

You are invited to use this Take Care chart



In different ways, at different moments, for different purposes. It is meant to help us engage in learning and living in ways that are worthy, collectively minded, possible, co-constructed, flexible and fluid, hefty but not heavy. Here are six ways you can use it to help you take care.

Brainstorming

1. Use the example charts for inspiration and think up your own personal lists of particular ways you can and do take care.
2. Keep noticing how you already do take care and look for opportunities for taking care in new ways.

Reminding

1. Keep an example chart or your personalized version up where you will see it— the fridge, a mirror, a desk, a wall, a door.
2. You don't have to write things down or cross things off the list—just remember to take care!

Playing

1. Set a personal or group challenge. For example, do one thing in each category every day, or do everything on the list in one category all week—and use the chart as your game board. (Bingo!)
2. Play! (The prizes are whimsy, wisdom, wellness!)

Planning

1. Write down the things you aspire to do in each category—choose priorities, set goals, envision what, when, how, and how often.
2. As you go, see how you do and see how it feels. Feel free to adjust plans with care.

Documenting

1. Review your Take Care lists and check off what you did. (Hint: use a different dry erase color!) AND/OR
2. Think back on your week or month. (Hint: scroll through recent photos.) Use the blank chart to write down all the ways you took care.

Reflecting

1. Revisit your Take Care chart and ruminate on how it's working for you and how well you are taking care.
2. Consider what counts as taking care, what taking care means to you and to others, and whether it's possible to engage only in acts of care.

**John Michael
Kohler Arts Center**

608 New York Ave
Sheboygan, WI 53081
+1 920 458 6144
jmka.org/learn/education-resources

A #TakeCareIsTheCurriculum Glossary

Take Care	The deliberate act of promoting the well-being of mind, body, spirit, space, family, and world with the understanding of how these are each inextricably linked and ultimately interdependent; the ongoing practice of healing, nurturing, nourishing, preventing harm, sustaining wellness, and cultivating joy
The Curriculum	The learning that is necessary to live well and be free; measured by the degree to which we are flourishing; the plan for education and edification needed by everyone, everywhere; not restricted to (or from!) school settings
Homework	The intellectual, physical, and emotional labor we do within the internal and external realms in which we reside (our home), and; the effort we exert to maintain a healthy, happy home
Mind	Your intellectual self
Body	Your physical self
Spirit	The essence-energy that is uniquely yours; your <i>je ne sais quoi</i>
Family	The beings with whom you share a bond of love, law, blood, or affinity; the beings you keep close; the community you choose
Space	Your surroundings; the context of your narrative
World	The planet and the interconnected collection of beings on the planet; the macrocosm and all the microcosms within it; our collective home; all matter

Olivia Mulcahy | @MaestraOlivia | claimed.blog | 2020