FESTIVUS

It is now time for the Airing of Grievances
Grievances I am not going to discuss

A national focus on child outcomes, and but not children

Marginalization of teachers and scholars with early childhood and elementary backgrounds within mathematics education

Departmentalization in the primary grades

The high-stakes testing movement

For-profit companies’ influence on public schools
Instead
The Zeroth Practice
Engaging in the 8(9) mathematical practices

0. JOY
1. Make sense of problems and persevere in solving them
2. Reason abstractly and quantitatively
3. Construct viable arguments and critique the reasoning of others
4. Model with mathematics
5. Use appropriate tools strategically
6. Attend to precision
7. Look for and make use of structure
8. Look for and express regularity in repeated reasoning
“Being joyful is not just about having more fun. We’re talking about a more empathetic, more empowered, even more spiritual state of mind that is totally engaged with the world,”

(Lama, Tutu & Abrams, 2016, p. 63)
The Dalai Lama has said Joy includes:

- Pleasure
- Bliss
- Amusement
- Exultation
- Contentment
- Pride
- Excitement
- Elevation
- Relief
- Gratitude
- Wonder
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- Wonder
Your moment of joy...
“during stressful times it is possible to connect with a slow, still awareness that lies beneath the surface of moment-to-moment experiences; an awareness that remains undisturbed, able to witness the regular flow of thoughts, sensations, and emotions—and then let them go”

“Mindfulness training strengthens one’s capacity to pay attention, nonjudgmentally, to one’s thoughts, feelings, and body sensations, thereby enabling a more skillful response to life’s challenges.”

Soloway, Poulin, & Mackenzie, 2010
Connections to Happiness Scholarship

- Pleasant Life
- Flow
- Meaningful Life

(Csikszentmihalyi, 1990; Delle Fave & Massimini, 2005; Seligman, 2002)
Joy in Mathematics

Fermat’s Last Theorem

There are no three positive integers $x, y,$ and $z$ for which

$$x^n + y^n = z^n$$

for any integer $n > 2$. 

Simon Singh

The International Bestseller

This is probably the best popular account of a scientific topic I have ever read. The Times

Fermat's Last Theorem

Simon Singh

Foreword by John Lynch
Joy in Mathematics
“Learning is profoundly bound up with pleasure. Certainly, learning can be made an erotic, highly pleasurable activity. Now, that a teacher should be incapable of revealing this, that his job should virtually consist of showing how unpleasant, sad, dull and unerotic learning is -- to me this is an incredible achievement. But it is an achievement that certainly has its raison d’etre. We need to know why our society considers it so important to show that learning is sad; maybe it’s because of the number of people who are excluded from it.”

(Foucault, 1989, p. 135-136).
Joy in early childhood classroom
Joy in elementary classrooms

Angus’s mom bought 16 38 86 ice cream sandwiches.

Then she bought a bunch of popsicles.

Angus counted 20 50 123 treats in the freezer.

How many popsicles did his mom buy?
Joy in elementary classrooms
Joy in elementary classrooms
Joy in Mathematics Methods Classrooms
Joy in Mathematics Methods Classrooms
Obstacles to Joy

Fear
Stress
Anxiety
Frustration
Anger
Sadness

Grief
Despair
Loneliness
Envy
Suffering
Obstacles to Joy

Fear
Stress
Anxiety
Frustration
Anger
Sadness

Grief
Despair
Loneliness
Envy
Suffering
Where are your obstacles to joy?
“If you own a global positioning system (GPS), you probably can't imagine taking a trip without it. Unlike a printed map, a GPS provides up-to-the-minute information about where you are, the distance to your destination, how long until you get there, and exactly what to do when you make a wrong turn. But a GPS can't do any of that without a precise description of where you want to go,” (Moss, Brookhardt & Long, 2011, p. 66.)
“Developing Mental Immunity”

“Now ask yourself, “Is my thought true? How do I know for sure? Does it help the situation?”

“For anger, you can ask yourself what is its use?”

“For sadness, we can reach out for comfort or count our blessings.”

(Lama, Tutu & Abrams, 2016, pp. 312-314).
Using Joy to Make Decisions
Using Joy to Make Decisions

Math Autobiographies ....
# Using Joy to Make Decisions

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<th>Respectful of others</th>
<th>Very kind! Substitute table captain</th>
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Questions we’re thinking about as we move toward Joy

With so much pain and fear and anxiety in the world, how do we act as researchers and teachers in ways that are joyful but that still seriously engage with the suffering of others?

How do we meet the demands of our institutions while still committing to the work that brings us joy?
“This day should be meaningful. Meaningful means, if possible, serve and help others. If not possible, then at least not to harm others. That’s a meaningful day.”

-- Dalai Lama