

Coffee Coffee Buzz Buzz: An Exploration of the Beverages That Help Us Start Our Morning, *Start Your Morning*

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SUMMARY:	This program models a coffeehouse where participants can enjoy various coffees and teas and explore the role these beverages have played in cultures throughout history and in our own lives. Participants will read, craft, talk, and sip as they play creatively with waking up. - <i>Submitted by Ariella Rosen, Adam Allenberg, and Natalie Rothstein</i>
TOPIC(S):	Ritual, Morning Routine, Social Justice
LEARNING OBJECTIVE:	Participants should leave this session feeling like they have intentionally started their day through rituals and with new ideas for how they can start their day each day.
AUDIENCE:	Group of 10 or more- ages 18 and up (without caffeine can be a younger group)
TIMING:	60 minutes
APPENDICES:	Info Sheets about Tea and Coffee 6 copies of Jewish Fair Trade Matrix 6 copies of AJWS x Equal Exchange "Win-Win" Curriculum 2 copies of Equal Exchange's History of Fair Trade
MATERIALS NEEDED:	<ul style="list-style-type: none"> • Chai tea • Coffee beans • Milk and non-dairy • Sugar • Teas for painting • Watercolor paper (in the inventory) • Linen bags (in the inventory) • Blank stickers • Paintbrushes (in the inventory) • Coffee Pour Over Brewer • Coffee Grinder • Coffee filters
SET-UP DETAILS:	Large room with multiple tables that can be set up with beverage station and activities.



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SESSION TIMELINE & OUTLINE:

Timeline

00:00 – 00:15 Introduction
00:15 – 00:45 Free flow interaction with stations
00:45 – 00:55 Closing

Outline

Introduction (15 minutes)

Start program with an introduction. Talk about the intention for the space to be about rituals that we use to start our days, which often involves a caffeinated or non-caffeinated beverage. Explain that this program is an opportunity for group learning and individual interaction with different stations.

Free flow interaction with stations (30 minutes)

Participants will have around 25-30 minutes to interact with the stations at their leisure and in whatever way they want. They will be able to have a beverage, make crafts, reflect on rituals, engage with rituals, and learn new things. Participants can mingle with one another or use this time for personal reflection.

There should be 3-4 stations set up ahead of time:

Station 1 (Beverages): At this station, different beverage options can be set up to be prepared by participants, served to participants, or self-serve by participants. Having sugar and milk/cream options can be a nice touch for participants to make the beverage to their liking. Have mugs or cups set up with stirring utensils as well. A garbage can handy would be great to make cleanup easier! Whatever feels best for your program! Coffee and tea are the two most common options but you could also add juice. At this station, remind people to take pause and consider the intention behind consuming the beverage.

Station 2 (Crafts): At this station, there will be a variety of crafts for participants to do. Those crafts are about using some of the materials we have at hand and also using art as a way to be intentional and grounded. Different craft ideas:

- Painting with tea and coffee
- Water color painting cards to give to others
- Water color painting signs about waking up and the morning (inspirational sayings etc)
- Decorating stickers to go on mugs and water bottles



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Station 3 (Rituals): At this station, participants will have the opportunity to learn about different valuable morning rituals and interact with those rituals. Participants can also take time to create their own rituals. Rituals include:

- Writing prompts
- Prayer
 - Gratitude Practice
 - *Modeh Ani*
- Personal reflection
- Movement based (stretching, light yoga)
- Jewish tea leaf reading (use your imagination!)

Station 4 (Information): At this station there will be information about coffee and tea. The information handout has all of that info - you can print out multiple copies of this information included below or print it out and cut it into smaller sheets so people can pick up different resources to read. Themes included:

- Fair trade
- Brewing processes
- Quality of tea and coffee
- fun facts

Closing (10 minutes)

Take time for whole group reflection and riff on importance of ritual - considering a few questions:

- What are you taking from this time into the day?
- How are you feeling more ready than you were before?
- How can you replicate this for yourself in some form over the summer?

Share the following thoughts:

- What we've seen at different camps that has been really great around staff appreciation
- Value of **3rd Place at camp**
 - What is a 3rd Place? A third place is where valued civic, social, spiritual functions take place. The 1st Place is the home, whose corollary at camp is the bunk/cabin. The 2nd Place is, typically, the workplace. One might think of this at camp as a broad grouping of "program areas." The 3rd Place is often a synagogue, a social club, a school community, or other membership organizations. What is that 3rd Place at camp?

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

Looking for support to make your camp only buy fair trade coffee, tea and chocolate? Here is how some leadership in the Jewish community have addressed this very issue.

Be sure to check out the resources from [Fair Trade Judaica](#) ([Jewish Fair Trade Principles with Jewish Sources](#)) and the American Jewish World Service ([AJWS x Equal Exchange "Win-Win" Curriculum](#)).

Want to talk about Fair Trade with your campers? Consider this graphic [History of *Authentic Fair Trade](#).