

CORNERSTONE 2021 RESOURCE

BokerBreaker - Morning Dance Party *Start Your Day*

AUTHOR(S):	Eliana Light
TOPIC (S)	Spirituality, Prayer, Movement
SUMMARY	Dance yourself awake in a daybreaker-style morning joy practice! We'll stretch, breathe, dance, and invite some play into our day. Glitter is optional but encouraged.
GOALS:	<ul style="list-style-type: none"> • To wake up with joy, connection, and intention • To connect to our breath and bodies • To discuss how this dance party model could work at camp this summer
AUDIENCE:	This session is meant as professional development for fellows at Cornerstone. A morning dance party would be fun for any age!
TIMING:	30 minutes
APPENDICES:	Daybreaker- lessons in ritual leadership
MATERIALS NEEDED:	Music mix of your choice Optional accessories- glow sticks, glitter, balloons- fun rave accessories!
SET-UP DETAILS:	A space large enough to blast music and dance

SESSION TIMELINE

00:00-00:23 - BokerBreaker Experience

00:23-00:30 - Reflection

SESSION OUTLINE:

00:00-00:23 - BokerBreaker Experience

Create a mix of music based on the themes of the morning service. It can be actual melodies, or pop music with themes of shacharit, such as waking up, gratitude, body, breath, praise, love, one-ness, and freedom.

Before the program, have a welcome slide playing with some music. Have a music mix ready to go, for however long you have for the program.

When you're ready to go, stop the slide. If in person, stop the welcome music or speak over it as you transition to the mix.

- *Good morning Bokerbreaker! What a blessing to be here with the sun, to dance and experience joy. We are gathered as a community to be in our bodies, be in our breath, be present in the moment.*
- Start to play the mix. Invite people to stretch their bodies, and then dance. While the music plays, call out the different themes of the music that is playing. Invite people to move, dance, and breath, depending on the vibe of the song.
- Balance free dance, and encouragement to freely move, with following-the-leader with dance moves or singing air karaoke. Follow the vibe of the music!
- End by taking a big deep breath together.

12:43-12:50 Reflection

- Reflect- what did you notice? What did you feel?
- How can this be adapted?
- Mention the "lessons in ritual leadership" sheet.
- Thank them for being there!

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

- A group of campers could learn about the themes of the morning service and choose songs for the mix, giving them ownership and buy-in to the experience
- The night before, tell campers to dress for a party. Or in workout clothes!