

Rise Like A Lion

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SUMMARY:	How do we wake up as enthusiastic on day 40 as on day 1? Why is it even important? This session shares a Jewish frame for starting each day with great energy and includes many different ways to incorporate great morning rituals into any bunk.
TOPIC(S):	Staying motivated each and every day
LEARNING OBJECTIVE:	Counselors will have tools to start each day enthusiastically
AUDIENCE:	Counselors, Campers
TIMING:	15 minutes
APPENDICES:	N/A
MATERIALS NEEDED:	Powerful photos/pictures of animals. Pictures or sketches of Power Poses. Laptop/projector/speakers for playing videos or soundtrack. Big butcher paper and markers for power poses.
SET-UP DETAILS:	Ideally a space with walls large enough to have four different activities happening at once.

SESSION TIMELINE & OUTLINE:

0 - 6: Power Pose Walk
 6-10: Rise Like A Lion / How to Wake Up Motivated Each Day
 10-15: Morning Rotations

Set Up: Hang pictures of power poses and animals (in awesome, natural poses)

Power Pose Walk (6 minutes)

Staff come into the meeting with pictures of power poses and animals (in awesome, natural poses) posted around the room. Ask people to spend one minute walking around and looking at the photos, encourage them to try out a position or two. Then “on the count of three – strike & hold your power pose”.

Ask staff 60 seconds to hold their pose.

Spend 3-4 minutes debriefing the power pose. Specifically:

- How did it feel to hold on to that for the full minute? Staff members may have gotten tired, bored, fidgety, annoyed... or loved every second of it; proud of themselves, energized.
- How did you feel trying out the different poses?

Explain that there is science behind the concept of power poses. Amy Cuddy studied that standing a certain way changes the way that you see yourself, the way that you feel, and the way that you act. Speak to the importance of staying enthusiastic all summer long. Getting worn down, or losing the positive spark can happen under the pressures of camp. Together we’re going to explore a few ways to wake up every day and spark your inspiration.

Rise Like A Lion / How to Wake Up Motivated Each Day (4 minutes)

הַיְהוֹדָה בְּנֵי יְהוָה יִקְוּם וְכָאֲרִי יִתְנַשֵּׂא

Behold, a people that rises like a lion...

Numbers 23:24

יְהוּדָה בֶּן תֵּימָא אוֹמֵר, הָיִי עַז כְּנֶמֶר, וְקַל כְּנֶשֶׁר, וְרַץ כְּצִבִי, וְגִבּוֹר כְּאֲרִי, לַעֲשׂוֹת רְצוֹן אֲבִיךָ שְׁבַשְׁמַיִם.

Yehudah ben Teimah says: Be brazen like the leopard, light like the eagle, swift like the deer, and mighty like the lion to do the Will of your Father Who is in Heaven.

Pirkei Avot 5:20

Questions for discussion:

- How do you want to wake up each day?
- How do we wake up each day like it’s going to be the best day?
- Who are we responsible to each day?
- What are qualities that we want to embody each day? How will they serve us?

Morning Rotations (5 minutes)

Invite staff members to go to the four corners of the room, or if a small group, to observe a few ways to spark enthusiasm each day, for yourself, and for your cabin. There are 7 different ideas here, feel free to demonstrate 4 of these (or more, or fewer, or add your own!) If working with a smaller group, instead of

rotating, you can show four ideas one at a time to the whole group.

Suggest to staff members that they consider trying these as morning rituals in their own cabins.

Morning Ritual 1: **Mirror Affirmations**

Show this clip <https://www.youtube.com/watch?v=Cgw8OFVHzd4> (Little Girl Saying “I like _____” in the mirror.) Set up mirror big or small and encourage everyone to say their own “I Like _____” statements. This is all about YOU saying your own things, so many people can go at the same time. Try to keep the “I Like” statements going for at least 30 seconds. To bring this back into your cabin, you could place footprints in front of the mirrors in the bathroom, or small mirrors on the sides of beds / cubbies.

Morning Ritual 2: **Laughing Yoga**

A “how to” guide can be found here: <https://www.wikihow.com/Do-Laughter-Yoga> - we suggest starting with some clapping/movement, the laugh warm up, the lion laugh, and then try out different animals or styles of laughter.

Idea 3: **Power Pose Pairs**

On big paper, pairs trace each other in power poses. These poses can be hung around the cabin and at any time people can go stand in front of the outline and try on the pose. Each morning cabins can have a power pose minute where everyone finds one or two to stand in.

Idea 4: **Wonder Twin Powers Activate**

Each person gets a ring and they find a partner. When one needs an energy boost or a blessing for the day they can put their rings together “One, two, three powers activate shape of a _____”. They activate something that they need each other for or something they need from the other person.

Idea 5: **Make your bed every day.**

The first 30 seconds of this video states that the most important thing to do each day is make your bed! (<https://www.youtube.com/watch?v=U6OoCaGsz94>). Carve out a bed making minute in your cabin each day so that before campers leave for the day, they’ve already accomplished something big! To amp it up, create a micro ceremony/celebration to do when all the beds are made.

Idea 6: **Unique Handshakes**

Form a unique connection with everyone in your cabin by making up a secret handshake with each camper. Use the handshake as an exit ticket to head off onto a great day at camp!

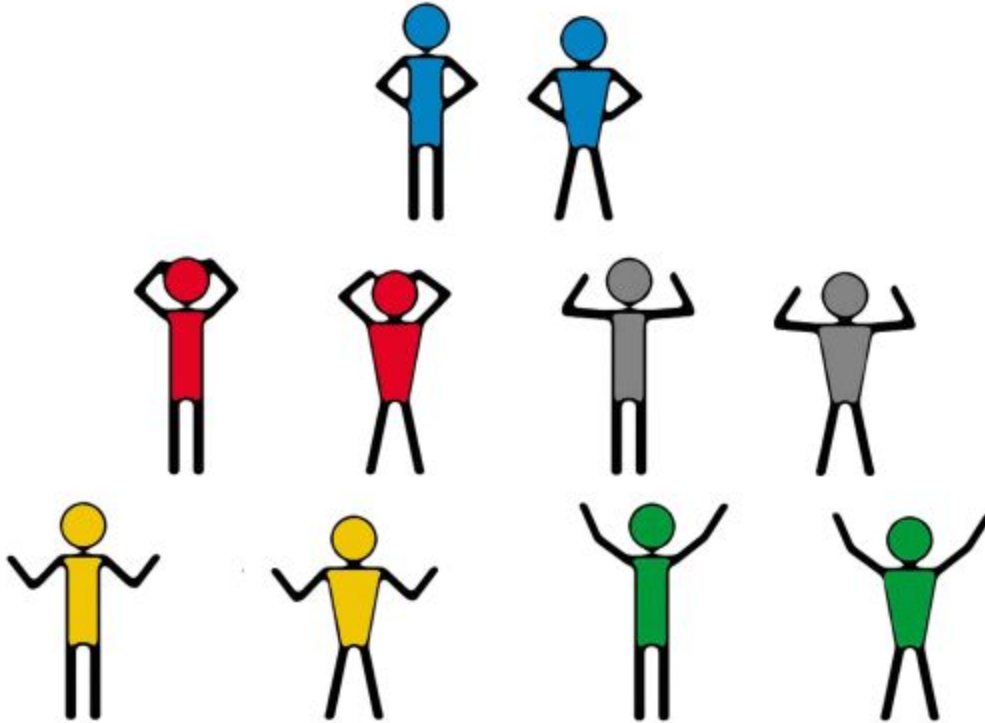
Check out this teacher for an example: (<https://www.youtube.com/watch?v=I0jgcyfC2r8>)

Idea 7: **Morning playlists**

What sounds and songs get everyone up in the morning? Start with a little “Circle of Life” to get the lions in your cabin roaring, and then add favorites from your cabin or upbeat songs. This is a great opportunity to highlight some Israeli artists or favorite camp songs. When it’s time to get ready in the morning, make sure your music is playing. You can even use the music as a timer to help keep the morning on track.

Bonus For Day camp staff: There are lots of things that you can do before campers arrive at camp – what does it look like at a bus stop? How do you show up? A pose for the bus stop. What happens on the bus? Individual handshakes for everyone!

Power Poses:



(photo from: <http://freezapnuggets.com/wordpress/?p=196>)



(photo from: <https://goodenoughtherapist.com/tag/power-posing/>)