

Emotions Check-Up: Pirkei Avot 4:20

AUTHOR(S):	Jill Goldstein Smith, Julie Finkelstein, Genna Singer
SUMMARY:	In this short staff development session, staff members will interact with a variety of emotions, exploring how these emotions impact their work and life.
TOPIC(S):	Self-Awareness and Identifying Emotions in ourselves and others
LEARNING OBJECTIVE:	Staff members will experience interacting with, and taking on, different emotions. Staff members will be more attuned to their own emotions and the emotions of others. Staff members will understand the impact of their emotions on others. Staff members will learn about a tool (Inside Out chart) that can be used in their cabins/with their campers.
AUDIENCE:	Staff members in any unit or department
TIMING:	15 minutes
APPENDICES:	Inside Out Chart: (https://jewishcamp.org/wp-content/uploads/2017/05/INSIDE-OUT-POSTER-FINAL.pdf) Inside Out Overlap Chart: (https://jewishcamp.org/wp-content/uploads/2017/05/INSIDE-OUT-Feelings-Overlap-Graphic.pdf)
MATERIALS NEEDED:	Pens + Paper, Post it notes labeled with 1 of 5 emotions
SET-UP DETAILS:	This can happen anywhere, staff will be asked to write.

SESSION TIMELINE & OUTLINE:

- 0 - 1: Opening Text
- 1-4: Post It Emotion Walk
- 4-10: Inside Out Emotions Chart
- 10-15: Chevruta debrief

Opening Text (1 minute)

Open with the following quotes read aloud:

- a. “do you ever look at someone and wonder, what’s going on inside their head?” - Inside Out (movie)
- b. Pirkei Avot 4:20

רַבִּי אֹמֵר, אַל תִּסְתַּכֵּל בְּקַנְקַן, אֶלָּא בְּמָה שֶׁשֶּׁשׁ בּוֹ. יֵשׁ קַנְקַן חֲדָשׁ מֵלֵא יֵשׁ, וְיֵשׁן שְׂאֵפְלוֹ חֲדָשׁ אֵין בּוֹ:
Rebbi (Meir) says: Do not look at the jug but rather at what is in it. For there are new jugs full of old, and old that do not have even new within them.

Post it Emotions Walk (3 minutes)

Hand each staff member a card/post-it with the label of an emotion on it (Fear, Disgust, Joy, Sadness, or Anger) - ask them to mill about among each other, and tell others how their week was, in the tone of their assigned emotion. After a minute, have them trade emotion cards and continue the conversation – now talking about their week through a different emotional tone.

- Ask a person or two to reflect on the experience

Inside Out Charts (6 minutes)

Show the chart with 5 inside out characters (Fear, Disgust, Joy, Sadness, Anger) – ask everyone to write down how each emotion shows up for them (what does it look like/feel like when I’m experiencing joy, etc.)

- A couple of people can share

Hand out the Inside Out Overlap chart for each person – have staff look at the grid and identify times and/or places during the summer that they have experienced these feelings, jot down or circle

- Ask for volunteers to share their experiences

Chevruta Debrief (5 minutes)

Discussion: when you recognize that you’re having this feeling – is there anything you could do to change the feeling?

- How do you communicate this feeling to others, intentionally or unintentionally, verbally or non-verbally, what does it look like in your head/what does it look like to an outsider?
- Is ecstasy the feeling to aspire to? What do you aspire to be at camp? When is it good to also have some of the negative emotions?



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Closing Thought: Sometimes just naming our emotions in a tough moment helps us work through them more easily, or allows others to support us through the feelings. As the camp season goes on and we get more tired, let's help each other find the joy in this work, and support one another as other challenging moments arise.