

**Body Image With a Jewish Lens: A Poetry Writing
Workshop, Elective 1**

AUTHOR:	Caroline Rothstein
SUMMARY:	“Body Image With a Jewish Lens: A Poetry Writing Workshop” is an interactive writing workshop in which participants will explore the connections between their body image and Jewish identity through spoken word poetry. Participants will both witness live s - <i>Submitted by Caroline Rothstein</i>
TOPICS:	Community Building, Gender, Sex and Sexuality, Identity, Jewish Culture, Jewish History, Jewish Text, Jewish Values, Performance, Prayer- Alternative, Social Justice, Storytelling, Theater, Tikkun Olam, Writing
LEARNING OBJECTIVE:	The goal of “Body Image With a Jewish Lens: A Poetry Writing Workshop” is to provide participants with tools to both explore their own personally experiences around their body image and Jewish identity, as well as the ability to guide their campers through understanding these connections in their own lives both at camp and beyond. Additional objectives include providing participants with the ability to write and perform poetry around any topic connected to personal experiences, identity, Judaism, and a combination thereof, as well as teach their campers how do to the same.
AUDIENCE:	Any size group, age, or camp role, though especially ideal for bunks or small groups (10 to 20 people) campers ages 12 and up, staff, specialists, and counselors.
LENGTH:	60-75 Minutes
APPENDIXES:	- "Body" & "When" By Caroline Rothstein - VIDEO LINKS FOR BODY IMAGE ELECTIVE REPLICATION
MATERIALS:	<ul style="list-style-type: none"> •Link to Caroline Rothstein’s poem “Body” •Link to Caroline Rothstein’s poem “When” •A computer from which to play Caroline’s poem/video and a projector / screen on which to share it for a group •Can substitute either / both of Caroline’s poems for any poem, story, text, or piece of art/news/media connected to Judaism/Jewish identity and body image •Writing materials utensils for each participant Ways To Use Spoken Word Poetry At Camp! (SPECIAL NOTE - I FORGOT to include this in the form; I would like there to be copies of this document to hand out at my session, please - black and white, double-

	sided, one for each participant
SETTING:	I want to be able to have participants sit in chairs that are in a circle.

Session Description:

- Invite participants to find a seat in the circle and each have a writing utensil, paper, and clipboard.
- Begin session.
- Caroline welcomes participants and shares workshop goal and agenda (5 minutes)
 - Workshop goal: to examine the connections between Judaism, body image, and social identity and explore how creating art – through writing and performance – can offer healing, restoration, and catharsis regarding these topics and themes.
 - Workshop agenda:
 - Opening exercise
 - Performance
 - Discussion / debrief
 - Writing workshop
 - Sharing
 - Closing
 - Bring up confidentiality / asking questions / if need to leave = ok / available after
- Begin opening activity and ice-breaker (5 minutes):
 - Asks participants to share their name, their pronoun, why they chose this session, and one thing for which they're grateful today.
- Performance (10 minutes):
 - Caroline performs her poem "When"
 - Caroline performs her poem "Body"
 - After performance, Caroline passes out text of poems to participants.
- Debrief / discussion (15 minutes):
 - Ask participants:
 - What resonated?
 - What stood out?
 - What did you experience listening to & witnessing these poems?
- Writing / discussion (20 minutes):
 - Ask participants to consider / write:
 - What is your relationship to and with your Judaism?
 - How would you describe your Jewish identity?
 - What is your relationship to and with your body?
 - How would you describe your body image?
 - Ask participants to consider / write:
 - Is there any connection between your Jewish identity and body image?

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- Open to discussion; participants are invited to share what they considered / wrote.
- Writing workshop (15 minutes):
 - Ask participants to write a letter from your Jewish identity to your body image. It can be written as a letter, a journal entry, a poem, or they are welcome to visually “write” their piece as well, if that feels like a more accurate way to express their thoughts and “writing.”
- Sharing (10 minutes)
 - Ask volunteers to share what they’ve written.
- Transition into closing and debrief. (10 minutes)
 - Ask participants: how can you envision bringing spoken word poetry back to camp? Either their workshop, or the ideas / skills / topics covered, etc.
 - Caroline offers ways to incorporate spoken word poetry workshops and programming into camp:
 - Bunk-wide writing workshops.
 - Camp-wide writing prompts.
 - Bunk / age-group/ camp-wide open mics.
 - Camp-wide open mics.
 - Bunk / age-group / camp-wide poetry slam.
 - Anthologies / literary magazines.
 - Staff-wide workshops and open mics.
 - Thank participants and ask them to share a word about what they learned and/or are taking away.

Additional Notes for Bringing it Back to Camp:

An amazing way to take this writing workshop from small groups and bunks and making it camp-wide is to have smaller groups and/or bunks replicated writing workshops – on the theme in this specific workshop, or any chosen theme – and have a camp-wide or age-group-wide open-mic or poetry slam competition.

If counselors / staff want to use a different theme for the writing prompt other than Judaism and body image, it’s recommended that they keep the structure of the workshop the same, and then change the following sections: the poem or art used at in the performance / sharing opener, the nature of questions in the discussion, and the writing prompt.

APPENDIXES:

- "BODY" & "WHEN" BY CAROLINE ROTHSTEIN

- VIDEO LINKS FOR BODY IMAGE ELECTIVE REPLICATION