

CORNERSTONE 2020 RESOURCE

Body Positivity To Shape the Day *Start Your Morning 1*

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SUMMARY:	In this session, participants will detoxify harmful and destructive notions around body image and body culture—at camp and beyond—by reframing the ways they think about and speak to their own bodies, especially when waking up in the morning. - <i>Submitted by Caroline Rothstein</i>
TOPIC(S):	Body Image, Body Empowerment, Body Positivity, Mental Health, Social-Emotional
LEARNING OBJECTIVE:	The goal of this session is for participants to leave feeling empowered around body image and body culture both personally, as well as feeling prepared to help empower their campers, co-counselors, and camp community this summer.
AUDIENCE:	Any age range; ideally no more than 20 participants.
TIMING:	60 minutes
APPENDICES:	N/A
MATERIALS NEEDED:	<ul style="list-style-type: none"> • Pens/pencils/writing utensils • Blank paper or notebooks
SET-UP DETAILS:	This session should take place in a space/room where participants can spread out comfortable to lay on the ground or sit down in a chair, but also have space to write.

SESSION TIMELINE & OUTLINE:

- Begin session by inviting everyone to begin sitting in a circle and welcome participants.
- Introduction, share goal, agenda, and group guidelines/agreements (**5 minutes**):
 - Goal: For participants to leave feeling empowered around body image and body positivity both personally and for their campers, co-counselors, and camp community.

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- Agenda:
 - Introduction
 - Activity #1
 - Activity #2
 - Activity #3
 - Bringing it back to camp
 - Closing

- Share/Review and Agree Upon Guidelines and group agreements for creating a brave and safe(r) space:
 - Use “I” statements
 - Confidentiality
 - Ask clarifying questions
 - Meet risk with risk
 - It’s ok to be raggedy
 - Self-regulate self-care (i.e. it’s ok to step outside if needed)
 - Facilitator is available after

- Begin opening activity and ice-breaker (**5 minutes**):
 - Ask participants to share their name, their pronouns if they feel comfortable, and one thing for which they’re grateful today.

- Activity #1: Morning Routines (**15 minutes**)
 - Take a moment to think about your morning routine. Is it different at camp? What does it look like – in general or specifically at camp?
 - Take a few minutes to write down – step by step – what your morning routine is. Do you move? Do you say any prayers? Do you go to the bathroom? Do you brush your teeth? Do you look in the mirror? Do you comb or brush your hair? Something else?
 - Make a list on your paper.
 - Ask for volunteers who want to share.
 - Now take a moment to consider what you think about or feel every morning as you do this routine. Bring yourself to your morning – what goes through your head? What goes through your body? Does it change every day? What do you notice or see?
 - Make a list on your paper.
 - Ask for volunteers who want to share.
 - Discussion/debrief:
 - What do you notice about everyone’s routines?
 - What do you notice about everyone’s morning feelings and thoughts?
 - What do the routines and/or thoughts/feelings have to do with body image?

- Activity #2: Body Scan (**10 minutes**)
 - Invite participants to spread out on the floor and either lay down in a way and space that feels comfortable for them, or to sit in a chair or way that feels comfortable.
 - Give participants a heads up that they are going to be doing a “body scan,” which will involved being guided to silently—on their own—think about, consider, and communicate in a slow and intentional way with various parts of their bodies.
 - Invite participants to close their eyes and take three deep breaths.



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- Walk everyone—slowly—through various body parts, beginning with toes and feet, legs, parts of the torso—stomach, backside, arms, hands, shoulders, neck, head, parts of the face, scalp, etc. As the facilitator addresses each body part, ask participants to take a deep breath into that part of their body and consider what they notice and feel. What feelings come up? What thoughts come up? What things do they want to say to that part of their body, or what things does that part of their body want to say to them? Do they notice themselves judge their body, or disengage? What other things come up? Invite them to take mental notes as the scan goes along.
- Discussion/debrief (**5 minutes**)
 - Ask participants to offer what that activity felt like and facilitate a brief discussion.
- Activity #3 (**15 minutes**):
 - Ask participants to consider each of the following *middot*—Jewish values:
 - Chesed – kindness
 - Rodef Shalom – pursuit of peace
 - Simcha – joy
 - Yira – reverence and awe
 - Shmirat Haguf – guarding / caring for one’s body
 - Arevvut – community mindedness
 - NOTE: [ANY middot / Jewish values](#) from this chart, or your own camp traditions, rituals, and community could be used based on time and group.
 - Ask participants to break off into pairs/hevruta.
 - Ask each pair to share the ways they witness and experience body positivity and positive body culture show up at camp by way of each of these *middot*. Announce each *middot*, one at a time, and provide 2 minutes for each group to discuss.
 - Bring everyone back together.
 - Ask everyone to share examples of what came up with their pairs/hevruta, and how they might see their camp culture evolving around body culture by anchoring camp conversations, culture, and experiences around Jewish values.
- Bringing it back to camp (5 minutes)
 - Ask participants how they might see themselves bringing this session back to camp – either both activities, or one on its own, or a modified version of either or both.
- Closing (1 minutes)
 - Ask participants to each share one word to describe something they’re feeling, something they learned, or something they are taking away.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

If the entire session feels too long, or if you want to use parts of it, it’s very possible to use Activity #1 and/or Activity #2 and/or Activity #3 on their own without the other. I also encourage you to modify each activity in a way that best supports your camp and your camp community, especially the writing prompt questions in Activity #2, or the *middot* in Activity #3.