

SPARK YOUR ARRC™

Light It Up for Those You Serve

Minnesota Statewide Activity Professionals

You create moments of meaning, belonging, joy, and possibility for those you serve. ARRC™ offers four moves to help you care for your own spark while lighting the way for others.

A

AWARENESS Notice what is happening before deciding what to do next.

Pause long enough to notice the person, the moment, and yourself. Behavior is communication. Curiosity helps us respond to what may be underneath the words or actions.

What might the person I serve be communicating or needing right now?

What is happening in me - thoughts, feelings, body, and energy?

R**REGULATION** Find enough steadiness to choose your next response.

Calm brains are creative brains. Regulation does not mean becoming perfectly calm. It means helping your nervous system settle enough to stay present, flexible, and connected.

RESET TOOL	HOW TO USE IT
Longer exhale	Inhale gently for 4; exhale for 6. Repeat several times without forcing the breath.
Catch → Switch	Catch the automatic thought. Switch to a truer, more helpful thought that supports your next response.
Widen your vision	Soften your gaze and notice the edges of your visual field. Let the wider view cue more space and choice.
Make observations	Name 4 round things, 5 things above eye level, and 3 patterns. Concrete noticing can bring you back to now.
Sing or use music	Hum, sing, or play a familiar song to interrupt the stress loop and reconnect with energy, memory, or joy.

R**REINVENTION** Ask what is possible with what you have right now.

Reinvention is often a small experiment: reusing something familiar in a new way, adjusting the environment, or asking a better question.

WHAT IS WORKING?

What already brings this person interest, comfort, pride, or joy?

WHAT IF?

How might we use what we already have in a new way?

WHAT IS ONE SMALL TEST?

What can we try, notice, and adjust without needing it to be perfect?

One resource, routine, object, song, story, or relationship I could reimagine:

C

CONNECTION Create moments where people feel seen, known, and included.

Connection is how we do the work: noticing the individual, inviting participation, listening for the story, and letting people contribute. Sometimes connection is simply staying.

NOTICE What brings this person alive?	INVITE How could they shape or contribute to the moment?
PERSONALIZE What story, preference, role, culture, or identity matters here?	STAY What would it look like to offer presence without rushing to fix?

One person I want to help feel more seen, known, or included - and one thing I will try:

NOTICE WHAT'S HAPPENING • FIND YOUR GROUND • ASK "WHAT IF?" • DO IT TOGETHER

**Spark Your ARRC™ because you have so much to give.
Light it up for those you serve.**

Sources and further reading

Fancourt, D., Aufegger, L., & Williamson, A. (2015). Singing modulates mood, stress, cortisol, cytokine and neuropeptide activity. *Frontiers in Psychology*, 6, 1292. doi.org/10.3389/fpsyg.2015.01292 • Porges, S. W. (2022). Polyvagal Theory: A Science of Safety. *Frontiers in Integrative Neuroscience*, 16, 871227. doi.org/10.3389/fnint.2022.871227 • Zhexembayeva, N. (2020). The Chief Reinvention Officer Handbook.