

### Curly Hair Chug, *Start Your Morning*

<b>AUTHOR(S):</b>	Liora Bernstein
<b>SUMMARY:</b>	In this start your morning, we're going to delve into the connections we may have between our curly hair and our Jewish identity and what it means to wake up confident in your curls.- <i>Submitted by Liora Bernstein</i>
<b>TOPIC(S):</b>	Identity
<b>LEARNING OBJECTIVE:</b>	Participants will leave this program with an understanding of how their curly hair fits into their Jewish identity (if at all)
<b>AUDIENCE:</b>	Ages 13 and up. 10-20 people
<b>TIMING:</b>	60 minutes
<b>APPENDICES:</b>	Curly Hair Chug Source Sheet; Example Identity Diagram
<b>MATERIALS NEEDED:</b>	Paper Pens/Pencils
<b>SET-UP DETAILS:</b>	Chairs in a circle (can also sit on the floor if need be)

#### SESSION TIMELINE:

- Introduction (10 min)
- Personal Identity Diagram (5 min)
- Jewish Identity Diagram (5 min)
- Identity Diagram D
- Discussion (10 min)
- Source Sheet Pair & Share (15 min)
- How to "Wake Up" Confident in Your Curly Hair

### OUTLINE:

- Introduction (10 min)
  - Everyone will go around and say their name, their camp, what they like about their hair
- Personal Identity Diagram (5 min)
  - **Definition of Identity:** the fact of being who or what a person or thing is.
  - Participants will now have 5 minutes to fill out an identity diagram. They should think broadly about themselves as a person and what components of their lives make up their identity.
- Jewish Identity Diagram (5 min)
  - Thinking more specifically about themselves and their Jewish Identity, participants will now have time to create the same identity diagram specifically pertaining to their Jewish identity. Have them consider:
    - What components of their upbringing are vital to their Jewish identity?
- Identity Diagram discussion (10 min)
  - Give participants the option to share with the group one or two things from their person identity diagram that they think are the most important to their identity
  - After everyone who wants to go has shared, have participants go around again and share one or two things that are vital to their Jewish identity
    - If anyone says their hair is a vital part of their Jewish Identity ask why, if no one does (or very few people do) ask why no one felt it was a vital part of their Jewish identity
- Source Sheet Pair & Share (15 min)
  - Have participants pair off into groups of two or three and pass out the source sheet.
  - Give them 8 minutes to go over the sheet together and discuss what they agree with. Have each person highlight the sentence or phrase they relate to most
  - Using the remaining ~7 minutes, have participants share out to the larger group either something they learned from the source sheet or the phrase they highlighted that they found most relatable
- How to “Wake Up” Confident in Your Curly Hair (10 min)
  - Use the last ~10 minutes to allow for a share-out where participants can share what has helped them feel most confident in their curly hair (i.e. tips and tricks they’ve learned or people in their lives who have helped them through their curly hair “journey”).