

## CORNERSTONE 2016 RESOURCE

### INSIDE OUT: A Kids Mind - Session 2, *Specialty Track 2*

<b>AUTHOR:</b>	Asya Gribov
<b>SUMMARY:</b>	Participants will read and act out the short story Rooster Prince of Breslov. Participants will make memory boxes to store camp memories in. - <i>Submitted by Asya Gribov</i>
<b>TOPICS:</b>	Bedtime Ritual, Young Children
<b>LEARNING OBJECTIVE:</b>	Participants will gain tools for creating meaningful experiences on the first day of camp as well as bedtime rituals.
<b>AUDIENCE:</b>	staff, campers, small to medium size group, all ages
<b>LENGTH:</b>	75-90 Minutes
<b>APPENDIXES:</b>	Asya Gribov Specialty Track 1 Inside Out Handout 2
<b>MATERIALS:</b>	Printed: Asya Gribov Specialty Track 2 Inside Out Handout 2 (1 copy for facilitator) Mini Cereal Boxes or any small box container Art Supplies : white paper, pencils, glue, markers, stickers, construction paper, glitter, natural materials, decorations
<b>SETTING:</b>	AV with ability to watch YouTube Videos

#### Session Description:

##### **Ice Breaker: (10 minutes)**

Participants will draw a visual map of how they got here. Facilitator instructs participant to think of 4 meaningful life events that brought them to this place. Participants will draw these four events on a piece of paper without using any words. Share in small groups.

##### **Unpacking the First Day of Camp (20 minutes)**

[Watch Riley's First Day of School:](https://www.youtube.com/watch?v=z5XpOlzi2oE)

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Discuss:

- What is going on inside kids mind on first day of camp?
- What does it mean to be the first camp experience for young campers?
- What are you planning for the first day of camp?
- How can you ensure that this is a positive experience for campers?

##### **Idea share:**

Working in small groups, counselors come up with activities to welcome campers on the first day of camp.

##### **Giving Instructions to Campers (10 minutes)**

[Acted out Reading of The Rooster Prince of Breslov \(Handout 2\)](#)

Facilitator selects a few actors and assigns roles of characters in the story. As the facilitator reads the story, the actors act out the story.



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Watch video of Bing Bong reading sign for Shortcut

<https://www.youtube.com/watch?v=K9hVidI6Te4>

### Discussion:

- What are some of the challenges of setting rules or expectations with kids?
- What is an issue with having bunk rules? What are some alternatives?
- What are abstract rules vs. concrete rules?(be nice, no hitting, etc.)
- What is the difference between 'dumbing down' things and explaining them with developmentally appropriate concepts?

What are some effective strategies you used to manage behavior in camp?

Do vs. don't do

Detailed instructions

Choice of options

Reasonable expectations

Picking your battles

Building rapport with campers (deposits and withdrawals)

### Bed Time Activity (40 minutes)

Discussion Questions:

- How can bedtime be a meaningful experience for campers?
- How can we ensure that kids remember the best memories from camp?
- How do you close out the day with your campers?
- Why is it important to give individualized attention to campers?

The Shema allows us to reflect on our day and make sure that the last thoughts prior to sleep are positive ones.

Watch clip from Inside Out – Riley Going to Sleep

<https://www.youtube.com/watch?v=Tc018s9oXDY>

### Activity:

Create your own Long Term Memory Storage

Recycling mini-cereal boxes, participants will cover boxes and decorate to make personal memory boxes. Using available art supplies, participants will decorate and individualize their own personal memory boxes.

Participants will be able to use these memory boxes to record and store their experiences in ( similar to a journal).

Ask participants to put in a memory from their day or session into the box.

### Additional Notes for Bringing it Back to Camp:

Can be adapted to various ages.

### APPENDIXES:



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**ASYA GRIBOV SPECIALTY TRACK 1 INSIDE OUT HANDOUT 2**