

Morning Mad Lib Meditation *Start Your Day*

AUTHOR(S):	Dr. Daniel Shore
SUMMARY:	In this session we will ground ourselves in gratitude, reflect on the space we can co-create, and then collectively complete a Mad Lib (fill-in-the-blank) mediation that we will joyfully use to prepare ourselves for the day.
ABC GOALS:	<p>Affective: Participants will feel....</p> <ul style="list-style-type: none"> • Silly • Reflective • Connected to their sense of control <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Center themselves around joyful thoughts and experiences • Connect with the value of breathing slowly • Contribute to a communal experience <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • What it means to contribute to a community • How they can bring mediation and humor back to camp • The value of conjuring humor in their lives at key opportunities
AUDIENCE:	Any age and any group size
TIMING:	45 minutes
APPENDICES:	Mad Lib Meditation Script
MATERIALS NEEDED:	1 copy of the script Yoga mats or pillows (optional)
SET-UP DETAILS:	Large room where each person can have space to spread out and lie down

SESSION TIMELINE

- **Session (30 minutes) -- Mad Lib Meditation**

CORNERSTONE 2022 RESOURCE

- 00:00-00:10 Breathing, Smiling, & Reflection
- 00:10-00:20 Discussion about slowing down at camp
- 00:20-00:25 Word Generation
- 00:25-00:35 Sharing the Mad Lib (twice)
- 00:35-00:45 Reflection and Breathing

SESSION OUTLINE:

00:00-00:10 Session leader brings everyone together with centering breaths accompanied by smiling, followed by slowly talking through this prompt for participants to reflect upon:

- Sit back in your chair or lay down. Relax. Close your eyes. Breathe in. Breathe out. (repeat breathing instructions numerous times)
- Think about a time when you were in a situation that was really silly and/or funny. A situation where you were laughing loudly (maybe even crying from laughter). How did you end up in that situation? How long ago was it? Who was there? Why was it so silly or funny? Bring that silliness and laughter back.
- Who wants to share one sentence about the time they are thinking of? (Please keep all sharing appropriate)

00:10-00:20 Session leader facilitates discussion about what it means to slow down at camp:

- What are the barriers?
- What are the opportunities?
- How can we shift the culture of camp to slow down and create space for doing so?

00:20-00:25 Session leader begins to ask for the types of words (e.g. noun, verb) required for the Mad Lib prompts (see Appendix for Mad Lib, where the Session leader can type/write the suggestions from participants), while making sure as many participants as possible have a chance to contribute at least one word and going until all necessary words have been collected.

00:25-00:35 Session leader shares the Mad Lib with the group—going through it twice.

00:35-00:45 Session leader brings everyone back to a smiling, calm state with centering breaths, followed by slowly talking through this prompt for participants to reflect upon:

- Sit back in your chair or lay down. Relax. Close your eyes. Breathe in. Breathe out. (repeat breathing instructions numerous times)
- How did your state of being change the first time going through the mad lib vs. the second?
- Think about how you felt in the memory you had. Think about how you feel now? Think about your mental state of being. Your emotional state of being. Your physical state of being.
- How can you bring this joy back to camp? How can you recreate this joy at camp?
- Slowly open your eyes on the count of 3. 1...2...3.
- Everyone please share one word about how you feel/where you are at right now.

BRINGING IT TO YOUR CAMP:

- Be sure to have a room large enough for everyone to have their own space
- You could have participants bring a pillow and blanket