

## CORNERSTONE 2022 RESOURCE

### Breathe and Chill: Techniques to Mellow Out *Wind Down Your Day*

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| <b>AUTHOR(S):</b>        | Natalie Goldfein   |
| <b>SUMMARY:</b>          | In this session we will: learn and experience a variety of breathing and body techniques to relax and calm down that can be used any time, especially at night.  |
| <b>ABC GOALS:</b>        | <p><b>Affective:</b> Participants will feel....</p> <ul style="list-style-type: none"> <li>• relaxed</li> <li>• centered</li> <li>• Proud of self</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Breathe</li> <li>• Perform a body scan for relaxation</li> <li>• Take stock of behaviors from the day and plan for tomorrow</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• A breath can change alot</li> <li>• How easy it is to calm and relax</li> <li>• How to use middot in noticing the day's actions and in planning for tomorrow</li> </ul> |
| <b>AUDIENCE:</b>         | Any age, bunk group  |
| <b>TIMING:</b>           | 30-45 minutes  |
| <b>APPENDICES:</b>       |  |
| <b>MATERIALS NEEDED:</b> | Paper, pens, a list of the Middot  |
| <b>SET-UP DETAILS:</b>   | Open space with places to sit and lie down comfortably.  |

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| 5 minutes  | Welcome, Check in on the day                         |
| 25 minutes | Breath, Self Massage, Body Scan Practice             |
| 10 minutes | Writing about the day and about tomorrow with Middot |
| 5 minutes  | Share thoughts/noticings and how might you use this? |

**SESSION OUTLINE:**

5 minutes Welcome, How are you, how was your day?  
 What's your experience of Winding Down?  
 What are some things you do to wind down?  
 What are some things your campers do?

25 minutes Breathe, Massage and Body Scan Practices  
 Breathe practices:  
 Let's arrive with a breath.  
 Learn conscious breath (2 part) - filling from the belly and exhaling slowly  
 Learn 3 part breath - fill belly, fill the upper chest and exhale slowly

Self Massage practices:  
 with palm up, place other hand fingers on the backside of the hand and use your thumb to gently but with some strength to massage and explore the hand. Do it on both hands. (Feet can be done with both sets of fingers on top of foot and massage with thumbs the bottom of your foot – thank me later.)

Body Relaxation Scan  
 Follow directions on appendix 1 to lead the body scan.  
 Allow for discussion of how participants feel after – they may fall asleep!

10 minutes. Writing activity  
 Using the Middot list - pick a middah you want to explore (or want your campers to explore)

- 3 questions:
1. Where did I see \_\_\_\_\_ (fill in the middah here) happening today?
  2. How did I show \_\_\_\_\_ (fill in the middah here) today?



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3. Who will I show \_\_\_\_\_ (fill in the middah here) to tomorrow?

5 minutes

Allow for sharing, but no pressure.

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### **BRINGING IT TO YOUR CAMP:**

Key to this work is let folks have time to notice how these things make them feel. Encourage them to take note of what they liked and to consider how they could remember to use the practice (breath, massage, body scan, noticing/reflecting on behavior and forward planning.)

Let them just experience and chill out.