



GRATITUDE OVER GRUMP with Chasta Hamilton

Dance Teacher Edition
April 9th, 2020

Hosted By:

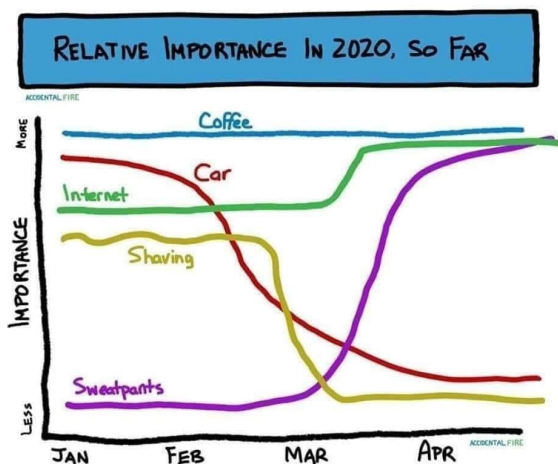


ONLINE DANCE RECITAL TICKETING



NAVIGATING CRISIS

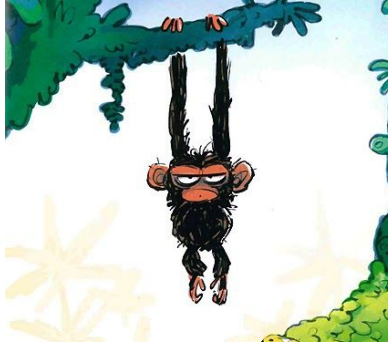
March Madness Had a New Meaning This Year! A Model that Speaks to Us All:



Our Process in the Pandemic

1. Action Over Paralyzation or Denial
 - a) The 48-Hour Transition
 - b) Bargaining the Buy-In
 - (1) Messaging
 - (2) Consistency
 - (3) Fill A Need
2. Opportunity Over Obstacle
 - a) Playing the Long Game
 - (1) Build Your Brand and Be Present
 - (2) Marketing!
 - (3) Don't Let Them Forget You
 - b) The Hub of Community
 - (1) The Humanistic Component
 - (2) Give Them Every Reason to Come Back
 - (3) Interaction Matters!

Gratitude Over Grump



1. For You

- a. You Control Your Attitude, Your Perspective, and Your Action
- b. Focus on what YOU can control
 - i. Be a Responder, Not a Reactor
 - ii. “Fear is a Reaction, Courage is a Decision.”- Winston Churchill
- c. What Are You Projecting and How Does it Impact Those Around You?
- d. Optimism Doesn't Mean You Are Always Positive- It Means You Maintain a Positive Outlook Within the Circumstances
- e. Balance Your Commitments to Guarantee You Can Sustain Your Leadership Roles. **You Cannot Lead If You Are Not Healthy.**
- f. Lean IN. Get support! Ask for help!
- g. Get Creative! This is our time to shine!

2. For Your Your Students/ Studio

- a. Make Gratitude a Collective Movement. Spread it Like Wildfire!
 - i. Thank YOU for showing up
 - ii. Thank YOU for being a part of our community
 - iii. Thank YOU for your patience as we navigate our new platform
 - iv. Remember: Gratitude has a stronger impact than apology/victim oriented language
- b. Challenge Your Students
 - i. Gratitude Quotes
 - ii. Gratitude Activities
 1. Foster it Into Conversation
 2. Gratitude Tree
 3. Gratitude Jar
 4. Gratitude Art (Windows, Sidewalks, Coloring Sheets)

5. Service Society Meetings

- c. When the Grumps Come
 - i. Acknowledge Them
 - ii. Identify the Source
 - iii. Feel What You Are Experiencing (shift the grump to gratitude when you are able)
 - iv. Try to Avoid the Company of Misery!

3. Take Inventory of Feel Good Things!

- a. Brave Enough by Cheryl Strayed
- b. SGN Network
- c. Amanda Kloots Fitness
- d. Flowers
- e. Kind Notes
- f. New Skills

Gratitude Over Grump! In Action

Student Quotes:

"Nobody has ever injured their eyesight by looking at the bright side.:- Ivana (8)

"What you do today is important because you are exchanging a day of your life for it."- Victoria (9)

Parent Email:

Good Afternoon Ms.Chasta, hope you are having a great day!

I just got off the phone with someone from the Phillipines and her attitude instantly reminded me of the little bit I heard you say in class yesterday about choosing to be grateful over grumpy.

She asked how I was doing during this situation and I told her that I've been feeling frustrated about all of the unknowns. She gave me encouraging words and we laughed together.

When I asked her how she was, she told me that her town is completely locked down and they are not allowed to work from home. T-Mobile workers are considered essential so she is allowed to go to work but there is no transportation so she has to walk. The walk takes her two hours, there and two hours back home. Speaking to her you would not have known that, she was so pleasant. She said she's looking to be very fit when this is over and she's just grateful

that she can still pay her bills. She chose gratitude over grump, and it made me do the same, because I was very grumpy this morning. Just wanted to share!

Thanks for all that you do!!!

Have a great weekend!

Kim

Parent Social Media Post:

Between some work calls today, I got to hear snippets of Ivana's call with the amazing [Chasta Hamilton](#) at Stage Door Dance. This session was about gratitude and she gave the kids a safe space to talk about their feelings, ideas of things to do with their family, and being positive. Great yes...but the best was when I heard the call wrap with "And we're all committing to folding our laundry this week". THANK YOU CHASTA for looking after the mental wellbeing of our kiddos AND encouraging them to fold the laundry...and everything you and your amazing staff do!!

Change is tough. But, YOU ARE STRONG!

#GratitudeOverGrump

Let's Stay Connected! The studio (Stage Door Dance Productions) and I (Chasta Hamilton) are on Facebook, Instagram, LinkedIn, and Twitter. My dog is also on TikTok (ElvisTheScottie). Reach out any time!

We'll also keep the convo going tomorrow, April 10th from 11:30am-12:30pm on the JackRabbit Facebook Page for AfterBrews.

Stay tuned for Part 2 + 3 of the series on Thursday, April 16th and Thursday, April 23rd!