



CORNERSTONE 2016 RESOURCE

Inside Out: Working with Young Campers. Session 1, *Specialty Track 1*

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SUMMARY:	Using the movie Inside Out as a framework for understanding behaviors, participants will engage in various role play activities to develop strategies to improve communication between one another. - <i>Submitted by Asya Gribov</i>
TOPICS:	Communication Skills, Community Building, Group Dynamics, Leadership Development, Theater, Young Children
LEARNING OBJECTIVE:	Participants will work to better understand personal motivations and behaviors and explore effective communication tools.
AUDIENCE:	group size can vary; staff, specialists, counselors.
LENGTH:	75-90 Minutes
APPENDIXES:	Asya Gribov Specialty Track 1 Inside Out Handout 1
MATERIALS:	AV Set Up to watch YouTube Videos Post its
SETTING:	AV Set Up to watch YouTube Videos

Session Description:

Ice Breaker: (10-15 minutes)

Participants stand in two lines facing each other with enough space for comfortable communication between partners and the others standing side by side. After allowing ample time for participants answer first question, ask 1 row to shift over so that everyone has a new partner. Repeat as necessary.

Question Prompts:

- What is your name and what camp are you from?
- What was your favorite toy or game as a child?
- What is a vivid memory you have of yourself as a camper? (Facilitator can share one own story)
- Did you have a childhood nickname? If so, what was it?
- Can you remember a time that you, as a child, were misunderstood by adults?

Miscommunicating with Campers Role-play: (20 minutes)

Taking turns, participants role-play difficult scenarios between counselors and campers. (Tip: Instruct the actors not to give in. Variation: other participants can tap our actors at any moment if they feel they can add anything to the situation.) Facilitator can solicit situations from the participants or use predetermined scenarios.

Suggested Scenarios: Camper refuses to go swimming because they are afraid; Camper is crying because they are homesick; Camper refuses to eat; Two campers are fighting and counselors comes in to deal with the situation; Camper wet their bed and is embarrassed; Camper hates role-plays; Camper feels lonely, and doesn't have any friends; Camper is acting out and throwing things



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Discuss:

- What is happening? Is there miscommunication?
- How does it feel when the other person doesn't understand you?
- How are children limited in their ability to express their problems?
- How can we help our campers express themselves?
- How can we empower ourselves understand what they need?
- How can we create a common language between counselors and campers that can help communication?

What's going on inside their head? (20 minutes)

Watch Inside Out - Joy Introduces Emotions:

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

Discussion:

- What are some of your Initial thoughts? (write down)
- How can we use Inside Out to help us understand what others are feeling, or what is motivating different behaviors?

Introduce the Inside Out Poster

- What does the Jewish tradition say about each of these emotions? (Handout 1)
- Going over the handout as a large group, participants will discuss the role of the emotions and study Jewish connects that speak to the role of each of the emotions for people.
- How can we use INSIDE OUT to create a common language between camp staff and campers ?
- How can we pause to think about our emotions, other emotions prior to acting?
- What does it sound like for the emotion to have a conversation with the 'Jewish text'?

Dealing with Homesickness (10)

Watch clip "Sadness Understands Bing Bong

<https://www.youtube.com/watch?v=i5Q2dah75Zc>

Discuss:

- What can we take away from this scene?
- What's the importance of acknowledging someone's feelings?
- What is empathy? How can we be empathetic to our campers? How can we help campers be empathetic to each other?
- How can we talk about homesickness with our campers? What can we do to help them understand their feelings?

Rewind Role-Play (15 minutes)

Looking back at the previously played scenarios how can we adjust our conversations to include the new common language of emotions. How can we teach campers to be aware of their emotions?

Participants repeat the scenarios, but this time both roles of campers and counselors can use the



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language provided by Inside Out to deal with the emotions.
Participants repeat scenarios giving voice to the emotions.

As participants exit (or throughout the session) they will write their ideas on the posts and paste on boards under the following headings:

- Difficulties of working with young campers
- Advantages of working with young campers

Additional Notes for Bringing it Back to Camp:

The workshop is developed as a training for staff for working with campers. It may be adapted accordingly to deepen communication and social skills between campers.

APPENDIXES:

ASYA GRIBOV SPECIALTY TRACK 1 INSIDE OUT HANDOUT 1