

# Mandala News

## June 6, 2013



*Trout Lily at Sinking Ponds*



*Litter collected on Earth Day*

### Playing to Build Autonomy

Remember playing? Real playing when you invented situations, characters, and voices? Maybe you dared others to catch you as you ran or you dared yourself to climb even higher in the tree.

Managing challenges and the level of fear or working out social roles used to be a major part of childhood. In this way we gained competence, social knowledge, and control over ourselves.

Peter Gray (*Free to Learn*) has researched the history of play. His review of hunter/gatherer groups found that those children play all day. This gradually merges into adult activities that continues to have a strong element of play. When adults struggle they often joke, laugh, and tease.

Dr. Gray observes that “play” today is more about “kids in uniforms being directed by adults.” A disturbing set of data about the alarming increasing in depression and suicides among those under 30 years old does not correlate with economic times, divorce rate, or computer time. It does correlate strongly with the loss of play time whether at home or in school.

At Mandala we provide time for children to be children. We want them to create, negotiate, laugh, and test out different personalities. Becoming healthy & autonomous is the best path to adulthood.



*Block play by 8th graders*



*School-made medieval weapons and a battle*



*Learning triangulation mapping*

## Outdoor Education this Spring

As usual we got outside as much as possible. We hiked at Hunter's Creek to get ramps for soup as well as to study geology. We sketched wild flowers at Sinking Ponds and did some birdwatching. We revisited Shale Creek on another rainy day to extend our knowledge of Earth Science by completing three labs.



## Community Service

Every month the Town Recreation Department makes packets of information for distribution to schools. Julia, Elyse, and Josie volunteered to help collate and staple these packets saving the staff a lot of time.

On Earth Day the whole school scoured the block bounded by Main, Oakwood, Olean, and Elm to remove litter accumulated throughout the winter.



*Empire State plaza. That's us standing in the group.*



*On Million Dollar Staircase in capital.*

## Fabulous Time!

This group travels well together. Many thanks to Chris Fee for his advance planning, for joining us, and for doing all that driving. He even got us into a brand-new drug company, Pharmalucence.

Thanks, Kathy Parker, for chaperoning, especially those times at the pool.

The following page shows more of the sites we visited.

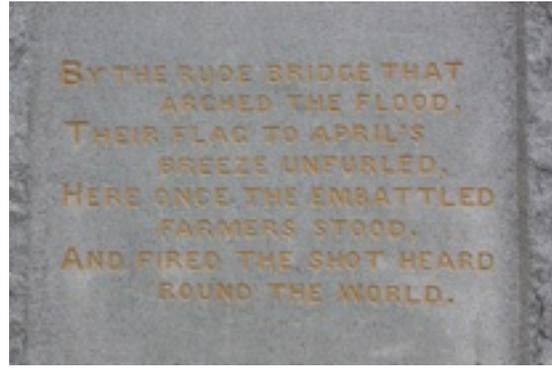
# Boston Trip



*Beacon Hill cemetery including remains of Barb's ancestor who was at the Boston Tea Party.*



*Old North Bridge*



*Beginning of Emerson's "Concord Hymn"*

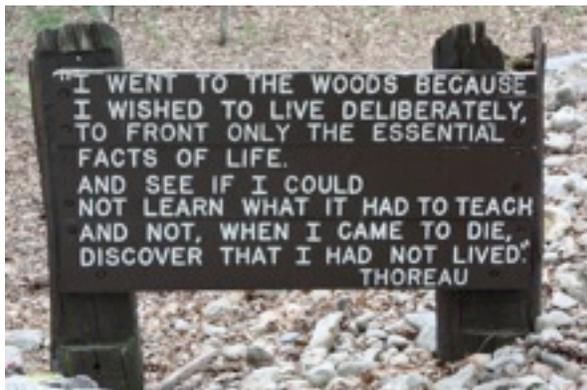


*Lexington Battle Green Monument*



*Lexington Battle Green Monument*

Day 1  
Lexington, Concord,  
Walden Pond



*Walden Pond*





*Faneuil Hall & Quincy Market*



*Paul Revere's house*

## Day 2 Boston



*Samurai exhibit at Museum of Fine Arts*



*Old State House & site of Boston Massacre*



*Michelangelo sketch*



*Visual comments about subway ride*



*Giacomo at sea*



*Finback whale spouting*

## Day 3 Whale Watch & Old Salem



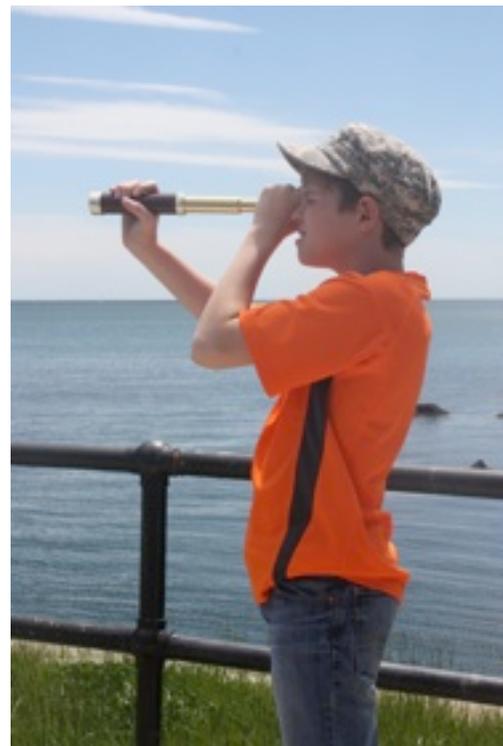
*Many, many dolphins*



*Old Salem*



*Thousands of Gloucester  
sailors have been lost at sea.*



*Jason: "Yeah, mon, the  
Jamaican pirates are coming."*