



CAS Prep's Community Building Time (CBT)

PUTTING SOCIAL EMOTIONAL LEARNING AND CULTURALLY RELEVANT
EDUCATION TOGETHER IN ORDER TO INCREASE STUDENT ENGAGEMENT AND
LEARNING OUTCOMES

Origin of CBT

CBT is derived from the Yoga practice of setting an intention before every practice. This intention can vary from what you want for yourself to what you desire for others and helps keep one focused throughout the experience. Setting an intention then provides purpose to your work.

Expanded Purpose of CBT

- ▶ CBT provides us the opportunity to:
- ▶ Set an intention and purpose for our day's work
- ▶ Develop an overall purpose for engaging in learning
- ▶ Build community as we engage students from various grade levels
- ▶ Develop public speaking skills and comfort amongst our students

Expanded Purpose of CBT

- ▶ Provide students with a space to articulate their thoughts and perspectives
- ▶ Provide students with cultural and historical information they otherwise would not receive
- ▶ Develop community and personal pride in our students as they learn of our history and develop critical thinking and analysis skills
- ▶ Develop students who recognize and appreciate the resistance and resiliency of our ancestors and elders and begin to see themselves within the context of our struggle as a community

In Person CBT (pre – Covid)

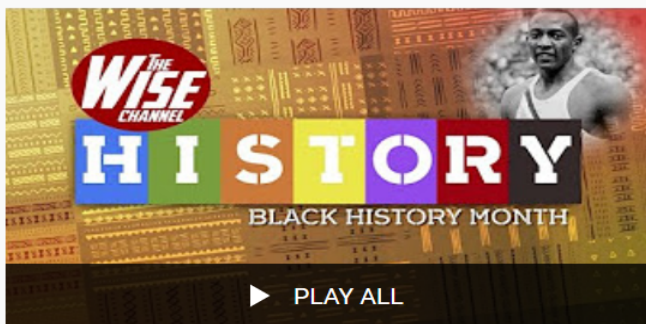
- ▶ Whole program gathered in our large area
- ▶ Spoke to cultural, historical and community issues
- ▶ Word of the day
- ▶ Positive affirmation as students were dismissed into classes
- ▶ 10 to 15 minutes

CBT – Virtual Version

- ▶ Starts 30 min before official class time
- ▶ Majority of students are present within the first 5 to 7 minutes
- ▶ Curated Video Presentations for the theme of the day
- ▶ Whole group discussion afterwards
- ▶ Extended discussion in classes, primarily in ELA class
- ▶ Written reflections at the end of each month

CBT – Virtual Version: MONTHLY THEMES

- ▶ February
- ▶ Black History Month – The Spirit of Activism
 - ▶ Our Entertainers – BHM - Our Entertainers
 - ▶ Our Athletes - BHM - Our Athletes
 - ▶ Our Influencers
- ▶ March
- ▶ Women's History Month
 - ▶ Our Leaders and Pioneers in Science and Technology



Spirit of Activism - Our Athletes



10 videos • 27 views • Last updated on Feb 13, 2021


Public

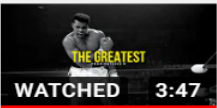



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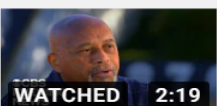


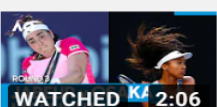
Casprep

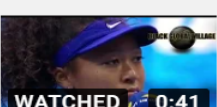
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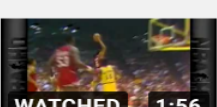
Jesse Owens (Olympic Track and Field Gold Medalist) - Black History
The Wise Channel
WATCHED 3:17
- 

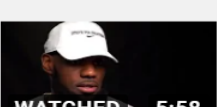
The Greatest - Muhammad Ali Inspirational Video
Mateusz M
WATCHED 3:47
- 

Muhammad Ali - On Vietnam, hardships, & The True Opposer & Enemy of Justice
orangeroughy26
WATCHED 2:37
- 

Tommie Smith reflects on iconic Olympic moment
CBS Evening News
WATCHED 2:19
- 

Ons Jabeur vs Naomi Osaka Match Highlights (3R) | Australian Open 2021
Australian Open TV
WATCHED 2:06
- 

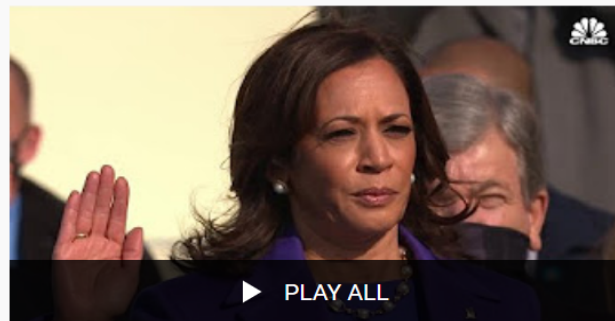
What DOES It Mean To You? Naomi Osaka's response to question over her protest of Black Lives
Black Global Village
WATCHED 0:41
- 

Julius Erving's (Dr. J's) Top 10 Career Dunks
Erik Kozma
WATCHED 1:56
- 

LeBron James: Athletes have power beyond their sports | ESPN
ESPN
WATCHED 5:58

CBT Presentation

▶ 1/23/21 – Inauguration Day



Inauguration Day

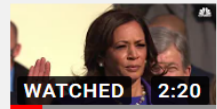
4 videos • 10 views • Updated 2 days ago

Public ▾



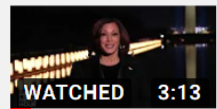
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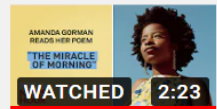
Kamala Harris takes oath as vice president of the United States

CNBC Television



WATCH: Kamala Harris makes first speech as vice president, urges country to 'see beyond the crisis'

PBS NewsHour



WATCH: Amanda Gorman reads her poem, 'The Miracle of Morning'

PBS NewsHour



22-year-old Amanda Gorman Inauguration poem

WUSA9

CBT - Next Steps

- ▶ Student developed and led presentations and discussions.
 - ▶ Students discuss, plan and make choices about what they want to deliver
 - ▶ Choose roles for various parts of the presentation
- ▶ First one will be this Saturday 2/27
- ▶ Students choose monthly theme
- ▶ Program wide spoken word showcase at end of program.

Contact Info

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