



CORNERSTONE 2021 RESOURCE

Start Your Day with Sound, *Start Your Day*

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TOPIC (S)	Music
SUMMARY	Fellows will be split into three different breakout rooms where they will be creating playlists that correspond to different mindsets for beginning your day. At the end, the playlists will be shared amongst the fellows and the importance of starting your day with intentional sound will be emphasized.
GOALS:	To understand the importance of starting your day with intention and using sound to help set your goals and mindset for the day to come.
AUDIENCE:	Anyone with access to their own music. Size can be up to 40-50 participants.
TIMING:	Start Your Day - 30
APPENDICES:	None
MATERIALS NEEDED:	Paper and pen to make a list and eventually a playlist on Spotify. Spotify Account.
SET-UP DETAILS:	This should take place in a space that can have multiple groups separated.

SESSION TIMELINE:

- 00:00-00:05 - Introduction and Breakout Room Goals
- 00:05-00:11- Breakout Room 1
- 00:11-00:17 - Breakout Room 2
- 00:17-00:23- Breakout Room 3
- 00:23-00:30 - Closing and Link Sent

SESSION OUTLINE:

00:00-00:05 - Session leaders introduce the Start Your Day, and the importance of starting your day with intentionality. Explain setting goals for the morning and how sound can help start your day on the right track. Session leaders will explain the purpose of the three breakout rooms.

00:05-00:11 - Session leader will split everyone into 3 random breakout rooms. Session leaders in every breakout room will lead each group in creating a playlist for the mood and intentionality of that room.

Breakout Room 1: Energized/Pump Up
Breakout Room 2: Slowly & Thoughtfully
Breakout Room 3: Stories/Podcasts

00:11-00:17 - Breakout rooms will switch and each group will remain the same with a different leader who will lead them in a different playlist with a different intentionality.

00:17-00:23 - Breakout rooms will switch and each group will remain the same with a different leader who will lead them in a different playlist with a different intentionality.

00:23-00:30 - Facilitator will lead the group in a discussion.

- Why is intentionality important in the morning?
- How can we bring this program back to camp?
- How can we start our campers days intentionally with sound?

Session leaders will distribute the playlists

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

This can be done in a large group with a giant poster board and markers. Campers can get sticky notes and add songs to every single intentionality on each poster board. Group discussions can happen in a circle space about why starting your day with goals is important. Staff Members can use the playlists they have created as a wake up soundtrack for their cabins.