

Guided Meditation and Gratitude *Start Your Morning!*

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| AUTHOR(S): | Natalie Rothstein |
| SUMMARY: | This Start Your Morning will incorporate mindfulness through a guided meditation (lead by the facilitator) and a gratitude practice - along with a discussion about the power of gratitude. |
| TOPIC(S): | Mindfulness, Self Care |
| LEARNING OBJECTIVE: | The hope is for participants to leave feeling relaxed and more positive. Additionally, the hope is that the participants leave with a new/added tool for self care. |
| AUDIENCE: | Ages 12 and up. Group size can vary but may impact the way the gratitude practice activity occurs. Ideal range would be 10-30 participants. |
| TIMING: | 45 minutes |
| APPENDICES: | Guided Meditation |
| MATERIALS NEEDED: | -Mats (not required but can add comfort) -silent stop watch or phone timer (way to keep time during guided meditation) |
| SET-UP DETAILS: | This activity should be in a quiet space with little to no distraction (important if possible that it's secluded from other activities with no noise). The activity can be inside or outside with enough room for everyone to lay down or sit. |

SESSION TIMELINE & OUTLINE:

Timeline:

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- Introduction – 5 minutes
- Guided Meditation – 20 minutes
- Gratitude Practice - 15 minutes
- Wrap up – 5 minutes

Step By Step Break Down:

- Introduction – 5 minutes
 - Facilitator should start by welcoming participants to the program and provided a review of what the program will look like. (Start with a guided meditation and then a group gratitude practice). Pose the question to all of the participants to take a moment to think about – not to share with the group: why did you come to this program? What are you hoping to gain?
 - Talk about about Breath and introduce Hebrew word for breath – נְשָׁמָה (Neshamah)
 - Break up to start the guided meditation- have each participant spread out into their own space (they can take a mat if they'd like) – let them know they can choose to lay down or sit up/against a surface.
- Facilitator should read the Guided Meditation (handout in the appendix) – 20 minutes
- Gratitude Practice – 15 minutes – After the participants have been guided out of the meditation, have everyone come together in 1 circle (or 2 if there is a large group of participants). First ask the group if anyone knows what a gratitude practice is? If they no one offers a suggestions, provide definition : A gratitude practice is spending time expressing the things that you are grateful for. Then explain the benefits of a gratitude practice (positivity, hope, resilience) give examples of different ways someone can incorporate a gratitude practice into their regular routine – here is a link to a blog post by Natalie that talks about the benefits of a gratitude practice, helpful reference: <https://urbanbalance.com/the-power-of-gratitude/>
- Before going into the gratitude circle allow for discussion about Jewish values and how we integrate gratitude in Jewish values – הטוב הכרת (Hakarat HaTov) Dependent on the group this can be incorporated more through the gratitude expression circle.



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- Let the participants know that we will be going around the circle sharing things we are grateful for. Ask each participant to spend a few minutes thinking about 4 things that they are grateful for. Then go around the circle and have each person share their 4 things – anyone is welcome to pass if they don't feel comfortable.
- Wrap up – 5 minutes – offer space for any questions and ideas about how they can use gratitude practices at camp (morning rituals, camp gratitude signs, at meals etc.) then have the group do some sort of stretching (if able) to end in harmony – sun salutation is a great option.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

All included above. This activity should all be done together for optimal benefits, however, doing the guided meditation or gratitude practice on their own can be great too!