

SM TIMES- PEGASUS

WE GET INSPIRED, WE STAY INSPIRED

Written by Aashna, Tvisha and Mihika

Content;

- 1) We get inspired, we stay inspired
- 2) The scientific study of inspiration in the creative process: challenges and opportunities- article
- 3) Keep me going [Our experience through the lockdown]
- 4) Facilitator column

What's an inspiration like when your feelings have taken a dip towards negativity, and you feel morose and glum? You may feel the same way in our current lockdown, and so did us Sparkling Mindzians... We had our annual day, based on inspiration from a world great leader Nelson Mandela. We were working, our classes were thinking and our school was always moving. That's when the lockdown showed up. It seemed like a distant thing at that time, as we focused on our school. That changed quickly enough. COVID-19 became a global emergency. Before we knew it, our preschool shut down, followed by 1st to 5th grade. We knew our annual day wouldn't take place at the time it was supposed to...and then school shut down. We were cut off from the society we knew and took for granted. Society makes our world 5 dimensional, and feelings make it six. When we lose control of both.....

But whether we thought about it or not, our school is still alive. It takes more than a lockdown to shut down Sparkling Mindz. We are Sparkling Mindz, not the building. And we have tools. Technological tools...as well as mental ones. Using online classes we came together again, in classes and houses (named Griffin, Pegasus, Sphinx and Phoenix) and more importantly as a school. This is Pegasus, and this is Sparkling Mindz. That is when the spark within us lit. With the help of our online classes we learnt to take this as an opportunity to learn, grow, evolve, help the knots we have built with each other and solve them. Our online classes were continuing. Now that we were in this position we were having video calls with our sections. Now of course our facilitators and us are always on a mission to find challenges, and a challenge clicked in our facilitators minds that we could now write a newsletter about how we have gotten inspired by people. And then we heard that we are going to be writing a newsletter in our houses. We were very excited and started. This was continued and we were learning to be a team, to trust each other.



Now there was another challenge given to us to document the way we have used our lockdown as a way to learn and grow. And we started the process of exploring ourselves.....

Each of us kept journaling our experiences day to day, finding ourselves out more and more, enjoying each day with something new and we believe that it is not going to stop. We are inspired to learn, we are inspired to grow, we are inspired to inspire and we are inspired to aspire. We thank those inspirations for standing by us and helping us get better every day...

"No virus can
stop us"

Pegasus has had a very interesting history of how we all came together. It's history, and present. It was like we were all candles, and we needed to learn to light the spark, and endure it. Pegasus is a flying horse, a symbol of strength, music, love and care. The Pegasus within each one of us began its journey during Wednesday mornings when we have our circle time, which is where we share how we are feeling or any thoughts, feedback and improvement that team members have shown. Now on one particular Wednesday morning we were sharing about, how we have been getting inspired? The Falcons (6th 7th and 8th graders) were leading the house and when the Falcons were leading there were a lot of power clashes between them and we also saw that everyone in the house wasn't comfortable with one another, they were hesitant to speak up for their thoughts and they were very subtle replies. So one of our team members thought that we all could get them to write their fears and try to share it openly. We shared this with Sreeja ma'am in our circle times and we learnt a lot of leadership skill in that process. And that is how we began to overcome our obstacles and become open, standing up for each other and openly sharing our thoughts. And we are still a hose in this lockdown, we are still inspired.

Inspiration. What is it?...

An excerpt from the article “The scientific study of inspiration in the creative process: challenges and opportunities”

by: Victoria C. Oleynick, Todd M. Thrash,* Michael C. LeFew, Emil G. Moldovan, and Paul D. Kieffaber.

Inspiration is a motivational state that compels individuals to bring ideas into fruition. Writers, artists, and other creators commonly emphasize the importance of inspiration in the creative process. Despite this, until recently, scientists have given little attention to inspiration. Perhaps it is not surprising that inspiration has received little attention within the scientific community, given the numerous challenges that the inspiration concept has presented. Often the term inspiration is not defined, it is used interchangeably with other constructs. Todd M. Thrash and Andrew J. Elliot undertook the task of developing a domain-general conceptualization that drew upon the core commonalities across diverse literatures. These efforts have yielded three complementary frameworks for conceptualizing inspiration that focus on different aspects of construct definition: core characteristics, component processes, and the transmission model. In this section, we review these domain-general conceptualizations and then show how they may be applied specifically to the case of inspiration to create. The tripartite conceptualization specifies the three core characteristics of the state of inspiration: evocation, transcendence, and approach motivation. In other words, one does not feel directly responsible for becoming inspired; rather, a stimulus object, such as person, an idea, or a work of art, evokes and sustains the inspiration episode. During an episode of inspiration, the individual gains awareness of new possibilities that transcend ordinary or mundane concerns. Once inspired, the individual experiences a compelling approach motivation to transmit, actualize, or express the new vision. Inspiration may be conceptualized not only in terms of the characteristics of the inspired state, but also in terms of the temporally and functionally distinct processes that compose an episode of inspiration. Inspiration involves two distinct processes—a relatively passive process that they called being inspired by, and a relatively active process that they called being inspired to. The process of being inspired by involves appreciation of the perceived intrinsic value of a stimulus object, whereas the process of being inspired to involves motivation to actualize or extend the valued qualities to a new object.

"My mind body
and soul are
connected"

Inspiration may be conceptualized in terms of its purpose or function. Inspiration is posited to serve a unique approach function: it motivates the transmission or expression of the newly appreciated qualities of the evoking object. Inspiration thus serves the role of a mediator in a statistical sense. For instance, certain virtues that one observes in another person may lead to inspiration, which, in turn, leads the inspired individual to pursue these same virtues in a future self. We emphasize that, according to our conceptualization, inspiration is not posited to be the source of creative ideas. Instead, inspiration is a motivational response to creative ideas. Thus inspiration explains the transmission, not the origin, of creativity. This distinction is critical for at least three reasons. First, claiming that creativity comes from inspiration would not aid scientific understanding, much as attributing creativity to a “muse” would be an exercise in labeling a mysterious cause, not a scientific explanation. Second, scientists have already developed a variety of scientific constructs and theories to explain the origins of creative ideas, which include situational, dispositional, self-regulatory, cognitive, historical, and neurological processes. Finally, because this conceptualization of creative inspiration is derived from a general conceptualization, it is consistent with usage of the inspiration construct in other literatures. We maintain that self-report is a straightforward and appropriate method for operationalizing inspiration, because the inspiration construct is inextricably intertwined with a distinctive phenomenological experience. Some may worry that self-reported inspiration cannot be trusted, that it is not objective, or that it does not provide a full explanation. We respond to each of these potential limitations. First, inspiration, as assessed with the IS, tends to be unrelated or weakly related to social desirability, and its predictive validity is robust when social desirability is controlled. Second, although the IS provides a subjective indicator of inspiration, scores on this measure have been linked to a variety of external criteria and objective outcomes, as reviewed in the following section. Ambiguity about whether inspiration is distinct from other constructs has been another impediment to research activity. If one presumes that inspiration is the same thing as, for example, creativity or insight, then one has no reason to study it. We find it useful to explicitly conceptualize creativity as an appraisal of novelty and usefulness that may be applied to any of a variety of objects, particularly ideas and resulting products.

Although the terms inspiration and creativity have occasionally been used synonymously our conceptualizations of inspiration and creativity involve a clear delineation. Creativity is an appraisal of novelty and usefulness that may apply (to various degrees) to content at any point in the creative process, from a seminal idea to the completed product. Inspiration, in contrast, is a motivational state. We posit that inspiration is often elicited when a creator appraises his or her idea as creative, and it is posited to motivate actualization of the idea in the form of a product that is likewise appraised (by its creator and perhaps others) as creative. An individual might exclaim, “I had an inspiration,” where “inspiration” refers to the idea itself, not to the motivational response. In the scientific context, the term insight has been used to describe the process by which a problem solver suddenly moves from a state of not knowing how to solve a problem to a state of knowing how to solve it. If inspiration always followed from insight, then perhaps the inspiration construct would be superfluous. Recent work on the phenomenology of insight offers hints about how insight may lead to inspiration. Likewise, inspiration can occur outside of the problem-solving context and without a discrete and sudden insight. Although inspiration and activated PA overlap to some degree empirically and conceptually, considerable evidence supports their discriminant validity. First, inspiration and activated PA are factorially distinct (Thrash and Elliot, 2003). Second, consistent with the tripartite conceptualization of inspiration, experiences of inspiration involve greater levels of transcendence and lower levels of volitional control and ascriptions of personal responsibility (indicative of “evocation”) compared to experiences of activated PA (Thrash and Elliot, 2004). Third, inspiration and activated PA have different proximal and distal antecedents (Thrash and Elliot, 2004). Activated PA is triggered proximally by reward salience (environmental cues and perceptions that something desired is attainable) and distally by approach temperament. In contrast, inspiration is triggered proximally by experiences of insight and distally by openness to experience. Finally, inspiration and activated PA have different distributions across days of the week; on Fridays, for instance, activated PA is at its peak while inspiration is at its trough (Thrash, 2007). Writers, artists, and other creators have long argued that inspiration is a key motivator of creativity. Over the past decade, scientists have tested and found strong support for these claims.

Scientific progress has required overcoming a number of challenges, including definitional ambiguity, difficulties of operationalization, ambiguities about discriminant validity, and skepticism about the importance of inspiration relative to perspiration. By developing an integrative conceptualization, operationalizing inspiration with the IS, establishing discriminant validity, and addressing skepticism with empirical evidence, these challenges have been largely overcome. Although additional challenges face the neuroscientist who wishes to study inspiration, similar challenges have already been overcome in relation to insight and other constructs. We believe that the stage has been set for a rigorous neuroscience of inspiration. Brain-level explanations of an inspiration episode can then be integrated with explanations at other levels of analysis to produce a richer and more holistic understanding of inspiration. This deeper understanding will aid in determining how and why individuals sometimes feel (or do not feel) compelled to act on their creative ideas. Inspiration has the power to effect change not just for individuals, but also for societies. Technological advancements, cures for diseases, and solutions to environmental problems first emerge as promising ideas. It is difficult to overstate the importance of figuring out why, how, and for whom creative ideas to societal problems fire the soul and inspire the idea actualization process.

For more details go to :

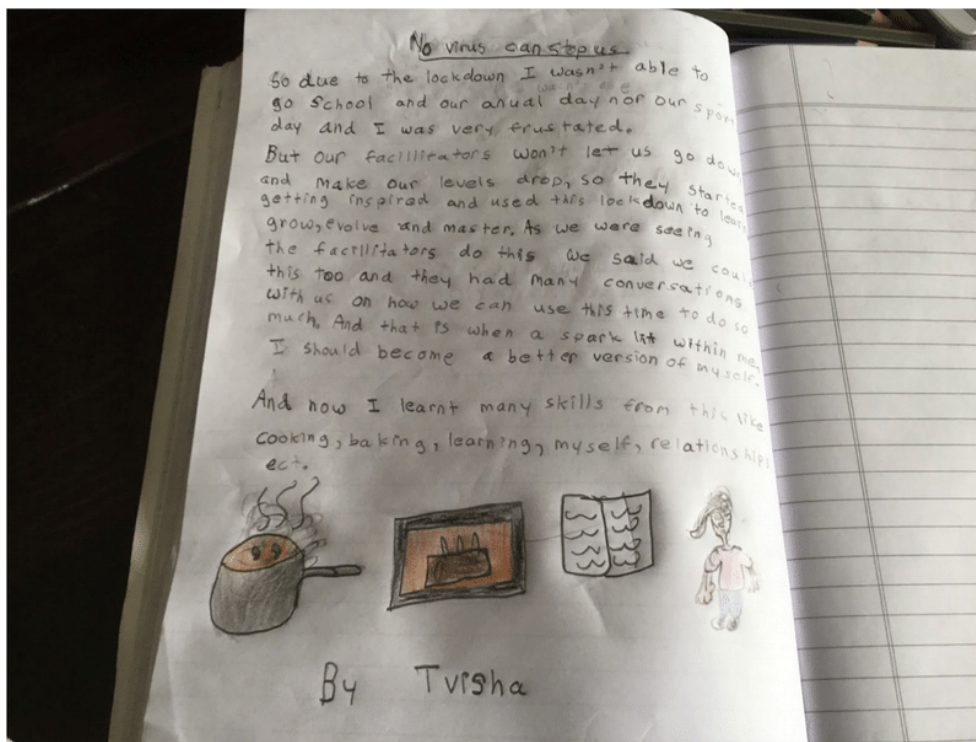
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4070479/>

"I feel like I
belong and am
comfortable to
share my
thoughts"

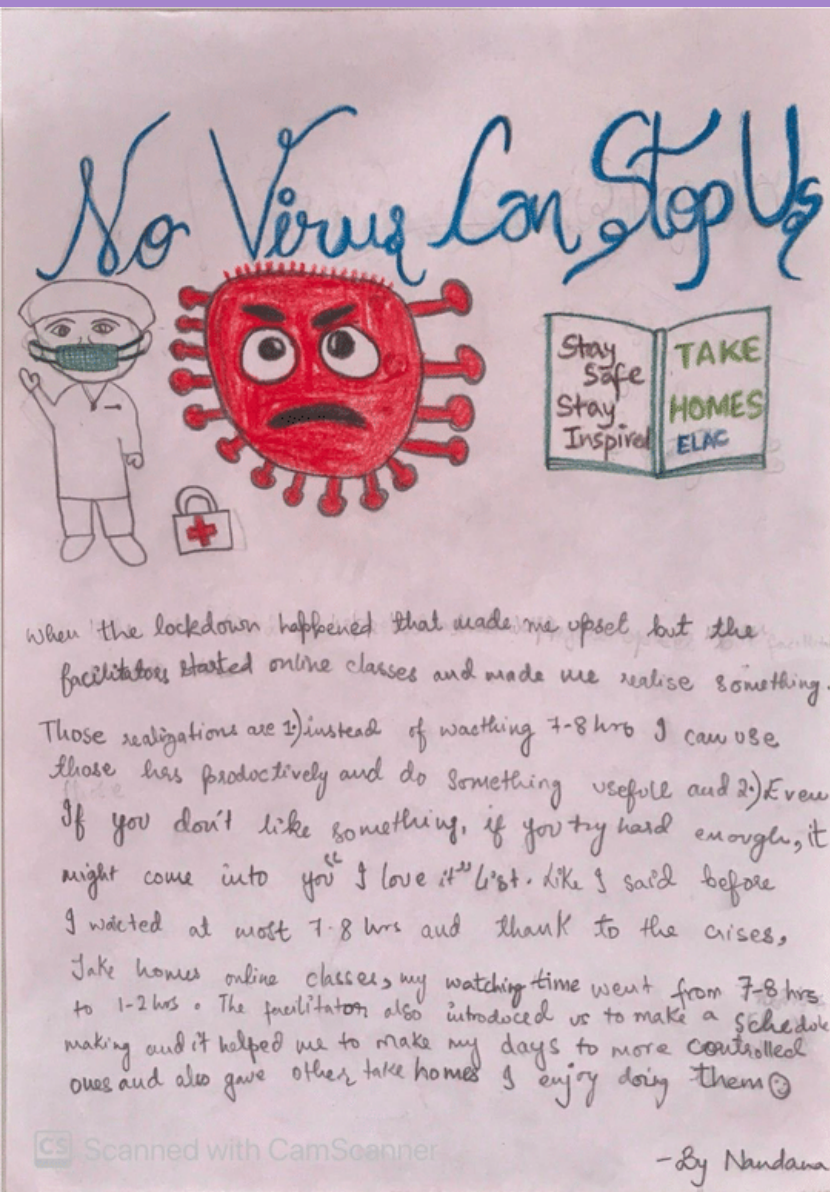
Keep me going [Our experiences through the lockdown]

Mihika:-

This lockdown was a little hard in the beginning but as I kept checking productivity and keeping myself up for more exploration in different areas. My ancillaries helped out a lot which helped me maintain myself till now. This also gave me a chance to explore myself and work on my skills.

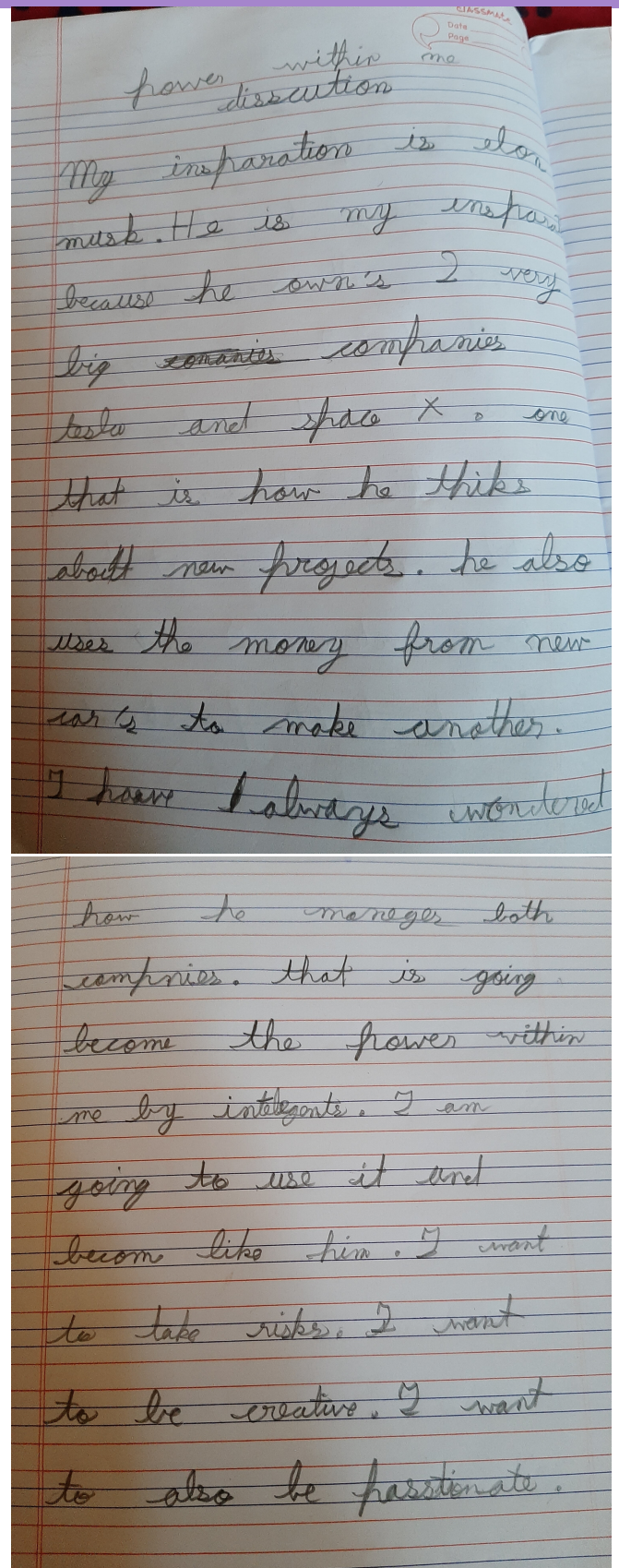


By Tvisha

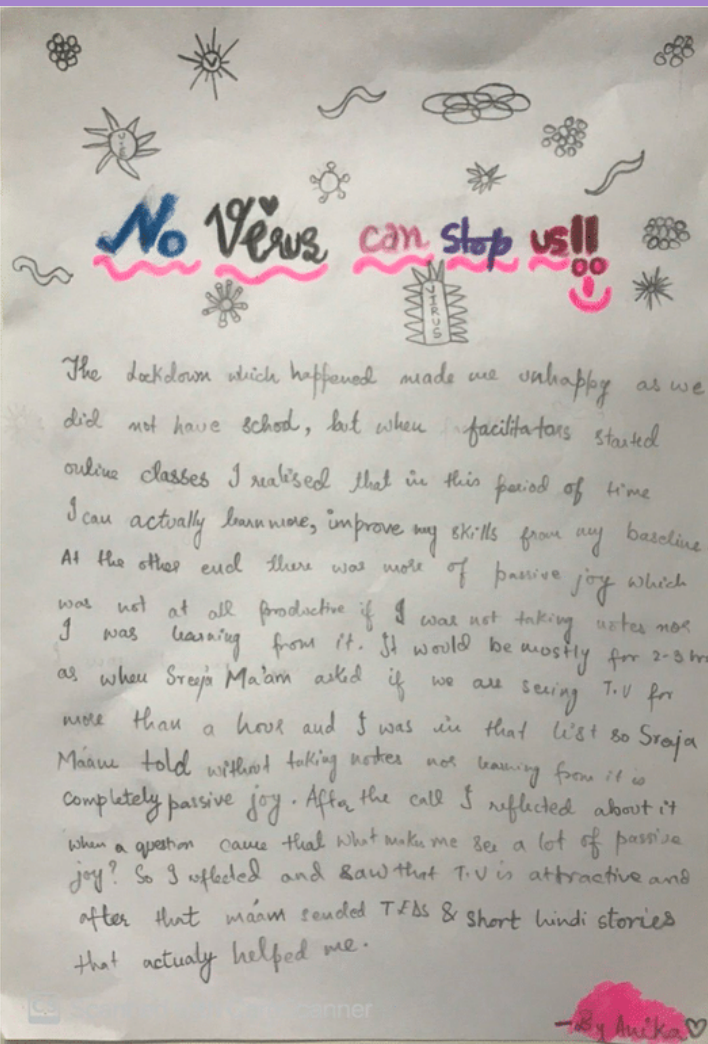


Nandana

By Nandana



By Yohan



"A situation is controlled by choice"

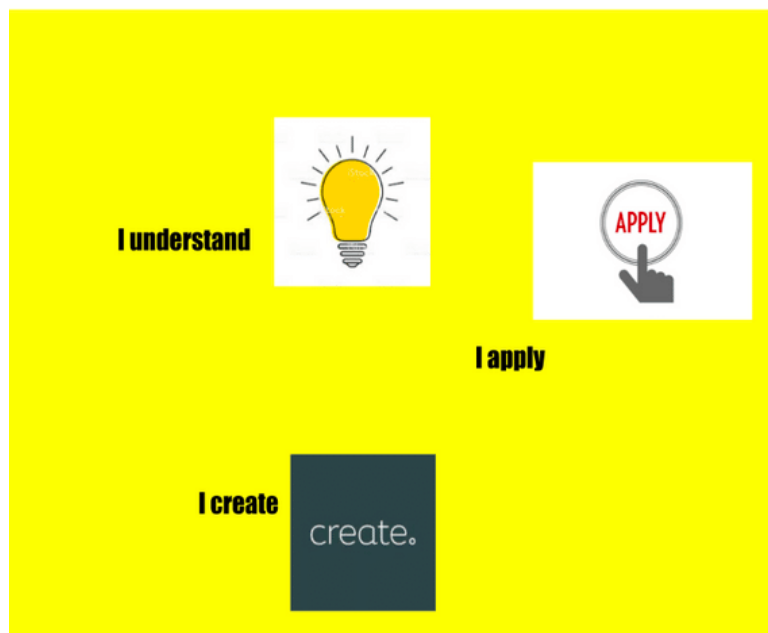
By Anika

Inspiration - No Virus can stop us - Aashna

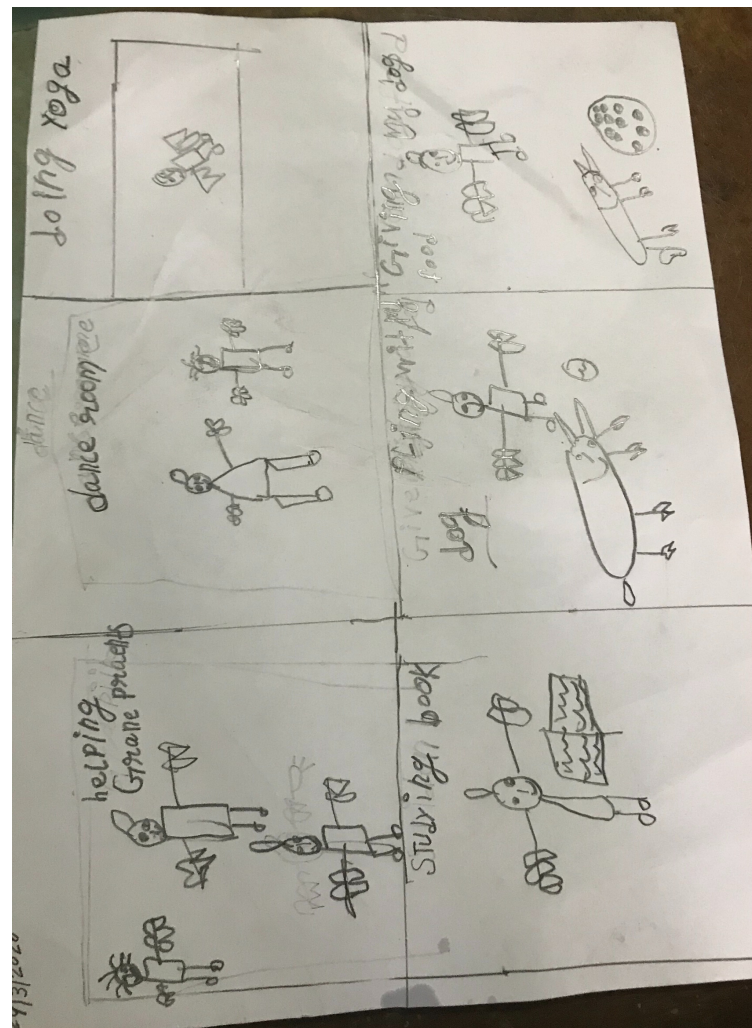
In this period I....

This lockdown can give me quite a lot, one of them being my values. I am so used to having my space, and now I'm at home with my sister. Acceptance is a key, and after the procrastinator conversation, I was able to be patient with it. And that's where I am now. For me being patient with a 3 year old is hard. I needed to look at the bigger picture. **"Bigger Picture"**

Another thing is self - belief. I am capable of doing a lot more than I do, so now I spend my time reading, writing, noting, learning and staying inspired.



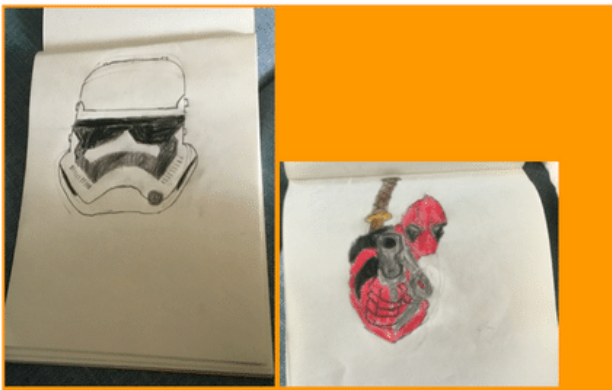
By Aashna



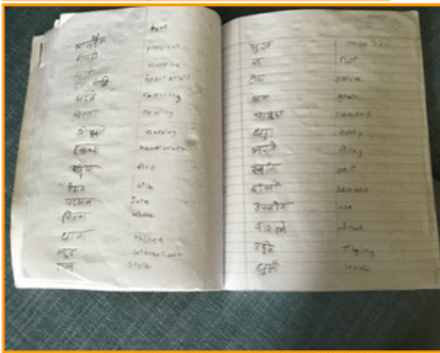
By Arya

When I first heard about school closing I was really disappointed especially since whatever we did for the annual day was for nothing. I used a lot of screen time and I watched tv a lot, but then I just suddenly clicked and tried bringing the family together with games or movies. I started trying to play with my friends and cousins on a game called Minecraft because of that I started getting more creative and I was drawing a lot. I realized I hit my creative spark. I tried learning Hindi with the books ma'am sent and my library book. I now use a lot less screen time but a few days I use a lot of screen time. I help a lot with chores. And I think I am becoming the best version of myself in this lockdown.

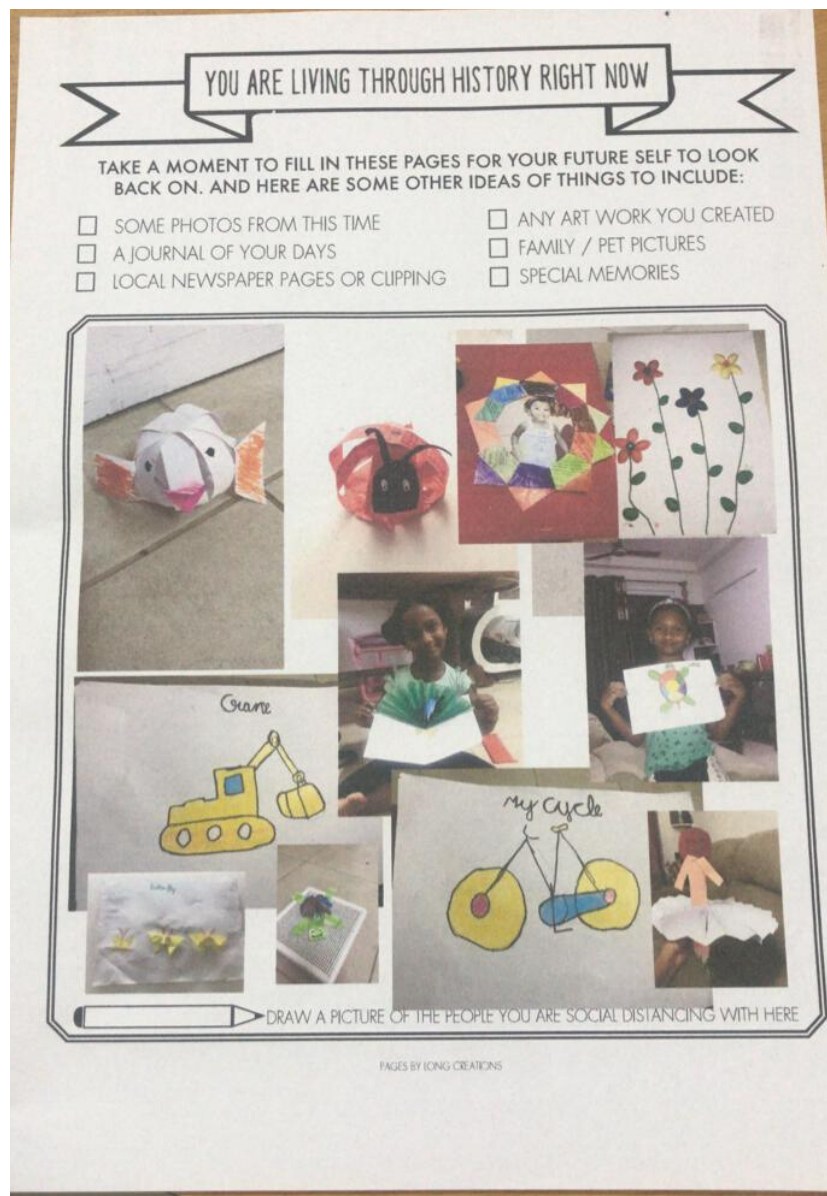
Here are a few of my drawings



I have been doing a lot of Hindi work like this-



By Trikey



By Sahasra

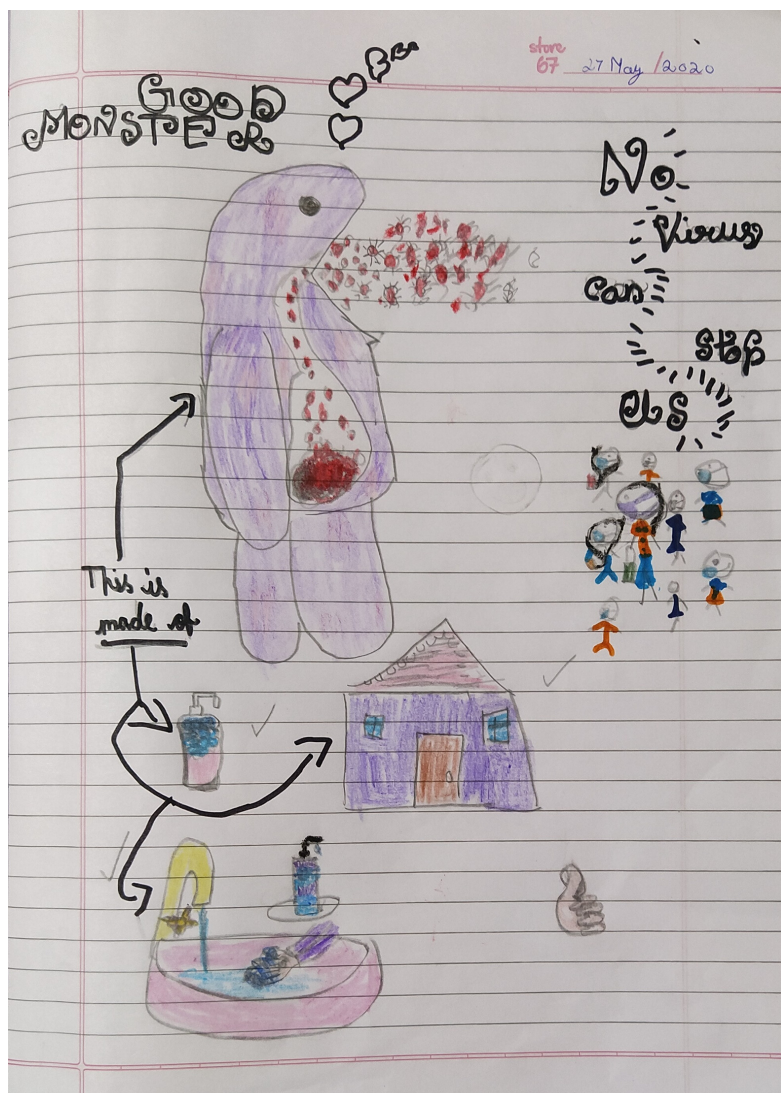
The Power within Me

I think the Power within Me is my Positive attitude. I am a happy person. I am intelligent, helpful, creative and kind. I aim to achieve

I am inspired by life around me to be creative. I am inspired by doctors who are fighting the Corip-19. Makes me want to be helpful to others.

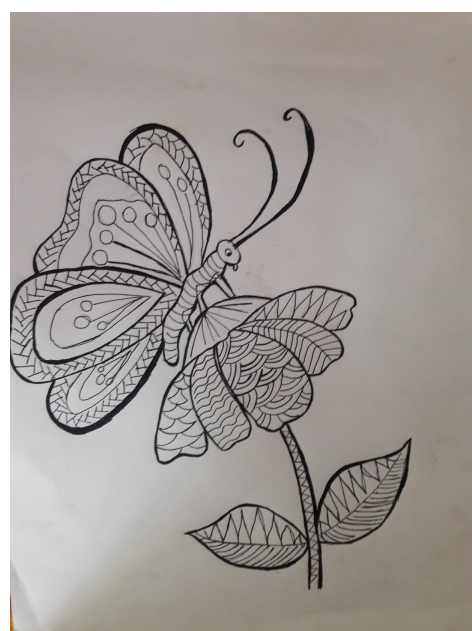
People Around Motivate me. The Motivation I got from others helped me Run the Marathon. I love the Positive Energy.

By Prisha



By Shubra

Before this lockdown, I used to spend a lot of time outside with my friends. The lockdown forced me to stay at home. However, that did not stop me. I started finding thing to do at home which were fun and add to my learning. I love painting and that is the one thing that kept me going during the lockdown. I learnt about different art formats like sketching, doodling, painting and my fav Zentangle. Here are some of my drawings.



By - Anika Josan

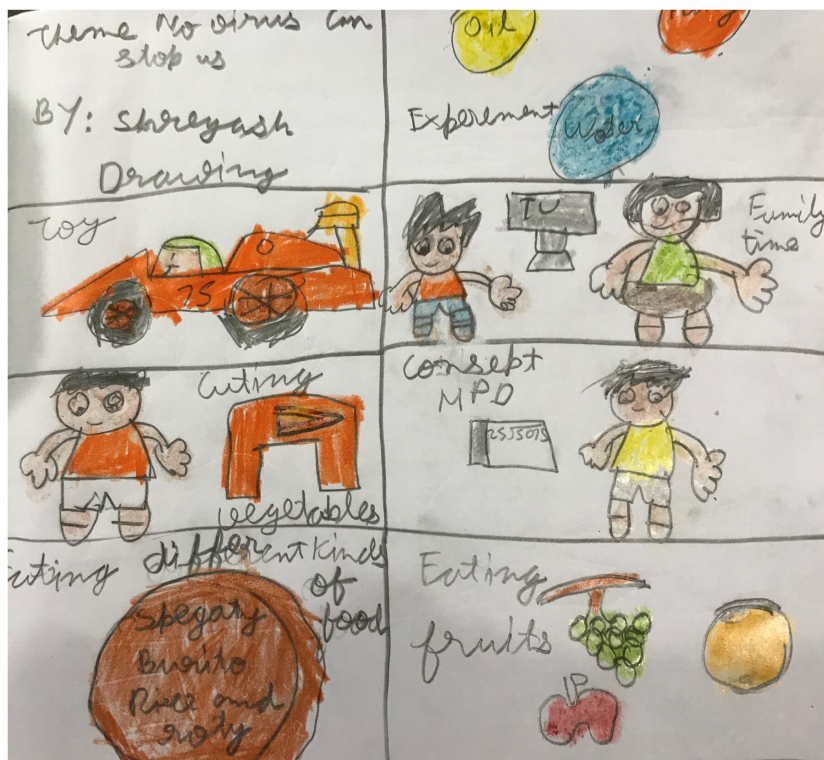


Theme: No virus can stop us
BY: Shreyash Masimwal

Experience of COVID-19
My idea of the holidays was ^{out to} I will go and play every day, my grandmother would come for visit and I will go out of Bangalore for a short vacation. But things did not go my way and I felt sad. Then BM started Zoom meetings to help me and my classmates "how to follow a schedule why", so then I started ^{enjoy} time with myself and did experiments at home. Blame

with my toys, I spent more time with my family, cutting vegetables, exercising at home. I did more NPD, learnt new concepts, tried different kind of cuisines like Italian, Mexican and of course Indian. So now I know what ever virus comes it can't stop me from learning and growing and I will also try new fruits like mangoes, grapes, oranges and apples.

Spread the word
of productive
change



By Shreyash

No Virus Can Stop Us

The machines came to a grinding halt
The morning rush no longer the default
People scared, holed up in homes
A sight one heard of only in tomes



Did the virus win? What happened next?
Mummy, please don't stop just yet
How did everyone live like that?
In fear of a virus from a bat!



Did everyone put down their arms
What about workers and the farms?
Did everyone stop everything?
From factories to market gathering?



No one went out to play?
Or on a holiday?
No one strolled in the park?
What a sad story with no spark!



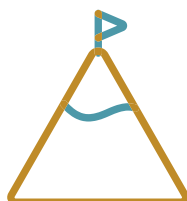
Sonny boy! Not all that meets the eye
Is the truth or what we should buy
Let's Look further and beyond
To see how humans respond



There were doctors and nurses
Who without a care for themselves
Served every needy sick patient
Despite lack of equipment



Tough decisions they had to make
Who to save and who to forsake
It broke their hearts and soul
Yet, they focused on the goal



To prevent loss of life and reduce pain
They tried hard, sometimes in vain
What made them not give up
Mummy, of what are they made up?

Pain and adversity have their way
They go deep within to find a way
Through the hurt and the pain
To build out the power within



Some families drew closer together
A few others broke altogether
Industries, workers had to heed
Very harsh realities indeed

Less fortunate were losing homes,
Migrating by foot, hurt by stones
Hungry for food, blisters on feet
Breathing their last on the street

Briefly, students cheered
No exams that they feared
Soon boredom and despair loomed
Everything seemed to be doomed



Through these times, a few discovered they could

Work from home

Work on their own

Do house chores

Cook

Dream

Sing

Dance

Tell stories

Play

Connect

Be generous

Serve

Discover themselves

Generally, do with less



Mummy, do tell me more

Did they forget how they lived before?

My dear boy, people didn't forget

But people didn't regret

They ventured forth to create -

New ways of being

New songs for dreaming

New dances for creating

New books for seeing

New forms of working

New norms of serving

New connections for making The world a better place

And each of our lives worth living No Virus Can Stop Us



by Sreeja ma'am

We are growing Pegasi, and will continue to be.