

ResTORAHative Chats: Listening with All Your Heart, All Your Soul *Elective*

AUTHOR(S):	Melissa Shaw, Brett Gurwitz
SUMMARY:	Using Restorative Practices as our cornerstone, this session will utilize dialogue exercises, experiential learning techniques and role plays to explore compassionate listening, how “the danger of a single story” can limit our presence with our campers, and how to begin to move our relationships to a more authentic place. In doing so, participants will learn and practice using a restorative line of questioning to help campers reflect and grow from challenges all in the hopes of building restorative relationships and establishing skills that strengthen resiliency and an open, honest culture of repair. – Submitted by Brett Gurwitz and Melissa Shaw
TOPIC(S):	Relationship building, group dynamics
LEARNING OBJECTIVE:	Fellows will engage in dialogue to gain insights to new possibilities around challenges
AUDIENCE:	Group size 20-30 ages, 7 th grade and Up
TIMING:	90 minutes
APPENDICES:	<ul style="list-style-type: none"> • Restorative Tip Card • https://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story?language=en
MATERIALS NEEDED:	N/A
SET-UP DETAILS:	Room with space to sit and move. Flexible arrangement with chairs in a half circle facing a projector and a screen.

SESSION TIMELINE & OUTLINE:

Practice Active Listening (15 minutes)

- Mix and mingle dance party:
 - Partner 1 Answer: Best part of your day so far? Focus: Make Eye contact,
 - Partner 2 Facilitator calls out 1 minute each to Mirror each other, Focus: Match Facial expressions, nodding, etc.

CORNERSTONE 2019 RESOURCE

- Partner 3 What do you love about camp? Focus: Paraphrasing -“What I heard you say is..” “Sounds like..”
- Partner 4 Answer: What is for favorite place at camp? Focus: Clarifying Questions “tell me more...”

Discussion: What did you notice?

- Shma text- spirituality of listening (10 minutes) – text is shared and discussed
- The Danger of a Single Story (9 minutes version)
 - Think of an assumption/single story you’ve had and share with your partner - 4 minutes each
- In your notebook: (5 minutes)
 - Think of a time at camp you had a conflict or challenge with a camper/colleague
 - Free write the details you remember of the event or moment.
- Writing Share Back in pairs(10 minutes)
 - Discuss:
 - What happened?
 - What were you thinking/feeling at the time?
 - Who was affected/impacted by what happened?
 - What could you have done differently?
 - What can be done to repair harm/restore relationships?
- Scenario: (30 Minutes)
 - In Groups of 3 discuss the following:
 - In the middle of lunch, an often enthusiastic camper approaches you with an idea that they are excited about for Bunk Night. You are distracted and tired, you ignore them and say ” great, great I’ll think about it” and brush them aside. They walk away sullenly and remain silent at their table for the remainder of lunch. Later in the day you notice that they are distant and sitting on the sidelines and not participating as they normally do. You are aware that you may have caused harm and wish to address it.
- Debrief
- Closing: If you were a color right now what color would you be or why?