

ID 247G-01

Creativity for a catalyst for Mindfulness: Designing for Education

6 credits Khipra Nichols

Tuesday, Thursday 1:00pm–6:00pm

Office Hours: Tuesday, Wednesday, Thursday : 9:30am-10:30

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Studio Overview:

Mindfulness has emerged as a methodology for educators in elementary and middle schools. The qualities that students and teachers benefit from as a result would also enhance traditional design process especially in the areas of ideation and user empathy.

We will work with middle school teachers and students to invent fresh products, games, and activities that use creativity as a catalyst for mindfulness. We will also learn about mindfulness, both through research and practice, in order to better understand the potential and possibilities of this experiment.

Students will finish the semester with a line of two or three related products, suitable for use in a typical middle school art education environment, and have a process book, including research materials which can be used to do further study in the future. The products will be in the form of working prototypes, and have the hands on advantage of being tested in the actual setting.

Course Milestones:

2/13- Project Introduction, Assign Readings, Launch of Assignment 1, Skype call to PCD, viewing the film “Room to Breathe” Weekend Yoga Practice

2/18 – Presentation of Assignment 1, Mindfulness Practice and Mind-map activity in prep for PCD visit.

2/20 – **Visit Providence Country Day School** and conduct 3 Activities, followed by discussion

2/25/- Launch Assignment 2, **Guest speaker** to launch Research Planning, Transition to individual projects.

3/4 - Mindfulness Practice, Work Time

3/11 - **Visit PCD** with sketch models, and drawings, discussion

(3/14-Friday PCD Workshops & Weekend Yoga Practice)

Spring Break

4/3- Mid Term Crit – Guest Critics

4/10- **Visit PCD for prototype testing**

4/22- **Visit PCD for prototype testing**

5/6 - **Visit PCD for prototype testing**

5/22 – **Final Presentation, attended by the 40 middle school students and their teachers**