

Awakening with the Five Senses, *Start Your Morning*

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SUMMARY:	In this session, you will explore some gentle ways to wake up your mind and body using all your senses (yes, even smells)! - <i>Submitted by Daniel Abramson</i>
TOPIC(S):	Mindfulness
LEARNING OBJECTIVE:	Participants will experience a number of different ways to create positive experiences for beginning the morning at camp, and participants will understand how different sensory stimuli can be used to help campers self-regulate.
AUDIENCE:	12-20 participants, meant for older campers
TIMING:	60 minutes
APPENDICES:	Text of <i>Nissim B'chol Yom</i> Embers: One Obijway's Meditations, by Richard Wagamese
MATERIALS NEEDED:	Peppermint Essential Oil Herbal Tea Music and Bluetooth Speaker
SET-UP DETAILS:	This program is meant to be conducted indoors in a comfortable location. Ideally a space with couches, but the different strategies that are included are mostly portable so that waking up with the senses can happen in bunks at camp or in other locations.

SESSION TIMELINE & OUTLINE:

00:00-00:05	Welcome
00:05-00:15	Guided Meditation
00:15-01:00	Sensory Stations

Welcome and Introductions:

The facilitator introduces themselves and greets participants by wishing them a hearty Boker Tov!

This program is meant to have a guided choose-your-own-adventure feel for participants. The facilitator will set up and explain a number of options that participants are invited to try, and will lead participants through a few experiences and then allow participants to try wake-up strategies using all their senses in whatever order they choose. Feel free to be creative and add alternative strategies!

Guided Meditation:

Participants are invited to close their eyes, sit comfortably and listen to quiet/calming music. Participants are invited to take note of what they see and hear. The leader may choose to read “Nissim Bchol Yom” (everyday blessings) while participants sit comfortably. Participants can be invited to either respond “amen” or to add their own everyday blessing in English or in Hebrew.

At the end of the meditation, participants are invited to again notice what they see and hear.

After the guided meditation participants may try the following:

1. Tea: To engage the sense of smell, taste and touch, participants might make themselves a cup of herbal tea, concentrating on the smell, taste and warmth.
2. Listening Centre: To engage the sense of hearing, participants are invited to put on headphones and to listen to a variety of different music/sounds. Try creating a playlist with classical music, zen sounds, white noise, upbeat pop, and other things.
3. Yoga: Movement isn't really a sense, but it engages the physical body in a variety of ways. You can set up a few mats with a DVD, or leave a book or cards with illustrations of simple yoga poses.
4. Aromatherapy: Set up a station with a few essential oils that participants can smell. Peppermint oil can be applied to the temples for a cooling feeling on the skin. Be careful to keep it away from your eyes!
5. Zen Colouring: Doodling engages both movement and sight. Set up some colouring pages, blank papers, pens, pencils and markers. You may also invite participants to spend a few quiet moments writing.