

Name: _____

Date: _____

Our Mantra

A mantra is an inspirational saying that you repeat to yourself in times when you need support. They are frequently used in yoga and meditation classes to inspire and empower people. Last week, you made a four finger mantra for yourself. Now, you'll write a unified mantra with your team as a source of inspiration while you spend the semester in collaboration. You'll write it in class today, we'll hang it up above your team table, and you'll also get one to keep in your team's kit.

Before we begin, you'll need to select roles:

Facilitator: Keeps the group and discussion moving, reports out to class

Artist: Responsible for the artwork on the mantra card

Scribe: Responsible for writing down ideas

1) First, take a look at the copies of your mantras that I gave you. Read your mantra out loud to your teammates. Hold space for each other and listen. Then, when all of you have finished, discuss as a team what you have in common, with the scribe taking notes in the box below. Give yourselves two minutes—the facilitator should keep track of time.

What do our mantras have in common?

2) Next, take a look at how your mantras are different. Give yourselves a minute to discuss. The facilitator should time the group and the scribe should take notes.

How are our mantras different?

3) From here, use one of the sentence stems below to create a four finger mantra for your team. The facilitator should time the group and the scribe should take notes. Take three minutes for this task. Use the word bank below if you need inspirational words to help you to create your group mantra.

Powerful Creative Inspirational Dynamic Positive Family
Learners Empowered Community Intuitive Motivated Connected

We can _____.

We will _____.

We are _____.

We believe _____.

We dream _____.

Now, write your mantra in the box below. IT MUST BE FOUR WORDS. If you prefer to write it in another language, you are more than welcome to do so. The artist is responsible for writing the final draft of your team's mantra in this box, and they should also draw illustrations that match the mantra. The mantra will be copied for you to keep in your team box and hung above your table.

