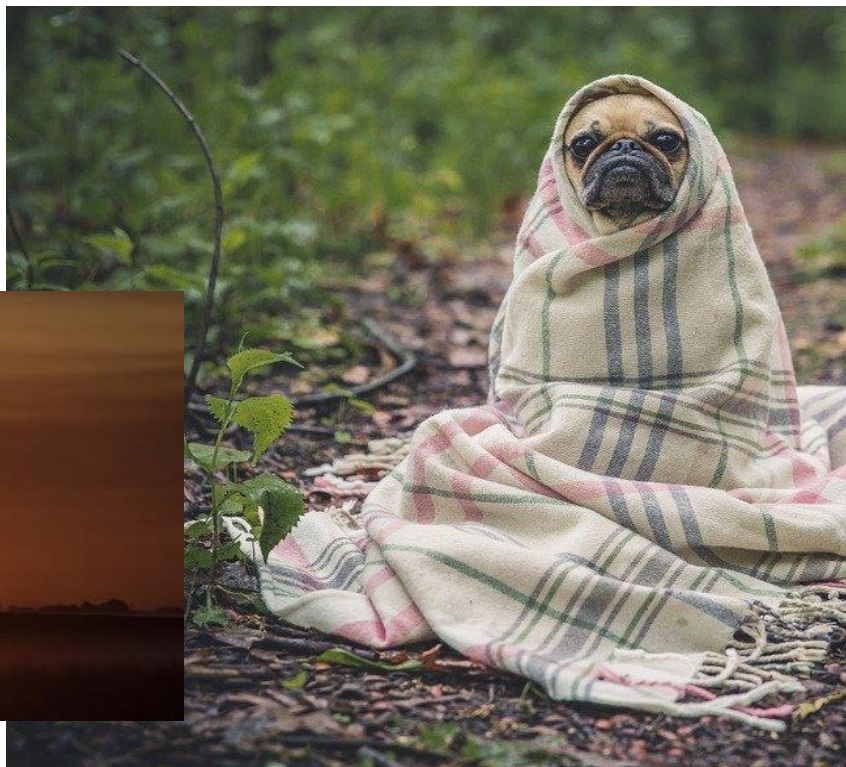


I'M NOT A MORNING PERSON:

THE SLIDESHOW



WHICH GRUMPY MORNING CAT ARE YOU?



WOKE UP

HATED IT

You have exactly three seconds...



to explain why you woke me.



LIKE A GOOD NEIGHBOR



STAY OVER THERE

WHAT DO YOU NEED ON YOUR MORNING
BEVERAGE MUG?

Do I LOOK
like a morning
person ?



**First I drink
the coffee**



**then I do
the things.**



I DON'T LIKE
MORNING
PEOPLE.

OR MORNINGS.
OR PEOPLE.

THEN THERE'S THE WEATHER...

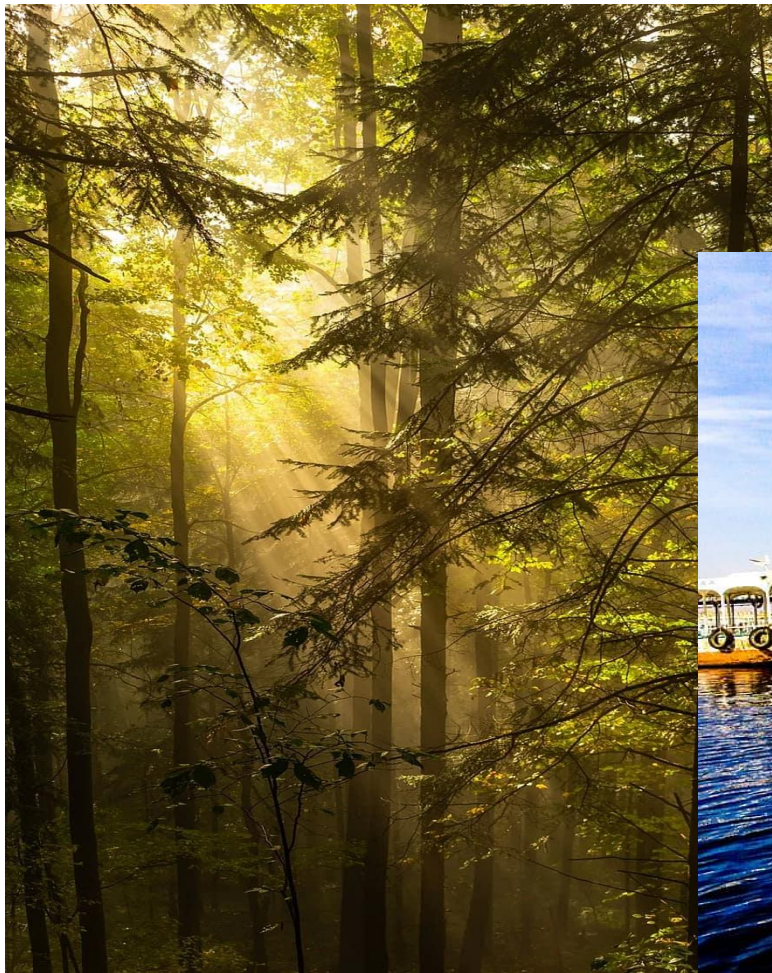


MORNING RAIN

Gloomy...or sweet...or both...?



SUNNY MORNING: BETTER...OR WORSE...? OR
DOES IT DEPEND?





BOKER TOV!

MORNINGS AT CAMP





Modeh/Modah Ani

Music by Rose Switz

Hebrew from morning liturgy

English by Rose Switz



Thank you for waking me up this morning

I thank you / Modeh Ani...

Thank you for this beautiful day ahead

I thank you / Modah Ani...

Thank you for this life I get to live

I thank you / Modah Ani...



HOW DO WE MAKE MORNINGS COUNT - AT CAMP?















מוֹדָה אֲנִי

לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם,
שֶׁחָזַרְתָּ בִּי נַשְׁמָתִי
בְּחַמְלָה, רַבָּה
אֲמוּנָתְךָ:

מוֹדָה אֲנִי לְפָנֶיךָ
מֶלֶךְ חַי וְקַיִם
שֶׁחָזַרְתָּ בִּי נַשְׁמָתִי בְּחַמְלָה
רַבָּה אֲמוּנָתְךָ.

I thank You, God,
Eternal One,
for lovingly restoring my soul to me,
filled with Your eternal trust.

Credits:

“Modeh Ani”

©2019 Rose Snitz

Written by, lead vocals, and guitar: Rose Snitz

Guest vocals, piano, bass, and drums: Noah Aronson

Arranged, recorded, and produced by: Noah Aronson

Mixed and Mastered by: Jeremiah Glazer | PS 379 Studios

Music available:

<https://soundcloud.com/rose-snitz/modah-ani-by-rose-snitz/s-V2ezj>

Questions from slide show (these will also go in the chat)
for you to discuss in breakout rooms:

1. What is the challenge of mornings - in and out of camp?
Are they harder or easier at camp?
2. How do we make mornings count at camp?

Movement Activity - show with your body:



1. Your “morning grumpy cat meme”
2. How you feel when someone wakes you up in the morning
3. Being torn between love of camp and challenge of morning
4. What you love about camp
5. Something you’re grateful for when you wake up
6. Something that gives you hope in the morning

Resilience Tools for Mornings at Camp

1. **Kvetch Buddy** - identify one person who can be your agreed-upon “Morning Kvetch Buddy” at camp or you can call/text to vent about hard things in the morning.
2. **Find leadership opportunities.** What leadership opportunity emerge from your struggle with mornings? How can you use your voice/experience as a leader with fellow staff and with campers here?
3. **Brainstorm ways to use the Modeh/Modah Ani prayer** to access gratitude...as a leader...as a participant

Wrap-Up

Please give two words:

One word that describes the challenge of mornings at camp,

and

One word that describes the opportunities of mornings at camp.

HAVE A GREAT MORNING!...OR SOMETHING...

