



CORNERSTONE 2016 RESOURCE

That's the Worst, *FJC Knowledge Center Resource*

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SUMMARY:	Using music and images to bring feelings of grief or sadness to the surface, in order to deal with them in a constructive manner. - <i>Submitted by Sara Beth Berman</i>
TOPICS:	Bedtime Ritual, Communication Skills, Community Building, Group Dynamics, Life Cycle Events, Music and Rhythm, Prayer- Alternative, Team Building, Visual Arts
LEARNING OBJECTIVE:	Using music and images to bring feelings of grief or sadness to the surface, in order to deal with them in a constructive manner.
AUDIENCE:	Older. Staff, CIT, maybe high schoolers.
LENGTH:	20-30 Minutes
APPENDIXES:	<u>Essential Texts</u> 1. Cry It Out 2016 Spotify Playlist
MATERIALS:	1. Grumpy Cat Image to Project 2. AV Setup - to project video and also play music 3. iPhone Speaker
SETTING:	Need walls to hang up pics of grumpy cat / screen to project a pic of grumpy cat

Session Description:

Activity // Time: 25 minutes

Play [Cry It Out 2016 Spotify Playlist](#) as fellows walk into the room - we'll go back to this

1. The Worst (20 minutes):
 - a. AGREE: We're going to talk about stuff in this session that can be hard to talk about. I'd like to create a circle of trust. The topics we're broaching can be sensitive and I want you to feel safe discussing them. Can we get a thumbs up that we'll support the people in this session? Thank you!
 - b. The WORST:
 - i. Project image of Grumpy Cat, ask fellows to share what makes them "grumpy" at camp:
 1. Running out of a particular type of food, having a lingering cold, being really tired, co-counselor issues, camper issues, lightning storms, cliques...
 - ii. Play bits from: "Everybody Hurts" by REM / "Overkill" by Colin Hay / "Forever Young" by Alphaville (From the [Cry It Out 2016 Spotify Playlist](#))
 1. Why did I choose these songs?
 2. How does music work to help you bring out your feelings, and manage them?
 3. Can you think of different songs for different situations? How would you use them, and why?
 4. Here's a link to the [Cry It Out 2016 Spotify Playlist](#) that I made for Cornerstone this year, with input from about 160 Facebook commentators. You can add your own songs to it in the future.



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- iii. Now, more serious stuff. What's the WORST at camp:
 1. Loss in the family, bullying, people getting fired/sent home, injury...
- c. OK so there's two parts to what is going to happen in this session today:
 - i. First, we're going to identify some real times in camp when having the words, music, or "seychel" (Yiddish for common sense) to deal with a situation will come in handy.
 1. For example:
 - a. The kitchen runs out of grilled cheese at lunch. What is your response?
 - b. Your camper's parent dies during the session and they have to go home. How do you help your campers process? (PLEASE include your social workers, leadership, and year-round staff in dealing with such a situation. You can't and should not do this alone!)
 - ii. Second, we're going to identify how to prepare for such things, and contrast with what it would look like in real time. Meaning, you can prepare to deal with a tragedy, but pulling out a Grumpy Cat meme picture AFTER your co-counselor gets fired will not work out for you, probably.
 - d. Discussion questions (5 minutes):
 - i. What's up with the soundtrack?
 1. (The playlist contains songs that you could, in theory, pick through to play to deal with your feelings. It has all sorts of songs that work for different people with different experiences. The commonality in the playlist is that each song helps someone potentially struggle through a tough time, situation, or moment)
 - ii. So how did those meme pictures make you feel?
 - iii. How can images like these help you help your campers or co-staff process something that sucks?

Additional Notes for Bringing it Back to Camp:

Preview the songs on the playlist to make sure they're appropriate for your age of campers, and also your camp's policies.

It's also suggested that this sort of activity is done BEFORE dealing with a challenging loss.