

Squirrel! *Start Your Morning 2*

AUTHOR(S):	Josh Friedman
SUMMARY:	An experience for training our perceptual thinking skills to notice important things in the environment. Also for silliness in the morning. - <i>Submitted by Josh Friedman</i>
TOPIC(S):	Observation; Mindfulness; Waking Up to Good Energy; Waking Up our Muscles of Awareness; Physical Space Design; User Experience
LEARNING OBJECTIVE:	Participants will be able to identify important features of rooms, spaces and environments relevant to group dynamics and management. Participants will also be able to remind themselves with a fun technique to “Pay Attention” and stay on their toes at camp.
AUDIENCE:	Any and everyone who works at camp and wants practice noticing the little stuff that turns out to be big stuff. Can be done with any sized group provided there is enough space.
TIMING:	60 Minutes
APPENDICES:	SQUIRREL! PALs Handout
MATERIALS NEEDED:	<ul style="list-style-type: none"> • Enough copies of the SQUIRREL PALs Handout for each person • (Unnecessary, but optional) Some objects to plant in various rooms for making important points (sharp objects, fire extinguishers, etc.)
SET-UP DETAILS:	<p>Enough open air space to walk around and in and out of different spaces. Can take place in one room but it can often get redundant or very difficult under such conditions.</p> <p>Ideal Design: Group of Rooms (or spaces) open, available, and close to one another with different default objects / set up inside. Area in nature without much stimulation nearby to begin at, and another area with other activities going on that may be observed to end at.</p>

SESSION TIMELINE & OUTLINE:

10 minutes:	Greetings, Introductions, and Stretches
10 minutes:	SQUIRREL! 1 - Going for a Walk
5 minutes:	Technique 1 – Check Your 3 P’s: People, Path (Purpose), Potentials
10 minutes:	SQUIRREL! 2 – Entering a Room
5 minutes:	Technique 2 – Check Your 3 A’s: Assets, Areas, & Avoids
10 minutes:	SQUIRREL! 3 – Watching a Scene
5 minutes:	Technique 3 – Check Your 3 L’s: Likelies, UnLikelies,
5 minutes:	Closing

10 minutes: Greetings, Introductions, and Stretches

Facilitator (FL) will welcome participants (Pps), introduce themselves, establish community norms for the session, and ask everyone to introduce themselves, to say something that gets them up in the morning at camp, and to notice something (anything) in the environment around them.

Once everyone has been introduced, FL will invite individuals to stretch before we begin the morning's activities, and invite any one that would like to participate with the following "squirrel-muscle" stretches:

- The Rubber Neck: turn one's head as far to each side as possible and hold it there for multiple seconds.
 - The Moving Rubber Neck: same as above, but now walking and not keeping eyes on a single target. Use Caution.
- The Zoom Focus: squint one's eyes at objects in the environment that are difficult to see, but can be seen with effort. Continue doing so until seeing is achieved.
- The Pano: Unfocus one's eyes and look into the distance and all over the breadth of the visual scene at the same time. Keep track of movement without orienting your eyes towards it.
- The Squirrel Swivel: Check your 3, 6, and 9, suddenly, while maintaining alternating focus on your 12 (numbers are based on imagining the directions of an analog clock face). Report back what is in your 3, 6, and 9.

Once everyone is well stretched and ready for the day, proceed to SQUIRREL! 1

10 minutes: SQUIRREL! 1 - Going for a Walk

FL will guide Pps on a walk, during which their goal is to collect SQUIRREL! Points.

In order to collect a SQUIRREL point, a Pp must do the following:

- notice something in the environment not yet noticed,
- shout "SQUIRREL!", and then
- reveal what they have seen to the group for confirmation.

Bonus points are awarded if the thing being noticed produces a laugh or chuckle in another Pp.

The walk can last as long as necessary to get to the next space, or until a certain amount of SQUIRREL! Points are reached.

5 minutes: Technique 1 – Check Your 3 P's: People, Path (Purpose), Potentials

FL will introduce Pps to the mnemonic technique for keeping in mind the most important things to notice while moving at camp from one location to another – the 3 P's: People, Path, and Potentials.

To check the 3 P's:

- Check that your People are all present, physically unchanged, and by appearance at least, enjoying themselves and having a good time (time to inquire if unknown in the group).
- Check that your Path is clear of obstacles, both the literal, physical path (rainclouds? rocks? fallen tree limbs?) and the path of purpose, the reason that you are moving from A to B.
- Check the Potentials of your People and of their Path: what could happen here that you wouldn't expect? What information could help you know whether to expect it now? Look in the environment around you for Potentials.

FL will ask for questions and clarify ideas, then when Pps have understood, proceed to SQUIRREL! 2.

10 minutes: SQUIRREL! 2 – Entering a Room

FL will guide Pps to enter through multiple spaces (rooms, patios, courtyards, etc.), during which their goal is to collect SQUIRREL! Points.

However, this time, in order to collect a SQUIRREL point, a Pp must:

- notice something in the environment not yet noticed,
- that could be used for some reason by campers to do something,
- shout “SQUIRREL!”, and then
- reveal what she has seen to the group and what campers could do with it for confirmation.

Bonus points are awarded if the thing you have noticed produces a laugh or chuckle in another.

The walk can last as long as necessary to exhaust available spaces, or until a certain amount of SQUIRREL! Points are reached.

5 minutes: Technique 2 – Check Your 3 A’s: Avoids, Assets, & Areas

FL will introduce Pps to the mnemonic technique for keeping in mind the most important things to notice while entering into a room or space at camp – the 3 A’s: Avoids, Assets, & Areas.

To check the 3 A’s:

- Check for anything best Avoided by all Pps and activity in the space. Sharp objects, dangerous ones, dirty ones, exciting ones that are more exciting than the imminent activity, etc. Also check for holes in the ceiling, puddles on the floor (or ceiling), and smells.
- Check for any Assets that might be useful to you for organizing, focusing, or leading the group in the activity about to take place in that space.
- Check for Area options if you need to split the group or keep it in a smaller subset of the space for some reason (fire, alien invasion, puddles, or noise). Consider the space as many small spaces and how they might each be best utilized.

FL will ask for questions and clarify the ideas, then when Pps understand, proceed to SQUIRREL! 3.

10 minutes: SQUIRREL! 3 – Watching a Scene

FL will guide Pps to watch an ongoing scene of activity, during which their goal is to collect SQUIRREL! Points.

However, this time, in order to collect a SQUIRREL point, a Pp must:

- notice something in the environment not yet noticed,
- that could cause, catalyze, and/or instigate something that has not yet happened,
- shout “SQUIRREL!”, and then
- reveal what she has seen to the group and what it could be the source of for confirmation.

Bonus points are awarded if the thing you have noticed produces a laugh or chuckle in another.

The watch can last as long as necessary to exhaust available scenes, or until a certain amount of SQUIRREL! Points are reached.

5 minutes: Technique 3 – Check Your 3 L’s: Likelies, UnLikelies, Allies

FL will introduce Pps to the mnemonic technique for keeping in mind the most important things to notice while viewing / monitoring a scene at camp – the 3 L’s: the Likelies, the UnLikelies, and the ALLies



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To check the 3 L's:

- Consider the most Likely things to occur, both positive and negative, based on what is happening in the space / group right now. What are the things you can expect to happen and what will you need to be prepared to do in order to respond to them in an intentional way?
- Consider the most UnLikely things to occur, both positive and negative, based on what is happening in the space / group right now. What are the things you would never expect to happen and what will you need to be prepared to do in order to respond to them in an intentional way?
- Consider who your ALLies in the group could be if one of the likely or unlikely positive or negative things occurs. Who can you turn to and assign a role in the task of responding to unforeseen events in this scene?

FL will ask for questions and clarify the ideas, then when Pps have a good idea, proceed to Closing.

5 minutes: Closing

FL will reinforce the importance of SQUIRREL! PALs in helping us to be "One who Notices Things". FL will lead a rehearsal of the 3 P's, the 3 A's, and the 3 L's to make sure that participants understand the concepts. FL will then hand out the SQUIRREL! PALs handouts to each of them, thank them for participating, and encourage their use of the feedback form.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

Make sure to keep the energy light and fun! SQUIRREL!

Mainly for giving adults a chance to practice being safety monitors at all levels, and can also be used to teach campers how to look out for each other when it matters most.