

CORNERSTONE 2020 RESOURCE

Thank You and Good Night, *Evening Program*

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SUMMARY:	This evening program provides structure for participants to reflect, ground themselves and wind down from a busy day. Participants will enjoy different rituals dedicated to ending the day with intention and mindfulness. - <i>Submitted by Larry Bender, Liora Bernstein, and Natalie Rothstein</i>
TOPIC(S):	Bedtime, mindfulness
LEARNING OBJECTIVE:	Participants will leave this program feeling like they've been able to end a day intentionally and with ideas for an evening program devoted to ending the day or shorter activities they can incorporate as regular bedtime rituals.
AUDIENCE:	Ages 8 and up. 10-30 people.
TIMING:	75 minutes.
APPENDICES:	Fill in the blank reflection handout, stories, guided meditation
MATERIALS NEEDED:	-mason jars -construction paper -pens
SET-UP DETAILS:	-Large room with chairs in a circle -Cozy space around a campfire

SESSION TIMELINE & OUTLINE:

Timeline:

- Introduction - 5 minutes
- Stretching - 5 minutes
- Reflection - 15 minutes
 - Rose, bud, thorn, gardener
 - One page fill in the blank
 - Gratitude jars
- Storytelling - 15 minutes
 - 1 story for each facilitator
- Intention setting - 10 minutes
 - How you want to wake up tomorrow
 - Intentions for the next day
- Guided meditation - 10 minutes
- Sh'ma Meditation - 2 minutes
- Debrief- 5 minutes

Outline:

- Introduction - 5 minutes
 - Share the goals of the session:
 - To provide a full evening program of bedtime activities that involve winding down and reflecting on the day and also preparing for the day ahead
 - Share different ideas for bedtime routines that can be done in sequence or any of them on their own
- Stretching - 5 minutes
 - Lead the group through 5 minutes of stretching to help everyone ground themselves and let go of tension from the day. (Either yoga-based movements or full body stretch sequence)
- Reflection - 15 minutes
 - Rose, Bud, Thorn, Gardener
 - Rose: Something that made you feel happy, excited, or grateful that day
 - Bud: Something that you're looking forward to
 - Thorn: Something that happened today that you weren't super excited, happy, or grateful that day
 - Gardener: Somebody that made your day! Someone you're grateful for (doesn't have to be someone in the room, just put your gratitude out into the universe)
 - One-page fill in the blank
 - Can be found in the Appendices
 - Gratitude jars
 - All participants will be asked to write out what they're grateful for on strips of colored construction paper. They can then put the paper in a mason jar as a tangible reminder of what they're grateful for and continue adding throughout the seminar and the summer at camp. (If you can, use multiple colors in a jar to make a colorful rainbow jar of gratitude!)

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- Storytelling - 15 minutes
 - Each facilitator will read/tell a story to the group - story options include (but are not limited to) “Tale of Three Brothers” and “Berenstain Bears Go to Camp”
- Intention setting - 10 minutes
 - How you want to wake up tomorrow
 - Intentions for the next day - have each participant set intentions for the day ahead, these can be shared out loud in a group or have each participant write them down on a piece of paper to add to their gratitude jars. Intentions for the day ahead should be about things people want to accomplish the next day, how they want to show up the next day, or something they want to embody the next day.
- Guided meditation - 10 minutes
 - Lead participants through a guided meditation (suggested meditation is included in appendices)
- Sh'ma Meditation - 2 minutes
- Debrief- 5 minutes