

### The Artist's Way [Eat Pray Dare / Start Your Morning]

<b>AUTHOR(S):</b>	Tomer Moked
<b>SUMMARY:</b>	Inspired by Julia Cameron's world famous book, we will enjoy a session of imagination, creative writing and mindfulness to start our day fresh.
<b>TOPIC(S):</b>	Morning Program
<b>LEARNING OBJECTIVE:</b>	Focus, relax and start your day fresh with clear mind.
<b>AUDIENCE:</b>	Ages 9 and up
<b>TIMING:</b>	45 minutes
<b>APPENDICES:</b>	None
<b>MATERIALS NEEDED:</b>	Blank paper for each participant. Pens Green Tea bags/Coffee Hot water/ Kettle Cups Speakers
<b>SET-UP DETAILS:</b>	Large room A chair for each participant

#### **SESSION TIMELINE & OUTLINE:**

##### **Opening: Prepare (5 min)**

Soft Mindfulness music is playing. (<https://www.youtube.com/watch?v=yjj7zIWO88s>)

Allow participants to make a cup of coffee or green tea. Gather them around and hand each participant 5 pieces of blank paper and a pen.

##### **Main Activity: Write (20 min)**

- One of the exercises we can do to start the day fresh and clear our mind is morning free writing.
- Please use your pen and paper, and write down anything and everything you think about right now.

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- It can be about your dreams, about yesterday, this morning or whatever you want.
- The only rule is you should write without stopping, free as a bird.
- You have 18 min for this exercise. Enjoy!

### **Main Activity: Mindfulness (20 min)**

Guided imagination to bring light and relaxation: We will relax the muscles one by one, from the legs up. Imagine a ball of light floating above your belly, send happy thoughts to it. Watch it grow. Let it sink in and fill your body with warmth from the inside. Whenever you will need support or to be reminded of goodness, feel free to use the ball of light from within.

Thank each participant and bless them with a lovely happy day!

### **ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**