

Body Image: A Sacred Space For Acceptance and Healing
Evening Experience

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SUMMARY:	In this session we will: use a variety of activities to reflect on, process, and do some healing in our body journeys.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Supported in their body image journey • Brave: be able to share their own stories and in listening to the stories of others • Peace with their bodies <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Engage in positive self talk • Meditate on and with their bodies <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • That yud hay vav and hay maps onto the body • Body image vs body justice • How to quickly create a brave space
AUDIENCE:	13 and up, any size group
TIMING:	75 minutes
APPENDICES:	
MATERIALS NEEDED:	Large Paper, markers, pens, paper, way to play music,
SET-UP DETAILS:	

SESSION TIMELINE

- 00:00 - 00:02 Music
- 00:02 – 00:10 Grounding movement and breathing exercise



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- 00:10 – 00:15 Set loving ground rules for the space
- 00:15 – 00:35 Listening and sharing exercise
- 00:35 – 00:50 What messaging have you learned?

SESSION OUTLINE:

00:00

Music already playing as people come in. (suggestions include “I am” by india.arie and beautiful chorus, “good morning gorgeous” by Mary j. Blige, “my body” by beautiful chorus.) Jordyn fades music out as we are about to start.

00:02-00:10

leads a grounding movement and breath exercise and welcomes everyone, all parts of everyone, everyone’s bodies and feelings, to the space.

00:10-00:15

This is a personal topic for everyone, and for some its louder in their heads, for others, not as much, but we came together because this is something important to all of us

set the loving groundrules:

- All feelings are welcome
- All bodies are welcome
- Speak from the I
- Listen fully
- Try to start with compassion, for yourself and others
- Commit to being present, even when it is difficult.

Asks for a verbal or otherwise (breathing into heart?) acceptance of the groundrules.

00:15- 00:35:

lead the group-of-four listening and sharing exercise, explaining the structure first and then keeping time by ringing meditation bell.

Find groups of four, folks you don’t know.

Round One

Find a pair in your group

Person one asks person two- who are you? Person two responds. Person one asks again. 2 minutes, then switch.

Round Two

Pair with another person in the group.

Person one asks person two- why are you here? Person two responds. Person one asks again. 2 minutes, then switch.

Round three

Pair with the remaining person in your group



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Person one asks person two- what would you like to let go of? Person two responds. Person one asks again. 2 minutes, then switch.

Final round as a group of four. Go around and reflect back to each person, for 1 minute each, something you appreciated about them and/or the conversation you had. Make sure each person has time to be appreciated by the group.

Thank each other for listening and sharing!

8:35- 8:50 Messaging

large post-its around the room. What messages about bodies have you learned from: social media, tv and movies, the beauty industry, diet and wellness culture, at camp, at school, adults in your life.

The stories we tell ourselves about our bodies don't come out of nowhere. We learned them from somewhere.

Take a moment to walk around the room and write on the post-its. Get it all out! Comment and react to other people's responses. We are not alone in this. comment on the comment – like talmud, this is how we make torah

Give five minutes to for participants to walk around and write/respond. Play music in the background. Ring the bell after time.

Invite participants to stand next to the post-it that is the loudest in their mind. Find a chavruta at that post-it and discuss- what are the messages you are receiving? How would you like to respond? What might you say to a camper who was hearing these messages?

If a camper was struggling with these messages, what could you say to them

8:55-9:05 Writing

writing exercise. What would you like to say to your body? Dear body...

After five minutes of writing, participants get into chavruta and have three options: ideally, if you're comfortable, you and your partner will swap and have your letters to your body read out loud to you. If you'd rather not, you can read your own letter out loud to your partner, if you'd rather not share your letter at all, that's okay too.

9:05-9:15 Mindful moment and closing

yud-hey-vav-hey body meditation, body compassion scan, and mantras to end.

Includes- body acceptance, body love, body justice. What will I commit to practicing as I leave here?

Ends by having participants thank themselves and thank each other for being present.



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We encourage you if you want to continue this conversation to come ask us about our journeys and lets talk