



# ReCollect

*A moment of healing*



*An opportunity to reflect, reconnect and regain our  
humanity through dance and theater.*



# ReCollect

## *A moment of healing*

“Our country faces an unprecedented mental health crisis among people of all ages. Two out of five adults report symptoms of anxiety or depression. And, Black and Brown communities are disproportionately undertreated – even as their burden of mental illness has continued to rise. Even before the pandemic, rates of depression and anxiety were inching higher. But the grief, trauma, and physical isolation of the last two years have driven Americans to a breaking point” (White House, MARCH 01, 2022, STATEMENTS AND RELEASES).

“Our youth have been particularly impacted as losses from COVID and disruptions in routines and relationships have led to increased social isolation, anxiety, and learning loss. More than half of parents express concern over their children’s mental well-being. An early study has found that students are about five months behind in math and four months behind in reading, compared with students prior to the pandemic. In 2019, one in three high school students and half of female students reported persistent feelings of sadness or hopelessness, an overall increase of 40 percent from 2009. Emergency department visits for attempted suicide have risen 51 percent among adolescent girls” (White House, MARCH 01, 2022, STATEMENTS AND RELEASES).



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*Gratitude,  
compassion and  
humility. This is how  
we live from now on.*

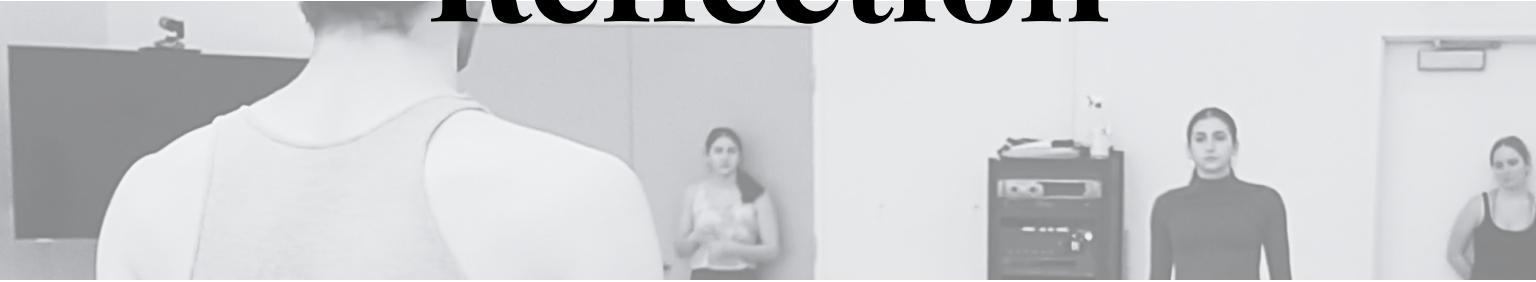
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*-Some Buddy-*

**Reflection  
Reconnection  
Humanity  
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ReCollect**

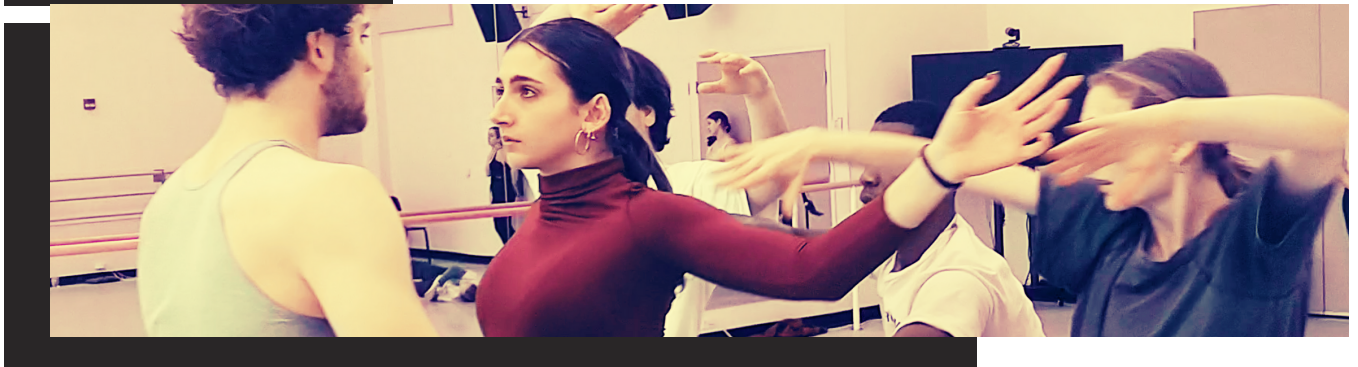


# Reflection



*It takes vulnerability to see  
yourself in someone else.*

*It takes courage to be the  
only you in this life-time.*



*Flow Kākou*

# Reconnection



*Mentally, physically and emotionally we connect our past wisdom with our present abilities.*





# Humanity



*Human -ABIL-ity*



*It is within our power to  
care, to connect and to  
create.*





# Program



**ReCollect** is an educational expedition through dance, music and theater. As a community, we will reflect on how we used to move, reconnect with what we are able to move and reveal our humanity through how we choose to move together.



Dance and other forms of movement have proven to “improve mood and certain cognitive skills, such as visual recognition and decision-making. Other studies show that dance helps reduce stress, increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition” (2003 study in the *New England Journal of Medicine*).



# Evidence Based

Our program utilizes other studies that prove how “Emotion has a substantial influence on the cognitive processes in humans, including perception, attention, learning, memory, reasoning, and problem solving. Emotion has a particularly strong influence on attention, especially modulating the selectivity of attention as well as motivating action and behavior” (2017, The Influences of Emotion on Learning and Memory).

“Dance can help restore joy and stability in troubled lives and ease the tensions in schools that are disrupted by violence and bullying. In one evaluation, 95 percent of teachers said that, as a result of dancing together, students’ abilities to cooperate and collaborate improved”(2016, Sir Ken Robinson).

**To enhance the learning process will only enhance the way learned information is used and retained. We are not teaching art to create artists. We are using art to teach us about being human.**





# Research

Can the practices and processes of ReCollect be viable solutions to mental health as a tool for prevention, intervention and postvention for most forms of anxiety and depression?

Can Dance be prescribed as a solution?

**We want to learn:**

- 1. Can the presence of Creativity, Communication and Collaboration enhance the quality of one's life?**
- 2. Can dance create gratitude, compassion and humility within each mover?**
- 3. Can dance enhance self-awareness; physically, mentally and emotionally?**



# Schedule

- 1 week
- 3 hours a day
- Monday - Friday

Monday

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- 
- 

Tuesday

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- 
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Wednesday

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- 
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Thursday

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- 
- 

Friday

- Improvisation
- Partnering
- Choreography

We move through intuitive improvisation, partnering and choreographic skill building.





# Class Syllabus

## **WARM UP: ACCEPTANCE**

**Body, Mind and Emotions**

## **IMPROVISATION**

**Learning to find your intuitive voice  
through choice and the unknown.**

## **PARTNERING**

**Learning the sensitivity in connection  
and the density of force versus weight.**

## **CHOREOGRAPHY**

**Learning a variety of skills and tools for  
choreography or otherwise being able to  
communicate clearly without the use of  
words.**

## **WARM DOWN: REFLECTION**

**Body, Mind and Emotions**



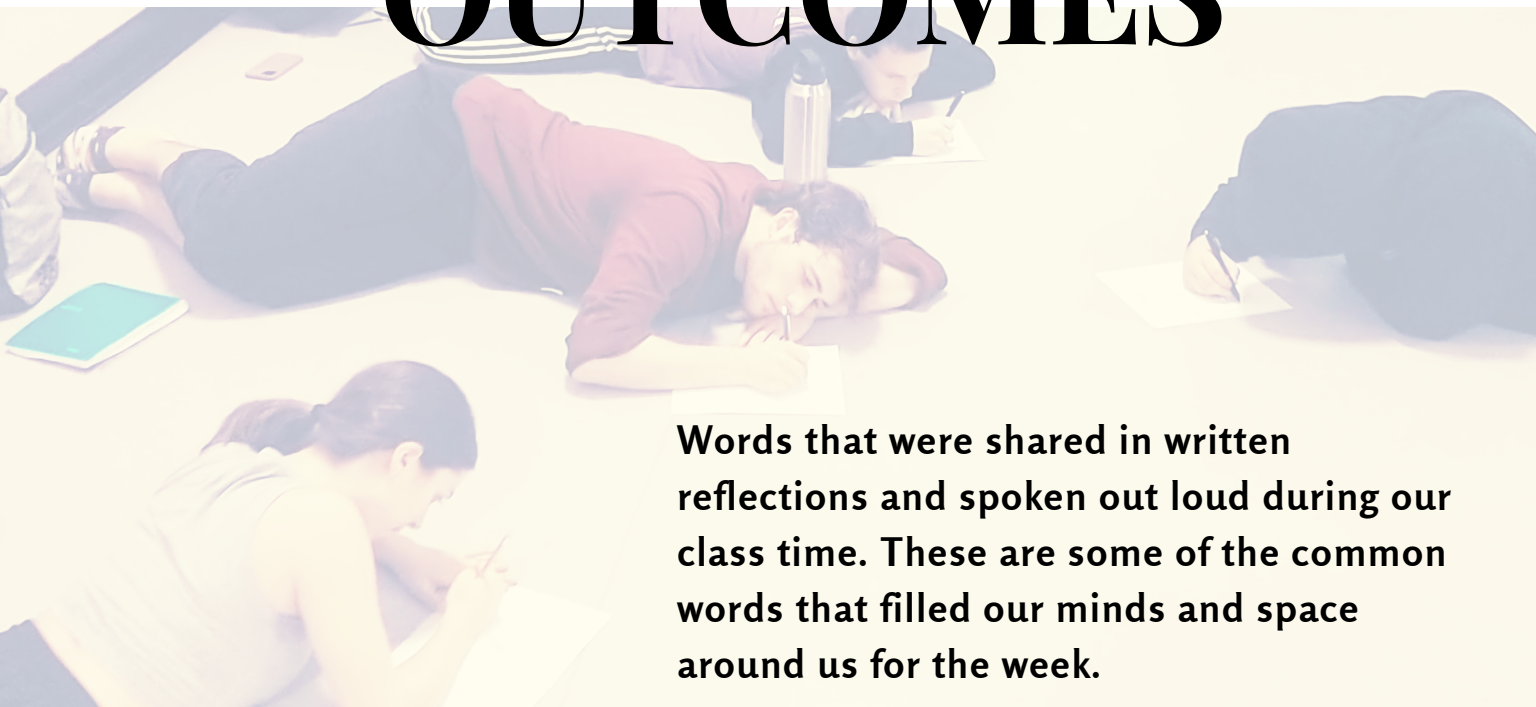
# OUTCOMES

- Happier and healthier mental state
- Re-motivated and re-inspired students
- New supportive friendships and community
- More communicative, collaborative and creative thinkers, movers and feelers
- Increased improvisational skills
- Enhanced partnering abilities
- Additional choreographic tools accumulated
- The ability to be acknowledged and appreciated

**These dancers have learned the secret to mental health. Dance enhances empathy and empathy leads to understanding. To go at life's struggles alone can be overwhelming. But to dance through them with someone who understands is priceless.**



# OUTCOMES



Words that were shared in written reflections and spoken out loud during our class time. These are some of the common words that filled our minds and space around us for the week.

**Freedom, Happiness, Safe, Reflection, Ownership, Relationship, Balance, Mental Health, Empowered, Change, Smiles, Character, Care, Confidence, Gratitude, Opportunity, Humbled, Laughter, Creativity, Energy, Communication, Intention, Choice, Collaboration, Experience, Excitement, Support, Community, Peace, Inspired**



# OUTCOMES



*I needed ReCollect. The school semester had been difficult for me. I was struggling to keep my drive. Everyday blurred together. I felt like I was in an endless cycle. I was drained mentally, emotionally, and physically coming into the workshop. After the first two days of ReCollect, my mental state had made a complete 180-degree turn. I remember looking forward to ReCollect each day. I walked up the stairs to studio 398 with a bubbly feeling inside, excited to move with my peers. I found myself with a constant smile on my face. Movement drove me to form relationships with people who I grew to know, care about, and call my friends. Everyone's shared love for movement brought me warmth and gratitude. There were times where it was as if I could feel people's love course through my body as they moved. I feel so fortunate to have been immersed in such a nurturing and true community. I left every class feeling content, accomplished, and inspired.*



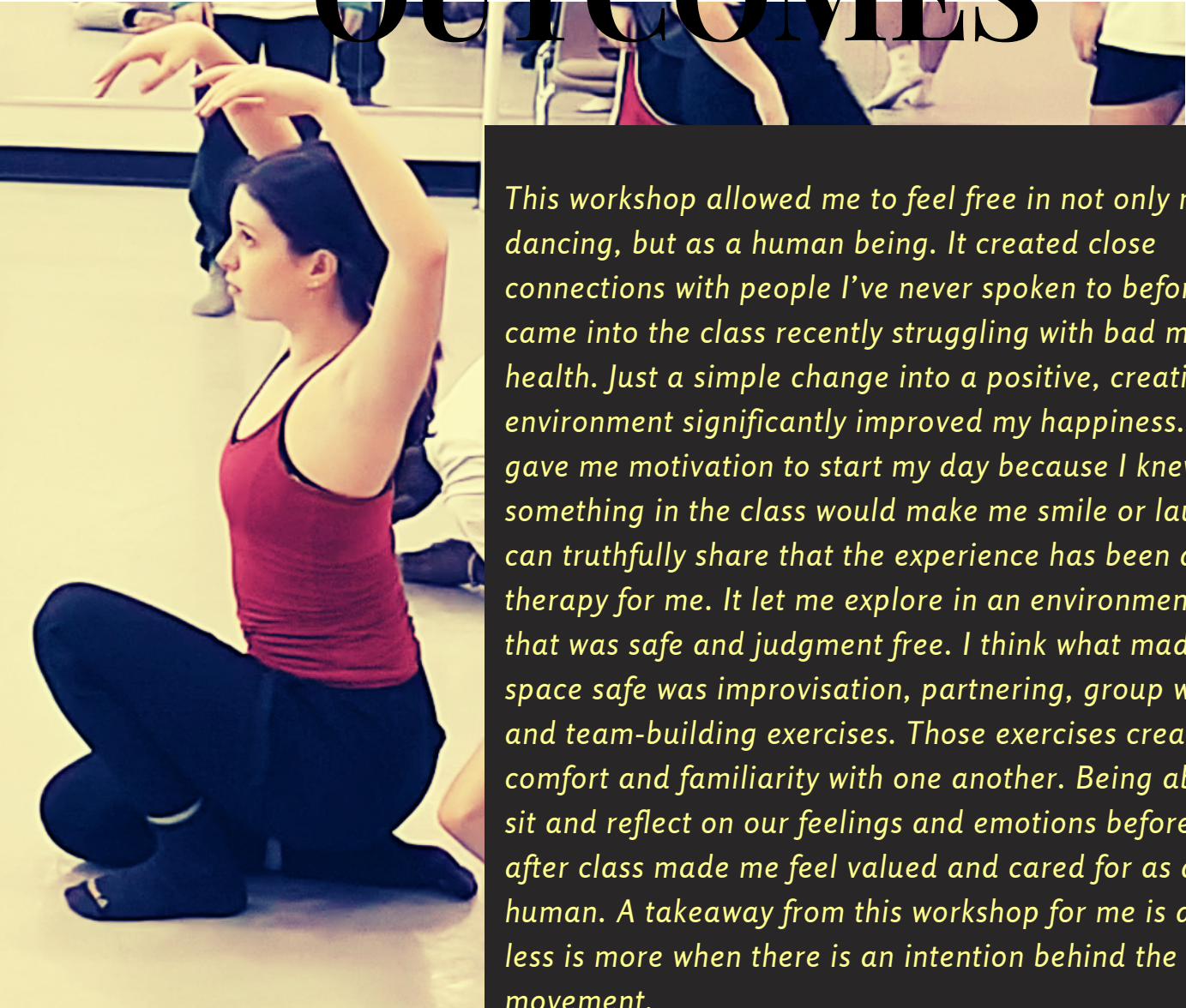
# OUTCOMES



*ReCollect was a safe place for me while also being a place to put me out of my comfort zone. This experience was probably one of my Top 10 dance experiences I have been lucky enough to be apart of in the 11 years I have been dancing so far. I experienced a family, a community of growth and healing. A type of dance that all of us have been yearning for, for quite some time. I loved being able to create so many different things in dance and with so much confidence that I had no idea I had, especially when it came to self creation. This experience reminded me why I dance and why I love it.*



# OUTCOMES



*This workshop allowed me to feel free in not only my dancing, but as a human being. It created close connections with people I've never spoken to before. I came into the class recently struggling with bad mental health. Just a simple change into a positive, creative environment significantly improved my happiness. It gave me motivation to start my day because I knew something in the class would make me smile or laugh. I can truthfully share that the experience has been a therapy for me. It let me explore in an environment that was safe and judgment free. I think what made the space safe was improvisation, partnering, group work, and team-building exercises. Those exercises created comfort and familiarity with one another. Being able to sit and reflect on our feelings and emotions before or after class made me feel valued and cared for as a human. A takeaway from this workshop for me is doing less is more when there is an intention behind the movement.*





# OUTCOMES

"A safe space to build connections with one another."

"I am left with new ways of thinking, working and creating."

"I did not know I needed ReCollect until after the process."

"We created a very strong community because of you."

"I have learned so much about myself and you helped me to remember why I love to dance."

19 out of 19 students agreed in an undeniable fashion. "We hope to ReCollect again in the future!"



# Facilitator



Matt Del Rosario, is the Artistic Director of Flow Kākou, and the creator and facilitator of ReCollect programming. He guides his conduct and work with gratitude, compassion and humility.

Matt Del Rosario was born and raised in Hawaii. In 2004, Matt was invited to attend the University of North Carolina School of the Art as a scholarship student in pursuit of a B.F.A. in Contemporary Dance and Composition. In 2008, Matt joined Pilobolus Dance Theater, where he toured and taught for the main company for eight years. In 2010, Matt was nominated for a Princess Grace Award for Solo Performance. In 2017, Matt founded Flow Kākou Inc., a non-profit organization in Hawaii, with the mission empower, educate and inspire through dance and theater. Matt has taught master classes and workshops in over 300 different educational settings nationally and throughout 10 different countries. His focus is not to teach dance to create dancers, but to use the wisdom of dance to build better community members.



# ReCollect

A moment of healing

Contact

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*"All it takes is one dance!"*

