

For Immediate Release

THE  
RUBIN

MUSEUM  
OF  
ART

## PRESS RELEASE

### THE RUBIN MUSEUM PARTNERS WITH EMORY UNIVERSITY TO INCORPORATE SOCIAL, EMOTIONAL, AND ETHICAL LEARNING® PRINCIPLES INTO ITS EDUCATIONAL PROGRAMS



**NEW YORK, NY, November 8, 2022** – The Rubin Museum of Art is partnering with Emory University to incorporate Social, Emotional, and Ethical (SEE) Learning® into its School and Family Programs. SEE Learning® provides educators with the tools to foster the development of emotional, social, and ethical intelligence for students and themselves. This integration begins this fall with four learning opportunities: a new **K–12 Mandala Lab Tour**, two **K–12 art workshops**, and expanded **Math and Mandalas** residencies. In the fall of 2023 all K–12 programs at the Rubin will include SEE Learning® components, including guided tours, self-guided visits, and art workshops.

Social, Emotional, and Ethical (SEE) Learning®, developed at Emory University, was launched in 2019 by **Emory University's [Center for Contemplative Science and Compassion-Based Ethics](#)**. It is a program inspired by His Holiness the Dalai Lama's urgent and emphatic calls for an education of heart and mind right from elementary school. It takes the framework of Social Emotional Learning, first created in the 1960s and integrated into a range of global curriculums, and adds numerous components including the development of compassion, interpersonal awareness, and the ethical discernment of the child into this education. SEE Learning® seeks to prepare students to be global citizens, integrating attention training, systems thinking, resilience and trauma-informed practice, the cultivation of compassion and community, and an appreciation of interdependence, which is also a foundational Buddhist

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principle. The Rubin's educators have collaborated with researchers at Emory on these programs, which build on the Rubin's mission to offer educational opportunities that deepen understanding of Himalayan art and practices, drawing from the resources in the Museum's collection.

“The recurrent themes of mindfulness, compassion, and interdependence in the Rubin's collection dovetail powerfully with the SEE Learning® program's emphasis on educating both the heart and mind to create a more harmonious classroom community and wider world,” says **Rubin Museum Manager of School and Family Programs Jacqueline Smith**. “Instead of focusing primarily on the aesthetic value of the works of art in the Museum collection, students and teachers are being invited to dive deeper and explore the philosophical and psychological elements at play. They are engaging in self-reflection, practicing empathy in action, developing ways to build a greater sense of resilience and self-care. This provides students with concrete tools to navigate life's ups and downs, which is especially important at a time when mental health challenges are at an all-time high.”

The new guided **K–12 tours of the Mandala Lab installation** will take students on a journey through their emotions through experiential activities and journaling. They'll also discover how pride, attachment, envy, anger, and ignorance are stumbling blocks on the road to wisdom and how to take the first step in transforming these emotional states into positive states of being. Students will learn to self-reflect, identify emotions, be in the present moment, feel community, and practice compassion. The tours will also foster appreciation and understanding for the art and cultures of the Himalayas. The Mandala Lab tours are available to reserve for classrooms throughout the city and beyond, and they are offered free of charge to Title I schools in the New York City public school system.



To expand on the ideas in the guided Mandala Lab tour, the Rubin has also reconceived two hands-on workshops for K–12 students to incorporate SEE Learning® principles. **3D Mandalas** provides classrooms the opportunity to learn from the design philosophies used to make Buddhist mandalas and explore the process of transforming two-dimensional materials into three-dimensional architectural sculptures. Students will be invited to fill their 3D sculptures with their inner treasures: the people, places, memories, hopes, and dreams that make them feel happy, calm, or safe. These inner treasures are resources in the SEE Learning curriculum® that can be drawn upon during moments of challenges. **Journey Maps** explores how movements, migrations, and journeys have been depicted in art, using scrolls, block prints, and maps from the Museum's collection as a point of inspiration. In this updated workshop, students will be encouraged to create a map of their inner journey.

Students will reflect on a time when they overcame a challenge and the tools and resources that helped them overcome adversity.

With Emory University's support, the [Math and Mandalas](#) residency is also expanding to incorporate SEE Learning® principles this fall. The free three-session program for NYC DOE Title 1 schools teaches students to explore the mandala, an ancient Buddhist symbol of the universe, through the lens of mathematics. Over a ten-year period, Math and Mandalas has thus far served approximately 4,200 students, 300 teachers, and over 100 schools. In its expanded framework, Math and Mandalas will incorporate moments of reflection and discussion around conflict resolution and resilience building.

## SUPPORT

Mandala Lab and Family and School Programs are made possible with lead support from the Milton and Sally Avery Arts Foundation, Barbara Bowman, Fred Eychaner, the Estate of Lisina M. Hoch, The Pierre and Tana Matisse Foundation, Rasika and Girish Reddy, Shelley and Donald Rubin, and Tiger Baron Foundation.

Major support is provided by Bob and Lois Baylis, Sara and Joseph Bedrick, Anne and Albert Chao, Con Edison, Daphne Hoch Cunningham and John Cunningham, Anne E. Delaney, DeWitt Stern, Karen Dorsky, Noah P. Dorsky, Jack Lampl, Max Meehan, Dan Gimbel of NEPC, LLC, The Prospect Hill Foundation, Sarah and Craig Richardson, Basha Frost Rubin and Scott Grinsell, the Andrew Sabin Family Foundation, Namita and Arun Saraf, Linda Schejola, Eric and Alexandra Schoenberg, Eileen Caulfield Schwab, Tsherin Sherpa, Jesse Smith and Annice Kenan, Taipei Cultural Center in New York, and New York Life Insurance Company\*, and New York Life.

Public funds are provided by New York City Department of Cultural Affairs in partnership with the City Council, and the New York State Council on the Arts with support of the Office of the Governor and the New York State Legislature.

This project is supported in part by the National Endowment for the Arts.

We additionally thank the generosity of 223 sponsors and donors who contributed to our 2020 gala, Inside the Mandala: A Virtual Gala.



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## **ABOUT THE RUBIN MUSEUM OF ART**

The Rubin Museum of Art in Chelsea, New York City, explores and celebrates the diversity and uniqueness of Himalayan art, ideas, and cultures across history and into the present. With its globally renowned collection, largely centered around art from the Tibetan Plateau, the Rubin fosters understanding and appreciation of this region by relating its art and ideas to our shared human experience today. Inspired by the philosophical traditions of Buddhism and Hinduism and aligned with ongoing research into learning, behavior, and the brain, the Rubin offers innovative exhibitions and programs that examine provocative ideas across the arts and explore the mind. Through this work, the Museum serves as a space for reflection and personal transformation, opening windows to inner worlds so visitors can better navigate outer ones. [www.RubinMuseum.org](http://www.RubinMuseum.org)

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Images: Filip Wolak