

INTEGRATED EXPERIENCE AND LONG-LASTING IMPACTS

AUTHOR(S):	Westchester Jewish Community Services & Foundation for Jewish Camp (with information from National Council for Behavioral Health, Youth Mental Health First Aid and CPI – IANCI)
SUMMARY:	Being aware of how you feel and how it impacts a situation is crucial. This activity and points will help participants increase their awareness of when they may consider stepping away from a situation, a vital skill in crisis de-escalation. Controlling what we can control (ourselves) is key in providing the best possible care, welfare safety and security for campers and staff.
TOPIC(S):	Communication Skills, Leadership Development, Mental Health, Self-Care
LEARNING OBJECTIVE:	The participants will increase self-awareness, understanding how they feel may impact situations. They will recognize that staff behavior has an impact on the behaviors of those in their care. Objectives include maintaining professional attitudes during crises, understand the integrated experience, and have a self-care plan.
AUDIENCE:	5-30 staff participants
SPACE:	Private area with large enough space for role plays
TIMING:	15-20 minutes for role plays and 10-15 minutes lecture facts and discussion
MATERIALS:	<i>Optional:</i> Copies of “Little Eyes Upon You” poem or Starfish story, Video Projector

OPTIONAL OPENING ACTIVITY: MIRROR THE LEADER GAME

- Actions and attitudes can be contagious!
- Choose someone to leave the room and later be the ‘guesser.’
- Meanwhile, the rest of the group selects a secret leader who will set the tone and everyone else in the circle must imitate their actions and expressions. In this version, explain that they should try to show emotional facial expressions that will be ‘contagious’ to everyone else (angry scowl and fist pounding, smiling and laughing with their head back, frowning and wiping their eyes, raising arms and taking calming yoga breaths, etc.).
- The goal is for the guesser who left the room to try and guess who the leader is. When they return to the group, have them guess up to 3 times.
- Allow a few rounds of play (some people have called this kind of game Indian Chief or Circle Game)!

EXPLORING “INTEGRATED EXPERIENCE”

Define the terms *integrated experience*. Ask first for group suggestions.

- Crisis Prevention Institute defines *Integrated Experience*: “...how my attitudes and behaviors affect your attitudes and behaviors and vice versa. If my attitude and behavior is positive, it will most likely yield positive results. The reverse is true as well. If I have a poor attitude or I’m exhibiting rude, disrespectful behavior, my results will likely not be great, and could contribute to someone escalating to verbal aggression or worse— physical assault.”

Lead a discussion exploring the following:

- Do you have an example you can share about a time when someone else’s behaviors and attitudes impacted or changed your behavior and attitude?
 - Have you seen an example of the impact of your (or other staff’s) behaviors and attitudes of those in your care?



- How might we limit making assumptions about other's behaviors when we consider outside factors we may not be aware of?
- Some thoughts or phrases to review – do any resonate with you?
 - Individuals do not act out in a vacuum.
 - Campers affect the weather – staff control the climate.
 - Know when to be the thermometer (read the temperature in the room) and when to be the thermostat (set the temperature in the room).
- How does physical movement set the tone?
 - Optional: Consider practicing in pairs saying the same thing to one another while crouching down in a whisper, while standing close and yelling, while lying down in the grass looking up at the sky, while standing back-to-back. How does that change the feeling of energy?
- What are some examples of how, if we stay in control of our behavior when we encounter a disruptive individual and display a positive action, we can possibly de-escalate behavior?

Review: Recognize that you cannot force individuals to act appropriately. Trying to control others can result in unproductive power struggles.

OPTIONAL WRAP-UP SELF-CARE ACTIVITY

- Revisit the conversation of importance self-care.
 - Airplane metaphor: In emergencies, you're instructed to put on your own oxygen mask first.
 - Jewish text discussion: Rabbi Hillel said "If I am not for myself, who will be for me? If I am only for myself, what am I? If not now, when?" Why might Rabbi Hillel have said this well-known phrase in this specific order?
- Brainstorm ideas and have folks write themselves a reminder note of something they commit to doing as an act of self-care this coming week.
- Fold the notes with their names on the outside, collect them, and return it to them during Shabbat with a note of positivity from yourself or Camp leadership staff.

Optional Additional Resources and Ideas for Making a Lasting Impact

- Starfish Story: <https://www.carolinebillington.co.uk/docs/Starfish-Story.pdf>
- Lollipop Moments TED Talk: https://www.ted.com/talks/drew_dudley_everyday_leadership
We have all changed someone's life -- usually without even realizing it. In this funny talk, Drew Dudley calls on all of us to celebrate leadership as the everyday act of improving each other's lives.
- "Little Eyes Upon You" poem (see following page)

LITTLE EYES UPON YOU

Attributed to multiple authors

There are little eyes upon you,
And they are watching night and day;
There are little ears that quickly
Take in every word you say.

There are little hands all eager
To do everything you do;
and a little one who's dreaming
Of the day he'll be like you.

You're the little darling's idol;
You're the wisest of the wise;
In her little mind, about you
No suspicions ever rise.

He believes in you devotedly,
Holds that all you say and do,
They will say and do in your way
When they're grown up like you.

There's a wide-eyed little one
Who believes you're always right;
And her ears are always open,
And she watches day and night.

You are setting an example
Every day in all you do;
For the little one who's waiting
To grow up to be just like you.