

# Holding Space for All of the Feels at Camp

## Reflection and Transition Tools

### Reflection

- **High and Low** -A easier (highlight) thing and a harder (low) thing from the day.
- **Gratitude Expression** - Name 3-5 things you're grateful for from the day (anything on the spectrum: from painting a beautiful picture, your favorite lunch, someone holding a door for you, sunshine)
- **Rose, Bud, Thorn, Gardener** - Something good from the day, something you're looking forward to, something that was hard from the day, someone who brightened your day or that you're grateful for.
- **1 word to describe high and 1 word to describe low** – example: Sunshine and Rain
- **Journaling Activity**- (appendix: Reflections of the Day) use writing whether freeform or reflecting on specific questions
- **Let Go and Hold On** - What is one thing from the day you want to let go of? What is one thing from the day you want to hold onto?

### Transition

- **Intention Setting** (a good way to start the day) - What are 3 intentions you have for today (examples: My intention for today is to take a deep breath during each transition of the day. My intention for today is to laugh. My intention for today is to make 1 new connection. My intention for today is to learn a new skill.)
- **Grounding Practice**
  - Name 5 things you can see or are in the room
  - Name 4 things you can feel (ex- chair on back or feet on floor)
  - Name 3 things you can hear right now
  - Name 2 things you can smell or like the smell of
  - Name 1 good thing about yourself
- **Present Moment Awareness** – Take 5 deep breaths and then name 5 facts about the moment you are in (ex. it is 2:55 pm, I am at Arts & Crafts, I'm wearing a blue t shirt, it's partly cloudy, I just left my cabin).
- **Breathing exercise**- Breathe in for 4 seconds, hold for 1 second and breath out for 4 seconds. Go through at least 4 rounds of this. Notice what you're feeling after you finish and look around the space you're in and identify something that brings you a sense of calm.
- **Mindful Walking** – If you are moving from one space to another during a transition, use that time for a mindful walking practice. Practicing mindful walking looks like using your walking as a mindfulness practice and paying attention to your body in different ways as you walk.
  - what it feels like for your foot to hit the ground
  - being intentional about the pressure you put onto the ground with each step
  - feeling your whole foot on the ground
  - paying attention to your breathing – considering matching your breaths to each step you take (1 breath in with 1 step, 1 breath out with 1 step)