

### Knot a Bad Way to Start the Day

*Start Your Morning*

<b>AUTHOR(S):</b>	Julie Finkelstein & Erica Goldman
<b>SUMMARY:</b>	We're kicking off our morning with a dose of crafting, a pinch of poetry, and a whole lot of gratitude. In this session we'll explore how we show appreciation to those we love, and heavily debate the age old question - is it called lanyard, gimp, or boondoggle?! Join us if you're looking for a way to take friendship bracelets up a notch, or just want to ease into the day with some feel good conversation. - <i>Submitted by Erica Goldman and Julie Finkelstein</i>
<b>TOPIC(S):</b>	Gratitude, Appreciation
<b>LEARNING OBJECTIVE:</b>	<ul style="list-style-type: none"> <li>• Feel inspired to express gratitude more regularly to those who have made an impact on your life</li> <li>• Experience a model for starting the day with Jewish values</li> <li>• Experience a modality for adding content to friendship bracelet making</li> </ul>
<b>AUDIENCE:</b>	Older campers and/or staff 15-20 people max, can split group into smaller groups for discussion if necessary
<b>TIMING:</b>	1 hour (though can be stretched longer)
<b>APPENDICES:</b>	Copies of The Lanyard (by Billy Collins)
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• 6-10 different colors of Lanyard</li> <li>• Scissors</li> <li>• Labels/slips of paper with color meanings</li> </ul>
<b>SET-UP DETAILS:</b>	The session can happen in almost any space, ideally with enough room for the entire group to sit comfortably in a circle

#### SESSION TIMELINE & OUTLINE:

- Opening – 10 minutes
- Poetry – 10 minutes
- Craft – 30 minutes
- Close – 10 minutes

#### 1. Session Opening:

- Welcome everyone to the space and do a quick round of introductions. If time permits, participants can also share the best/a favorite gift they have ever received
- Explain that in this session we will be exploring appreciation through a variety of modalities, in order to start our day from a place of gratitude.

### 2. Poetry:

- Hand out and read aloud the poem *The Lanyard* by Billy Collins. You may want to give participants time to read it through a second time on their own quietly, and/or read it aloud a second time as a group.
  - For context - Billy Collins (born in 1941) is an American poet, appointed as Poet Laureate of the United States from 2001 to 2003. He was a professor at the City University of New York for almost 50 years and the New York State Poet for 2004 through 2006.
- Ask for general reactions – what feelings came up for you while listening to this poem? Did it remind you of any of your own life experiences?
- There are so many people in our lives today, or in our pasts, that have given us life – physical life, emotionally, or even shared pivotal experiences with us that made us feel alive. Ask each participant to think about a person (or a community of people) who has given them life and that they would like to appreciate today. But before sharing...

### 3. Craft:

- Put out several colors of lanyard/gimp/boondoggle, labeled with their corresponding meanings, and ask participants to choose their strands of lanyard based on the characteristics that best describe the relationship they have with the person they thought of in the previous section.
  - Here are some suggested color/meaning matches – feel free to add your own, or mix and match based on what colors of lanyard you have available:
 

○ Red – powerful	○ Silver – intense
○ Green - nurturing	○ White - comfortable
○ Blue – inspiring	○ Black – motivating
○ Yellow – joyful	○ Light blue- generous
○ Purple – humorous	○ Pink - honest
○ Teal – loving	
  - Some participants may already know how to do lanyard stiches, and they should feel free to do whatever stich they would like! Others might be more comfortable with a basic braid. You may also hand out some of the instruction sheets in the appendix for those who would like a tutorial. The aim of the session, however, is not to teach an advanced Lanyard class, but to allow participants to create a small token that represents the meaningful relationship they selected earlier.
  - As participants are working on their lanyard creations, once again go around the circle and have everyone share a bit about the person/group they are thinking of today.
    - Why is this relationship so meaningful to you?
    - How have you shown appreciation to this person in the past? How might you in the future?
    - They may choose to share why they picked their lanyard colors as well if time permits.
- ### 4. Close:
- The middah (Jewish value) of Hakarat HaTov (recognizing the good, or colloquially gratitude) is a central value in Jewish character development and in living a full life. We will close today by looking at what Jewish sources say about gratitude and appreciation.

## CORNERSTONE 2019 RESOURCE

- An interpretation of a quote from Moses in the book of Devarim/דברים/Deuteronomy says that we are obligated to say at least 100 blessings every day. For some this means saying a blessing prior to most activities –eating, using the bathroom, seeing a beautiful rainbow. But more broadly it reminds us to appreciate at least 100 of our own every day blessings each day, including those who have made a huge impact on us. We will end our time together by generating more than 100 blessings together.
- Play “Things that Are Good!”
  - i. Rapidly go around the circle – when it is your turn, all you need to do is to say something that is “good!” (friends! Chocolate! Lanyard!, etc)
  - ii. You can repeat something someone else has said, you can even repeat something someone else has said. You can pass if you need to.
  - iii. The key is to move quickly and to create a whirlpool of good.
  - iv. Go around the circle several times
- Thank everyone for coming – challenge participants to (literally or metaphorically) share their lanyard with the person they had in mind, and to have a day filled with appreciation for all the good around us.