

# DOOL School

## Ways of Being Manifesto

---

### **We manifest...**

We practice patience with ourselves and others in our community.

We collaborate with a creative mindset.

We hold ourselves accountable for creating an inclusive community.

We value nurturing because when you are nurtured you grow.

We value commitment because it allows us to get things done.

We value communication because sharing our ideas makes people feel valued. It also allows us to share what we feel.

We value repair because it is a way to solve problems between people.

We value self-care because it lets you take a break and lets you reset and understand yourself better.

We value growth because it shows that we are willing to change and adapt to different situations.

We support ourselves and others to maintain boundaries around rest and self-care.

We grow connections that are built on trust, respect, kindness, and inherent belonging.

We build this community on a reciprocity of our presence, time, support, and love.

*DOOL is a collaboration with [Sound Discipline](#), Dimmitt Middle School, and Evergreen High School.*

*It is funded by College Spark Washington.*