

Building Cabin Community *Spin It!*

AUTHOR(S):	Melissa Shaw
SUMMARY:	Part of Spin-It's Building Cabin Communities, our respectful and active listening practices will allow Fellows to feel, see, and hear how authentic and focused listening can improve group dynamics. -Submitted by- Melissa Shaw
TOPIC(S):	Bedtime Ritual, Group Dynamics
LEARNING OBJECTIVE:	Fellows will take on the role of an active listener and observe how it feels to be heard and to really hear others. The goal is to improve our listening and sharing practices.
AUDIENCE:	Ages 12+, # of participants 20-24
TIMING:	20 minutes
APPENDICES:	none
MATERIALS NEEDED:	Chart Paper with quote
SET-UP DETAILS:	Large room with chairs lined up in two lines facing each other and room to move about

SESSION TIMELINE & OUTLINE:

"Know what is above from you: a seeing eye, a listening ear, and all your deeds being inscribed in a book." – Pirkei Avot 2:1

In the above quote Pirkei Avot is speaking about the importance of the "minor mitzvah" one which we might not give as great a care to as a major one. Although it might be easily over looked or taken for granted, we should as well consider how we hold space for one another as we speak.

Respectful and active listening practices:

In this session we will model respectful and active listening practices by introducing and familiarizing ourselves with "top of day" and "close out" practices such as: Thorn, Rose, Bud, Hi and Lo, etc.

Participants will walk into the room and sit in one of two rows of chairs facing each other about 1 foot apart. Participants will be prompted make eye contact and communicate their "thorn" (difficult experience) and rose (highlight) from the day before.



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Row A will speak and Row B will listen making *eye contact*. At the conclusion of the share, Row B will be asked to speak next and Row A will be requested to listen and make *no eye contact*.

After the second share we will discuss the difference between the two and why *HOW* we listen matters to our cabin community.

In our second activity, we will stand up and practice having conversations about what we are looking forward to (our bud for the day) We will switch from speaking while moving, while yelling across the room from each other and when seated side by side.

Through this session we will be a witness to what feels comfortable, sincere, and authentic in our listening and sharing practices and how knowing ourselves can help create a culture where we are true to one another.