MMM: Mindfulness, Mattering and the Muses

The Action Plan

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What is MMM?

- A weekly after school program
  - On Fridays (September-June)
- Middle school to junior year of high school students (up to 10 students per class/50 classes)
- Find and develop voices through various mediums/elements used in hip hop culture
- Align with the Common Core Curriculum
Overview

The need

- School-to-prison pipeline
- Predominantly Black and Latino students
- Schools more concerned with testing and reprimanding
- Students voiceless in academic setting
- Academic and social needs not met (class size, bullying, disciplinary actions)

Sources: Black Girls Matter: Pushed Out, Overpoliced and Underprotected (Crenshaw, 2015)
“Neoliberal education today is nothing about exploration, reflection, creativity and personal development and everything about personal success as measured in narrow outcomes that do not and cannot address education’s full meaning.”

David Forbes, Saloon, November, 2015
The Goal

Have quadrant-oriented “cogenic” dialogues in which *mindfulness* and *mattering* are embedded using Hip hop lenses (the *muses*).
 MMM

Theoretical Frameworks

Interior
- Intentions & Beliefs
- Culture

Exterior
- Actions & Behaviors
- Systems

Collective

The 5 Elements of Hip hop
- Agency
- Belonging
- Respect
- New/Old
- Polysemy

Cogenerative Dialogues
- Rapport
- Teach/Learn
- Awareness
- Variation
- Trust
- Solidarity

AQAL Integral Model
- Attention
- Compassion
- Knowledge of Self

Mattering

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"neither land nor women are territories of conquest."

Credit: Creando, Mujeres. “Ni La Tierra, Ni Las Mujeres Somos Territorio De La Conquista. Graffiti. La Paz, Bolivia.
Cogens can facilitate the dismantling of power hierarchies, provide students the opportunity to develop a voice regarding their...education, and have stakeholders examine the socio-cultural structures that impact students’ and teachers’ agency and identities.