

### Looking Out For #1 (so you can put your campers first)

*Elective 1*

<b>AUTHOR(S):</b>	Shoshi Rothschild
<b>SUMMARY:</b>	This workshop will give participants the opportunity to explore why taking care of yourself is often so difficult at camp, and help them to discover what their own unique needs are in order for them to excel in their roles this summer.- <i>Submitted by Shoshi Rothschild</i>
<b>TOPIC(S):</b>	Self-care
<b>LEARNING OBJECTIVE:</b>	<p>Participants will have a better understanding of their own unique needs when it comes to self-care, including practical activities that can help them relieve stress, refocus, have fun, and increase energy levels throughout the summer.</p> <p>Participants will have a better understanding of how they can ask for support, and who they can ask for support from, when it comes to ensuring they take care of themselves this summer.</p> <p>Participants will have a better understanding of how to support their peers when it comes to self-care.</p> <p>Participants will understand the importance of ensuring their personal needs are being met, in order for them to excel in their roles this summer.</p> <p>Participants will get a chance to relax, reenergize, and have fun in whatever way works for them.</p>
<b>AUDIENCE:</b>	Any camp staff, from general bunk counselor to specialist to head staff. Ideally the group would be between 20-25 people. 30 max capacity.
<b>TIMING:</b>	90 mins
<b>APPENDICES:</b>	<p>See attached</p> <p>I: Talk it Out conversation starters</p> <p>II: Pair and Share questions (below)</p> <p>III: Self-Care Sheets (attached as separate document)</p>

## CORNERSTONE 2020 RESOURCE

<p><b>MATERIALS NEEDED:</b></p>	<p>Materials for whatever activity stations you choose to run. For this specific writeup that includes:</p> <ol style="list-style-type: none"> <li>1. Paper/note pads and pens</li> <li>2. Yoga mats, computer/projector with yoga class</li> <li>3. Adult coloring pages print outs, markers</li> <li>4. Pillows and blankets/sleeping bags (if possible)</li> <li>5. Conversation starters (attached below)</li> <li>6. Cards and other games (ie. Cards Against Humanity, Monopoly Deal, Apples to Apples, Scattagories, Pictionary, etc.)</li> </ol>
<p><b>SET-UP DETAILS:</b></p>	<p>Best taken place in a rec hall or gym</p> <p>Set up rotations on the outer parameter (or in the corners) of the room. Be thoughtful in your placement of the activities, ie. try to put the ones where people might be making noise (talk it out, games, yoga) near one another and the quiet ones (journaling, napping, coloring) close to one another. Use the center of the room for discussions and pair and shares.</p>

### SESSION TIMELINE & OUTLINE:

1. Hook (20 minutes) – Individual/Free Rotation

Six stations are set up around the room. Participants have 20 minutes to move through them however they want. They can stay at one station for the full 20 minutes, or they can move around from station to station if they prefer.

Station 1: Journaling

Station 2: Yoga/Stretching

Station 3: Adult Coloring Pages

Station 4: Sleep/Quiet Time

Station 5: Talk it Out (conversation starters and fun questions)

Station 6: Games

2. Debrief (10 minutes) – Full Group

Bring group back together and ask them to reflect/share on what they just experienced; which activities they were drawn to, which they weren't, and how they felt when they entered the space vs. how they feel now after having participated in some of these activities.

Discussion questions include:

- How did you feel coming into this space before we began? How do you feel now?
- How did you choose your rotation? What drew you to different rotations? How did you decide which one to move to next (if you moved)?
- Which activity did you like the most? Why?
- Which activities did you avoid? Why?
- What are some other activities you do to de stress or take care of yourself that weren't part of the rotation?

### 3. Pair and Share (15 minutes) – Partners

Divide into partners and take time to discuss the following in groups of two:

- What are some moments at camp you can reflect on where you have felt depleted (low energy, in need of care?)
- What are moments at camp where you have felt replenished?
- When you are at camp, at home, or at school, what gives you energy?
- When you are experiencing a moment of depletion (low energy, frustration, etc.), what would it look like for you to acknowledge it? How might you remind yourself that you might need some self-care?
- Who (if anyone) do you, or whom would you like to turn to when you are experiencing moments of depletion? Who (if anyone) do you like to share with when you are experiencing moments of energy?
- What relaxation tools do you already use at home or at school that you might incorporate into your self-care activities for the summer?

### 4. Group Share and Discussion (15 minutes) – Full Group

Debrief pair and share by asking partners to share some thoughtful moments from their conversation. Some debrief questions can include:

- What was one thing you learned from your partner that you had not already considered?
- How did your answers to the questions differ, and how were they the same?
- Say your partner was your co-staff this summer? Knowing what you now know, how can you better support them this summer?

### 5. Self-Reflection (15 minutes) – Full Group to Individual

Begin with a group discussion by asking the group the question:  
*Why is it often so hard to care for ourselves at camp?*

Following discussion, distribute the “Self-Care Sheet” (see appendix). Keeping in mind the challenges you have just listed, have each participant take time to fill it out individually.

### 6. Closing (10 minutes) – Full Group

Full group check out by asking the following question:  
*What is one self-care promise you are making to yourself this summer?*

### **ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**

- Have head staff members each run a rotation for the “hook” portion of the workshop, based on their own personal self-care practices.
- If you have the time, make the “hook” portion of the workshop longer. Staff training week is tough, exhausting, and can be an emotionally draining time. When I have run this during staff training week, staff members have been *thrilled* by the chance to take a break from their busy schedules and nap, play, laugh, stretch, etc. Consider using a full hour to allow staff to “take a break” doing one of the activities, and then use a full other session to debrief and discuss the importance of self-care.
- Practice what you preach! Consider running this session early on during training week, and then ensuring you provide an hour of “care time” each day moving forward. Give staff the opportunity to join in a facilitated activity, or run their own. Ask staff members to brainstorm how you can continue to do so after the campers have arrived, and throughout the summer. Have staff members work together to develop a self-care plan for the entire summer.