

General Resources

ArtsCore

uwosh.edu/artscore

ArtsEdSearch, A project of the Arts Education Partnership

This is a great place to begin searching for relevant research.

www.artsedsearch.org

How the Arts Advance Student Learning, October, 2017, The Oregon Community Foundation,

www.oregoncf.org

This is a strong and succinct resource that provides research-based arguments for the inclusion of a robust arts program and arts integration in the schools. It is both approachable and thorough; a great resource to share with administration and school boards.

Cornell University

College of Agricultural and Live Sciences

Learn, Garden, and Reflect with Garden Based Learning

<http://gardening.cals.cornell.edu/>

Program tools, Lessons, Garden guidance, Citizen science....

Under Youth Development Teacher or Volunteer:

Dig Art: Cultivating creativity in the garden

<http://gardening.cals.cornell.edu/lessons/curricula/dig-art-cultivating-creativity-in-the-garden/>

Fairy house building...

https://www.amazon.com/Fairy-House-Furniture-Miniatures-Materials/dp/1939629691/ref=sr_1_7?s=books&ie=UTF8&qid=1527171800&sr=1-7&keywords=fairy+garden

Wisconsin School Garden Network, supported by Community GroundWorks and the UW Environmental Design Lab

<http://wischoolgardens.org/>

Contacts: Jenn Sattler, Nathan Larson

National Science Teachers Association

This brief blog by Steve Metz was published in 2016. It efficiently discusses and advocates for the integration of art and science.

http://nstacomunities.org/blog/2016/10/05/editors-corner-science-and-the-arts/#.V_ZdYd6WgbM.facebook

American Horticultural Therapy Association

www.ahta.org

The Inspired Classroom

www.theinspiredclassroom.com

Tips for gardening with children:

My First Garden

<http://extension.illinois.edu/firstgarden/tg/fundamentals.cfm>

Kids Gardening - Easy ideas for growing in the classroom and outdoors

<https://kidsgardening.org/garden-activities-build-a-fairy-house/>

Fun rap song: Grow Food/Appetite for Change!

<http://www.activebeat.com/health-news/video-growfood-is-killer-song-with-an-inspiring-social-message/>

Trauma and Yoga

Many thanks to Kelly Seidl (Paine Art Center and Gardens) for the following contributions.

[The Body Keeps Score](#) by Bessel Van Der Kolk, M.D.

Highly recommended by Kelly Seidl and Emily Nolan

More about the musculature and some exercises:

<http://skyd magazine.com/2015/07/meet-your-psoas-the-muscle-at-the-center-of-it-all/>

Here are some scholarly articles:

<https://www.sciencedirect.com/topics/veterinary-science-and-veterinary-medicine/psoas-major-muscle>

More poses and the emotional connections:

<https://www.yourpainismypain.com/blog/4s4s9fjipd9pxkktehwj6wr62dtbcb>

Health problems from psoas trauma and sitting:

<http://sophiadavis.de/psoas-the-magic-muscle-unlocking-pain-stress-and-trauma/>

Part 2 of article, and shaking effect after releasing trauma in psoas:

<http://sophiadavis.de/psoas-the-magic-muscle-unlocking-pain-stress-and-trauma-part-ii/>

More poses:

<https://feelingsoulgood.com/psychology-of-the-psoas/>

Signs of imbalance and effects of pandiculation:

<https://www.drnorthrup.com/psoas-muscle-vital-muscle-body/>

Buddhist beliefs about processing trauma through movement:

<http://www.hushyoga.com/blog/why-the-psoas-is-the-fight-or-flight-muscle/>

Relevant Articles from Edutopia:

<https://www.edutopia.org/article/how-and-why-trauma-informed-teaching>

<https://www.edutopia.org/article/teaching-depression>

<https://www.edutopia.org/article/reclaiming-sense-joy>

<https://www.edutopia.org/article/boosting-resilience-through-creativity>

Places of Interest

Paine Art Center and Gardens

www.thepaine.org

Lynden Sculpture Garden, Milwaukee WI

www.lydensculpturegarden.org

Bookworm Gardens, Sheboygan WI

www.bookwormgardens.org

Boerner Botanical Gardens, Hales Corners WI

<https://county.milwaukee.gov/EN/Parks/Explore/Boerner-Botanical-Gardens>

Riverview Gardens, Appleton

<https://riverviewgardens.org/>

Chicago Botanic Garden

<https://www.chicagobotanic.org/therapy>

Has worked in the area of Horticultural Therapy

Green Bay Botanical Garden

Contact: Linda Gustke

People of Interest

Eli Grover, Appleton Area School Districts, Body Percussion

Robin Cardell, Oshkosh Rhythm Institute, Drum Circles

Laura Medisky, drlauraoboe@gmail.com, Alexander Technique (a way of learning to move mindfully through life.) Madison WI

Brian "Fox" Ellis, www.foxtalesint.com, Storytelling and the natural world

Mary Pizzala, teacher and school gardener, Summit View, Waukesha

Sabastian Vang, teacher and school gardener, Madison Metropolitan School District

Jenn Sattler, Wisconsin School Garden Network

Nathan Larson, Wisconsin School Garden Network

Erika Van Ryzin, Dancing Frog Farm, Fremont WI, "an engaging and caring speaker on the physical benefits of food."

Kari A Uselman, Ph.D., Certified Biofeedback Specialist, NTCB, Wellness Essentials, Oshkosh

ArtWorks

<https://www.freersackler.si.edu/exhibition/east-of-eden-gardens-in-asian-art/>

https://www.metmuseum.org/toah/hd/cgrk/hd_cgrk.htm