** of the material and concept, process, journey of making something. Challenge of understanding the process, tools and materials. When we create together we are learning to work together.
- According to Stuart Kestenbaum, Director of the Haystack Mountain School of Crafts, "Craft is in the making. Craft is the ancient heritage of humans and materials and the resilient ingenious human spirit, which can carry us to the here and now."

Summer Ground /Exploring MKE



Purpose of Summer Grounds Activities



- **Gardening:** from seedling to harvest. The girls will prepare and maintain their own plot, designing the garden, preparing the soil, planting seedlings and caring for the plants through harvest. The girls will **contribute** to the garden by volunteering at garden work days and assembling a **creative** container garden for the gazebo.
- **Summer sports:** team sports, volley ball, tennis as well as life sports, hiking, biking, horseback riding, sailing, golf etc. The girls will learn sports etiquette and principles of good sportsmanship, **character, control** and **confidence** in team play.
- **Girls Circle:** reading circles, words of the day, current events circle discussions and craft circles to enhance verbal expression, **competency, confidence, contribution.**
- **Health and nutrition:** focus of daily snack preparation promoting self regulation, **control** and **coping** skills.
- **Mindfulness:** quiet time, yoga, self reflection, meditation and drawing and journaling encourage **control** and **coping** as well as **creativity.**
- **Community Connections:** promoted through participation in summer activities throughout the city. The girls will explore the urban landscape participating in festivals, farmer's markets, art in the park and exploring urban neighborhoods.
- **Navigation and Transport:** the girls will learn to safely navigate our urban neighborhoods, parks, cultural institutions and local attractions on the ground by foot, bike or city bus building **connections, control** and **confidence** in knowledge of our city.

Summer Ground Group Rules



- Be respectful of each other and everyone who visits the group.
- Listen when others are talking.
- Follow directions.
- Ask questions if you do not understand directions.
- Do not waste.
- Clean up after yourself and others in the group.
- Work quietly when others are doing crafting, reading or concentrating.
- Do not take things without asking: food, supplies, garden tools, plants
- **Do not make fun of people, gossip or argue.**
- Have a positive attitude, bring positivity to the group.
- Be patient, wait your turn.
- No running out of the garden or walking ahead of the group.
- Participate in the group activities.
- **Never wonder off on your own. Stay with the Group.**

Participant Evaluation Summer Grounds



1. Did you learn something new from the group?
2. What activity or discovery besides swimming did you most enjoy?
3. What activity or discovery would you like to explore in future groups?
4. Did you benefit from the group discoveries? How so?
5. What would make the group better besides more snacks and swimming?
6. Did you receive the help you needed discovering new neighborhoods of the city? Did you feel safe? What made you feel safe?
7. Do you feel you were a valued member of the group?

Observations and Experience with CRG



- Group dynamic is critical to achieving outcome.
- Activities need to be well planned, adhere to time structured.
- Assume authority over the group. These are girls.
- Allow the girls ownership of their craft and work.
- Structure at least 15 minutes of unwind time when girls arrive from school.
- Keep sugar locked up. (after school)
- Never give up on a craft or project, model persistence and calm.