

TEN MINUTES-A-DAY: Life Skills Lessons in Art, Dance, Drama, and Music

PROGRAM Description and Proposed Training Plan

Who is this for?

All elementary classroom teachers—particularly those who are not especially interested, nor involved in teaching the arts in their classroom. Note: *This is not a replacement for the guidebook, but it could be a bridge to it when the teacher is ready. For classroom teachers who are already teaching the arts, and/or are ready for the guidebook, we are pushing forward at full speed with more training materials, online features, and professional development to support guidebook users.*

Purpose?

To help elementary students develop Life Skills that speed success in school and in life. These simple, energizing lessons engage students in activities the teacher uses to lead them into productive ways of thinking, sensing, responding, and creating. The focus is totally on Life Skills and Whole Children. There is no expectation that the teacher be a model dancer, singer, artist, etc.

Description?

The program consists of daily 10-minute lessons that use simple, sequential arts experiences to develop the Life Skills identified for that week. The goal is to establish a daily routine that through the year and subsequent years could build to one or more revitalizing, Life Skills-capacitating lessons each day. Goal: Whole, happy children!

Training and Monitoring Plan?

- 1) The District/Charter arts coordinator selects arts specialists to become trained in the Ten Minute program and selects a school with a supportive principal and receptive faculty..
- 2) The trainers in turn train the participating classroom teachers in the selected school. The District Arts Coordinator facilitates this initial training and the continuing brief monthly follow-ups.
- 3) Teachers hold a 10-15 min. checkpoint weekly with each other to monitor how it's going, report teacher and student progress, and to help each other. A point person is identified to make this happen.
- 4) A year-end reflections conversation and improvement planning session will be the last monthly training for the year.

To get a good start and give teachers your personal support, it is suggested that each DAC work with only one principal and faculty this first year. The goal is to train interested teachers at their own school to save travel and time. Trainers need to be specialists in the artform who are motivating and fun for teachers to work with.

State training times are Aug (dance), Oct. (music; dance make-ups), Jan. (art; music make-ups) and Mar.(drama; art make-ups). Regional training locations, dates & times are set by the DACs in the corresponding region. Sites are: SLC, Heber, Springville, Cedar City. USOE provides one kit in each artform to district trainers at workshops. District is responsible to provide essential kit materials for each participating classroom teacher. Kits belong to the district, not trainers or teachers.