What's Keeping You Up At Night?
Evening Experience 2

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SUMMARY:	There's a lot going on in the world and in our lives, and none of that goes away when we move into camp for the summer. In this session, participants will have an opportunity to share what's especially on their minds and hearts right now. - *Submitted by Sarra Alpert, Jonah Canner, and Caroline Rothstein*
TOPIC(S):	Current events, wellness
LEARNING OBJECTIVE:	Participants will spend time in small groups creating space for each other to be able to safely share their answers to various questions and work together on ideas for whether/how to appropriately bring their various challenges into the camp environment.
AUDIENCE:	Any age range is appropriate; recommended no more than 45 or 50 participants.
TIMING:	75 minutes
APPENDICES:	● Question Cards
MATERIALS NEEDED:	● Question Cards (appendix)
SET-UP DETAILS:	This should take place in a room or space that feels comfortable for people to share private, personal, or vulnerable feelings or thoughts. Ideal set-up would be where everyone can sit comfortably either on the floor or in chairs in a configuration that supports both large group and small group conversations.

SESSION TIMELINE & OUTLINE:

5 minutes: Welcome
5 minutes: Goal Sharing
35 minutes: Opening
20 minutes: Small Group Break-Out
10 minutes: Closing

- (5 minutes) Facilitators welcome participants into space.
- (5 minutes) Facilitators share session goal:
  - Provide an opportunity to give voice to the things that are more deeply on their minds and hearts.
  - Help participants to explore and better understand what place these things have at camp.
- (35 minutes) Opening:
  - Facilitators share and review community guidelines and agreements:
    - Spaciousness: give each other time to share at our own pace, making sure there's enough time in each activity for participants to be able to share in some depth without feeling rushed.
    - Full confidentiality: everything that participants share tonight will be kept confidential. In some other sessions, a useful principle is "what's said here stays here; what's learned here leaves here" which means that people can repeat some of what they heard as long as they do so without saying who said what. For a session that focuses on personal sharing, I recommend going beyond that and not repeating anything that anyone else said about their personal stories or opinions. You're certainly welcome to share any of your own insights or any of the ideas that you or others come up with later about how to create activities at camp that build from what people shared.
    - Be there for each other: our primary role with each other tonight (when we're not personally sharing) is to listen. Demonstrate engaged listening in whatever way is most comfortable for you. If you feel comfortable doing so, feel free to offer or ask for a hand-hold while you're sharing. If you want to ask someone follow-up questions, ask first if they're open to that.
    - Stay connected: if you want to continue any of tonight's conversations with any of tonight's participants, ask their permission to do so and allow for them to say no.
  - Facilitators model a small group conversation with three modalities of sharing (Prepared poem, Premeditated Story, and Free Association)
    - Caroline shares a prepared poem
    - Sarra shares a premeditated story
    - Jonah shares a free association
  - Hevruta & pair/share
    - Each participant turns to a partner to discuss:
      - What stood out?
      - What resonated?
      - What did you notice?
- (20 minutes) Small Group Break Outs:
  - With your partner/hevruta, find another pair to make a group of four.
  - Go around the circle, with each person sharing a response to one of the question prompts in the "Question Cards."
  - After the first time around the circle, your group can decide to go around again responding to more questions, go around and each share freely, or move into an open conversation.
- (10 minutes) Closing:
  - Come back to the whole group.
  - With your original partner, discuss how you might bring this session back to camp.
  - Official closing and thank you from facilitators to end the session.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

One way to modify this session in bringing it back to camp is to offer the option for people to journal during the small group sharing if they are not comfortable sharing their thoughts with other people.

Some other best practices for bringing these topics into programming:

a. If you're still "in" it (i.e. still feeling significant emotional impact), then you're likely not ready to take the necessary distance to craft and facilitate an effective program on it. Rather than try and turn it into a teaching opportunity, make sure you have a good personal support structure at camp so that you have people who can be there for you if you end up especially impacted by whatever it is during your summer.

b. Find your allies: Make sure you have a few people you really trust to work with you on any programming or other ideas that you have for how you want to bring a particular issue into camp this summer. Trust them to help you figure out how best to do that (and to have your back if it gets challenging).

c. If you're approaching a controversial topic, try to come to it from a place of more accessible, shared values (even if that means coming from a less radical place than where you might personally be) -- i.e. consider why someone who doesn't agree with you might still be able to care about this issue, and craft programming that enables that as an entry point.

d. Assume potential for connection rather than antagonism: look for places where participants can learn from and share with each other

e. Be clear about your purpose both in your program design and in your facilitation - what do you want people to get out of this? For example, "I want people to know about this" isn't enough of a reason to support a well-crafted program -- WHY should they know about it? What are the values at stake or the potential impact of the learning?