

Gmorning, Gnight! Bookending Your Day with Positivity *Start Your Morning*

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SUMMARY:	Inspired by a book penned by award-winning writer, performer, and all around superstar Lin Manuel Miranda, this sessions explores the messaging we start and end our days with. Among so much negativity in our news and social media outlets, how do we prioritize starting and ending our day with a little jolt of happiness? Let's explore together! - <i>Submitted by Teri McGuire</i>
TOPIC(S):	Wellness, Bedtime Ritual
LEARNING OBJECTIVE:	Participants will gain new ideas for intentional ways to start and end their day, as well as explore how these new approaches could affect others around them.
AUDIENCE:	This session is best suited for individuals 12 and older.
TIMING:	60 minutes
APPENDICES:	<ul style="list-style-type: none"> • 4 pictures to represent four options to be greeted • Negative Twitter Screenshots • Gmorning Gnight excerpts
MATERIALS NEEDED:	<ul style="list-style-type: none"> • Colored card stock – varying colors (100 sheets) • Markers • Single hole punch • Stickers (a variety – whatever you have!) • Scissors (one for every two participants) • Colorful Ribbon (one spool)
SET-UP DETAILS:	This session can take place in any room or space.

SESSION TIMELINE & OUTLINE:

- Welcome – Participants are welcomed based on their preference. At the door there are four options of how they can be greeted. The facilitator greets the first person how they choose, and then that first person greets the next person based on their selection. Options:
 - High five
 - Fist bump
 - Dance Party
 - “We are so glad that you are here!”

- **Non-Verbal Communication Game (15 minutes)**
 - Two concentric circles are made with all of the participants
 - The outside circle members are given a piece of paper they must put on their forehead and not look at (negative tweets). The inside circle is given nothing.
 - The inside circle will rotate, take a moment to read what is on the forehead of the person across from them, and respond to it non-verbally.
 - After a few rounds of movement the facilitator will stop the circle. People on the outside circle can volunteer to guess what they think their forehead said, and then they can read theirs aloud.
 - The outside circle now discards their negative tweet and they get a new piece of paper. This time, Gmornings from Lin's book.
 - The activity repeats itself, with the inside team now responding to Lin's tweet's non-verbally.
 - Once again the outside circle gets to guess what they think their forehead says.
 - The group now gets to go sit in their big circle, and debriefs:
 - If you were on the inside circle, how did you feel differently between round 1 and 2?
 - What about those on the outside?

- **Gmorning, Gnight (45 minutes)**
 - Pass out to the group and read, the introduction poem of the book.
 - Pass out to each person a set of a gmorning and gnight – ask them to sit in chavruta and ready and discuss their page – What about it resonates with them? What doesn't?
 - Bring the group back together, have anyone who wants share theirs and talk about it
 - Discuss the power of a bookend: Bookends are designed to “buttress, or to support an upright row of books.” Usually, bookends also are a matched, mirror image set, providing visual balance. Bookending your story/speech means that your speech introduction and conclusion support your speech in a way that provides balance. You “close the circle” for your audience, wrapping up your story/speech, in a neat package.
 - Share that the Shema is a bookend in our Jewish tradition – being said at the beginning of our day, at the end (and even in the middle for good measure!).
 - To help us, and those we interact with bookend their day with positivity we will take the time to create gmorning, gnight necklaces (made with cardstock and ribbon). Participants are invited to write their own gmorning, gnight message (inspired by Lin's or entirely their own), on the two sides of a cardstock page, and to decorate their necklaces however they would like.
 - Participants are welcome to wear these throughout the day to remind themselves of their message, but also to share it with others!

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

- These texts are fun and uplifting. This session is designed to introduce them to you, you could run this session with your bunk or unit, and/or you can think of incorporating them in the following ways:
 - Read the morning and night each day to your bunk at the appropriate time
 - Hang up poster sized versions in public places (bathrooms, seating areas, etc)
 - If your camp does morning prayers, start or end prayers with reading a morning