

CORNERSTONE 2021 RESOURCE

“I’m Not A Morning Person” *Start Your Day*

AUTHOR(S):	Chana Rothman
TOPIC (S)	Leadership Skills, Mental Health, Prayer-Alternative
SUMMARY	This is a space for people who struggle with mornings. We will use humor, Jewish text, movement/drama, and active listening to explore the challenge of mornings and how to face them in our lives and at camp.
GOALS:	Participants will be able to: <ul style="list-style-type: none"> ● Discuss their struggles - and possible root causes of their struggles - with mornings ● Name one resilience tool to help with mornings at camp ● Identify the “Modeh/Modah Ani” prayer as a morning gratitude ritual
AUDIENCE:	Cornerstone Fellows
TIMING:	30 minutes
APPENDICES:	<p>Link to Soundcloud recording of Rose Snitz’s Modeh Ani: https://soundcloud.com/rose-snitz/modah-ani-by-rose-snitz/s-V2ezi</p> <p>Link to slideshow: https://docs.google.com/presentation/d/1-kN2wJwlprcM3v0-q6edeTNWq3JI38dem5vaqlm-iy4/edit#slide=id.gc98d5e3b4c_0_7</p>
MATERIALS NEEDED:	<p>If doing the slideshow in person, session leader will need projector, computer, speakers.</p> <p>If adapting the activity for in person, session leader will need a computer, access to a printer, and speakers.</p> <p>For the movement activity, session leader might want an instrument such as a bell or drum but could also use body percussion or a vocal cue.</p>
SET-UP DETAILS:	<p>This can take place virtually or in person.</p> <p>If in person, there are modification suggestions at the end. It could be indoors or outdoors.</p>

SESSION TIMELINE:

- 0:00-0:05 - Introduction, Slideshow with music (“Modeh Ani” setting by Rose Snitz)
- 0:05-0:12 - Debrief questions from slide show
- 0:12-0:15 - Movement activity
- 0:15-0:25 - Brainstorm Resilience Tools for mornings at camp
- 0:25-0:30 - Wrap up, 2 word go-around

SESSION OUTLINE:

0:00-0:05 - Introduction, Slideshow with music (“Modeh Ani” setting by Rose Snitz)

Session leader introduces herself and the slide show. Session leader frames the session by locating herself (“I’m someone who struggles with mornings”) and setting intention/kavanah that this is a space for people who also find mornings challenging. Session leader tells participants she will be available for a few minutes after the session for any extra questions.

0:05-0:10 - Debrief questions from slide show (in breakout room)

0:05-0:07 Session leader gives participants instructions:

0:07-0:12 Discussion in breakout rooms

1. The slide show we just watched had a few questions in it. We’re going to take 4 minutes in breakout rooms to answer them to each other. We will use a simple guideline: Step Up, Step Back - notice whether you are talking a lot (in which case, you can step back to give someone else a turn) or whether you are holding back (in which case, you can step forward and offer a thought or question to the conversation)
2. Session leader puts questions in the chat for participants to discuss.
3. Breakout rooms are 2-3 people, ideally.

Questions from slide show that go in the chat for participants to discuss:

1. What is the challenge of mornings for you - in and out of camp? Are they harder or easier at camp?
2. How do we make mornings count at camp?

0:10-0:15 - Movement activity

Session leader describes and demonstrates movement activity:

Participants get up from seated positions as they are able, and make faces and tableaux (make a pose and freeze) based on the following prompts. The session leader will make a verbal or auditory cue (ie, ring a bell, say “ding”, or bang a drum, etc) to signal the next pose. Each pose is held for 10 seconds.

Show with your body:

- 1. Your “morning grumpy cat meme”
- 2. How you feel when someone wakes you up in the morning
- 3. Being torn between love of camp and challenge of morning

- 4. What you love about camp
- 5. Something you're grateful for when you wake up
- 6. Something that gives you hope in the morning

0:15-0:25 - Brainstorm Resilience Tools for Mornings at camp

Session facilitator outlines three approaches to mornings that Fellows can use at camp and pauses after each for group conversation and reflection:

1. **Kvetch Buddy** - identify one person who can be your agreed-upon "Morning Kvetch Buddy" at camp or you can call/text to vent about hard things in the morning.
2. **Find leadership opportunities.** What leadership opportunity emerges from your struggle with mornings? How can you use your voice/experience as a leader with fellow staff and with campers here?
3. **Brainstorm ways to use the Modeh/Modah Ani prayer** to access gratitude as a leader & participant

0:25-0:30 - Wrap up, 2 word go-around

Each person says one word that describes the challenge of mornings at camp, and one word that describes the opportunities of mornings at camp.

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

In camp / in person:

Instead of slide show, session leader can print out pictures and images of grumpy cat memes and photos of morning time scenes from camp (similar to the ones in the slide show). This could be an activity during morning tefillah/prayers, as a "deep dive" into the "Modeh Ani" prayer.

If session leader doesn't have access to a printer, session leader can have participants create their own artwork about the morning - grumpy, beautiful, however they experience morning - and proceed with the activity. It can also be a Hebrew/Judaism tie-in to hand write a "Modeh/Modah Ani" poster for the cabin and possibly dining hall, prayer spaces, morning gathering spaces, etc.

Another adaptation could be to print out the "Modeh/Modah Ani" prayer and hang it up in the cabin.

The recording of Rose Snitz's "Modah Ani" could become a cabin or unit song to sing together in the morning, or to listen to the recording.



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Morning movements embodying the silly grumpy feelings as well as the beauty and gratitude could be part of prayer or rituals in the morning. This could also work for tefillah and/or morning rituals.

This could also be a conversation at cabin/bunk time in the evening, thinking about mornings and the flow of Jewish ritual from evening time until morning time.