

Mind, Body, Spirit, Action

A poem by Kyle Low, Diana Ngo-Vuong, Heather Lee, and Sinny Thai

Key Words:

1. critical thinking
2. intellectual
3. analytical
4. collaboration
5. body
6. experience
7. hands-on
8. cooperation
9. spirit
10. attitude
11. emotion
12. response
13. collective
14. holistic
15. action
16. harmony
17. balance
18. group learning
19. service
20. consciousness
21. commitment
22. learning
23. colonialism
24. teaching
25. knowledge
26. skill
27. reflection
28. social
29. interaction
30. development
31. recognize
32. adapt
33. pedagogy
34. react
35. self-concept
36. critical
37. advocate
38. experiential
39. multifaceted
40. cultural values
41. meaning

42. student-centered
43. outcomes
44. justice
45. challenge
46. worldview
47. tools
48. natural
49. information
50. environment
51. memory
52. mind

Themes

Change the way people learn and are taught

Colonialism → Teaching/Learning is still in a colonial mindset

Learning by doing and through example

Mood

Something optimistic

Not angry

Inspirational

Descriptive

Un-bias

Informative

POEM

Mind, Body, Spirit, Action

Knowledge, Skill, Attitude, Learning

MIND

I am the mind

The keeper of knowledge

Use me for critical thinking

The intellectual and analytical tool which

Requires the collaboration of the...

BODY

I am the body

The composer of skills

Turn to me for all senses

I experience the hands-on learning but

It works best with the cooperation of the...

SPIRIT

I am the spirit

The reflector of attitude

Come to me for an emotional response

A collective form of the worldview and

I can't be completely holistic without...

ACTION

I am the action

The harmony of the mind, body, spirit

You need me for group learning and service learning

The balance of consciousness and commitment that

Ignites learning by doing.

Mind, Body, Spirit, Action

Knowledge, Skill, Attitude, Learning