

SOCIAL EMOTIONAL SKILL BUILDING

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SUMMARY:	This program is an hour long set of activities for younger campers to better understand their emotions in relation to their bodies and those around them. The various components of this program aim to engage with all campers and communicate the value of acknowledging our emotions.
TOPIC(S):	Social Emotional Skill Building
LEARNING OBJECTIVE:	The objective of this program is for campers to better understand their emotions and to provoke meaningful conversations about emotions, feelings, and relationships in a camp setting.
AUDIENCE:	Young campers (6th grade and below), their staff, no max number of participants
TIMING:	60 minutes
APPENDICES:	Appendix 1: Movement Practices Appendix 2: "The Person Who Had Feelings"
MATERIALS NEEDED:	Printouts of story, technology to show video clip, paper, markers/crayons/colored pencils
SET-UP DETAILS:	Would work best in a large indoor space, for room for participants to move around and color (on the ground works great for this)

SESSION TIMELINE:

00:00 - 00:15 INTRODUCTION

00:00 - 00:04 "HOW ARE YOU FEELING?"

- 00:04 - 00:07 Movement Practice
- 00:07 - 00:11 "How are you feeling?" Part 2
- 00:11 - 00:15 Discussion Questions

00:15 - 00:38 STORY AND DRAWING ACTIVITY

- 00:15 - 00:18 Split Campers Into Groups
- 00:18 - 00:22 Read Story
- 00:22 - 00:27 Discussion Questions

00:27 - 00:38 Drawing Activity + Sharing

00:38 - 00:48 MOVIE CLIP

00:38 - 00:43 Explain Inside Out and Watch Movie Clip

00:43 - 00:48 Discussion Questions

00:48 - 01:00 CLOSING

00:48 - 00:51 Movement Practice

00:51 - 00:55 "How are you feeling?"

00:55 - 01:00 Discussion Questions

SESSION OUTLINE:

00:00 - 00:15 INTRODUCTION

00:00 - 00:04 "HOW ARE YOU FEELING?"

- All participants should be standing (if able) in the space, the facilitator will ask "How are you feeling?". Campers will then go stand where they feel most fits their mood at that moment. Note: campers can stand in between the emotions if that suits them best at that moment.
 - ◆ The facilitator will designate 5 spots in the room for the 5 emotions in Inside Out: joy, sadness, fear, anger, and disgust.

00:04 - 00:07 MOVEMENT PRACTICE

- Gather all participants together for a movement activity (see movement activities below, in Appendix 1).
- The objective of this movement is for campers to recognize the connections between their emotions and physical body.

00:07 - 00:11 "HOW ARE YOU FEELING?" PART 2

- After the movement practice, the group leader says "Our emotions and how we feel in our body are often similar and are very connected. Now that we have identified how we feel when we entered the program and then did a movement activity, we are going to identify our emotions again."
- Ask this question again: "How are you feeling?". Campers will then go stand where they feel most fits their mood at that moment. Note: campers can stand in between the emotions if that suits them best at that moment.
 - ◆ The facilitator will designate 5 spots in the room for the 5 emotions in Inside Out: joy, sadness, fear, anger, and disgust.

00:11 - 00:15 DISCUSSION QUESTIONS

- Do you notice you feel any different after doing the movement practice?
- If you feel comfortable, can you share where you moved from and where you moved to?

00:15 - 00:38 STORY AND DRAWING ACTIVITY

00:15 - 00:18 SPLIT CAMPERS INTO GROUPS

- Split campers into groups for this section of the program. Groups should be about 4-6 campers with a staff member in each group (small group size can vary depending on group size and number of staff members)

00:18 - 00:22 READ STORY

- The group leader will then read the story “The Person Who Had Feelings” in their small group.

00:22 - 00:27 DISCUSSION QUESTIONS

- Following the story, the leader will facilitate a discussion:
 - ◆ Do you feel like you relate to the person in the story?
 - ◆ How does this connect to camp?
 - ◆ Does camp strengthen your feelings or do you feel like you have to hide your feelings?

00:27 - 00:38 DRAWING ACTIVITY + SHARING

- Group leaders will now pass out paper and writing utensils. Campers will then draw to the prompt: “Draw your feelings”. For example, if you are happy you may draw a sun and blue skies, or if you are nervous you may draw clouds above and spirals around you. This prompt is not set in stone and can be adjusted based on the interests and age of the group.
 - ◆ Once finished drawing, campers can share their drawings with their groups. They can explain what they drew, why they drew it, how they are feeling, or just show the picture to their group.

00:38 - 00:48 MOVIE CLIP

00:38 - 00:43 EXPLAIN INSIDE OUT AND WATCH MOVIE CLIP

- Ask campers “Who has seen the movie Inside Out?” If many campers have not seen the film, read this brief synopsis:
 - ◆ Riley, the main character, has moved to a new city and is experiencing a lot of change in her life. Inside her brain, Joy, her primary emotion is trying to help Riley move through these tough challenges. We meet her other 4 emotions, sadness, anger, disgust, and fear, and learn how they are navigating Riley’s new challenges.
- Then, show the movie clip from Inside Out where Joy is explaining the various emotions.
 - ◆ “Meet Riley’s Emotions” <https://www.youtube.com/watch?v=1S0RKRRyqhQ>

00:43 - 00:48 DISCUSSION QUESTIONS

- Group leader will facilitate discussion in small groups about the movie clip:
 - ◆ How do you feel when you watch this clip?
 - ◆ Does anything feel familiar to your life or feelings?
 - ◆ What is one thing you will take with you about feelings after watching this clip and drawing your feelings?

00:48 - 01:00 CLOSING

00:48 - 00:51 MOVEMENT PRACTICE

- Gather all participants together (as a big group) for a movement activity (see movement activities below, in Appendix 1). Try a new movement activity this time - it is just to put some new energy in the room after sitting and listening.

- ◆ The objective of this movement is for campers to recognize the connections between their emotions and physical body.

00:51 - 00:55 “HOW ARE YOU FEELING?”

- Ask this question again: “How are you feeling?”. Campers will then go stand where they feel most fits their mood at that moment. Note: campers can stand in between the emotions if that suits them best at that moment. Remind campers that they may feel the same, or things might have changed in the last hour - and that is completely normal.
 - ◆ The facilitator will designate 5 spots in the room for the 5 emotions in Inside Out: joy, sadness, fear, anger, and disgust.

00:55 - 01:00 DISCUSSION QUESTIONS

- Group leader will facilitate big group discussion about the entire program:
 - ◆ What is something you learned today about emotions?
 - ◆ What is something you want to take with you for the rest of camp? (example: how you can feel many emotions at once)
 - ◆ What other questions do you still have?

APPENDIX 1:

Choose one of the following movement practices/activities, depending on what would be best for the group:

- Progressive muscle relaxation (squeeze then relax the main parts of your body: eyes, nose, mouth, shoulders, arms, hands, back, stomach, legs, feet, etc.)
- Head, shoulders, knees, and toes (via the song)
- 5-4-3-2-1 (five different movements in descending order, for example: five jumping jacks, spin around four times, hop on one foot three times, walk all the way around the room two times, and give your neighbor one high-five - pause between each task to give campers enough time)
- 20 jumping jacks (or other exercise)
- Animal pretend (have everyone pretend to be an animal or their favorite animal, by acting out the correct motions and sounding like the animal - get silly!)
- Shake out (shake each hand and each foot 5 times, then move on to 4, then 3, then 2, then 1)

APPENDIX 2:

THE PERSON WHO HAD FEELINGS

Once there was a very small person who had feelings. They had many feelings and got them every day. Their family liked them when they showed their feelings, so... they started wearing them on their sleeve. One day one of the parents said they did not like to see the small persons’ FEAR feeling anymore. The small person tried to pull it off. The parent said they would give the small person some TOUGH to cover their FEAR. It was very hard to cover the FEAR with TOUGH so the other parent and grandparents helped. It took many days.

“Now you look wonderful” the parents said when it was done. “We’ve covered some of your feelings with TOUGH. You will grow into a good strong person.

When the small person was a little older they found a friend. The friend also wore their feelings on their sleeve. One day the friend said “my parents want me to cover up my LONELY feelings and I will be different from now on.” And they were! The small person decided to cover their LONELY feelings too and they got ANGER from another adult. The small person put the big patches of ANGER on top of their LONELY. It was hard work trying to cover the LONELY feelings.

When the small person went to school some of their LONELY feelings started to show. SO... the teacher kept them late and gave them some GUILT to cover the LONELY feelings. Sometimes at night when they were alone the small person would look at their feelings. They would pull off the TOUGH and ANGER to look at their LONELY and FEAR. Then they would have to take a long time putting the TOUGH, ANGER and GUILT on again.

One night they noticed their LONELY and FEAR were growing and beginning to stick out around the patches. The small person had to go out to find some more ANGER to cover the LONELY and got all the TOUGH their parents could spare to cover their FEAR.

This small person grew bigger and was very popular. Everyone said that this person could hide their feelings well. The persons' parents said they had a PROUD feeling because the person had so much TOUGH. But the person could not find anywhere to put the PROUD feeling because the TOUGH was getting so big. The person had trouble finding any room on their sleeve for any other feelings. The TOUGH and the ANGER were all that showed.

Then one day they met another person and became friends. They thought that they were a lot alike because they both had only TOUGH and ANGRY feelings showing. But one day the friend told the person a secret. “I'm not really like you... my TOUGH and ANGRY are really only patches to hide my FEAR and LONELY.” The friend then pulled back the edge of their TOUGH and showed the person FEAR. Just for a second.

The person sat quiet and did not speak. Then carefully they pulled back a little edge of their TOUGH and showed their FEAR. The friend saw the LONELY underneath. Then the friend gently reached out and touched the person's FEAR and then the LONELY... The friends' touch was like magic. A feeling of ACCEPTANCE appeared on the persons' sleeves, and the TOUGH and ANGER were smaller. Then the person knew that whenever someone gave them ACCEPTANCE they would need less TOUGH and then there would be more room to show their REAL feelings whatever they were..... HAPPY..... LONELY..... PROUD..... SAD..... LOVING.....STRONG..... GOOD..... WARM..... HURT..... FEAR.....