

Screaming Meditation *Energize Your Day*

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SUMMARY:	The world is loud and busy. We all take in so much throughout our days. Screaming Meditation is a form of release, a way to center yourself and find some quiet by letting all of the noise come out.
ABC GOALS:	<p>Affective: Participants will feel....</p> <ul style="list-style-type: none"> • Rejuvenated • Connected • Lighter <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Release tension they are carrying <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • How to bring themselves back to this experience
AUDIENCE:	This session can be for all ages and up to 25 participants
TIMING:	45-60 minutes
APPENDICES:	None
MATERIALS NEEDED:	None
SET-UP DETAILS:	This session should be done outside and away from other people. Near running water is best but also could be a clearing in the trees

SESSION TIMELINE & OUTLINE

Gather at the meeting point to start the session and tell the group that for the session we will be focusing on our

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breath and our senses, specifically sound. Say: *We will start by walking silently into the woods.* Then lead the group into a predetermined spot in the woods that is either near running water or where there is enough space between the trees for your group to get into a circle. With the group gathered:

1. Lead everyone in a set of silent breathing. Ask for folks to notice what they hear in the silence
2. In the second set of breathing encourage them to begin letting sound come out on the out breath.
3. Have the group turn to face out so that everyone is still standing in a circle but is facing away from each other. Have them do another set of breathing. In this set encourage them to let out more noise on the out breath
4. Repeat this round several times, eventually having them turn back towards the center for a round of breathing and screaming
5. Ask for some reactions to the process:
 - a. What is coming up for you?
 - b. What does it feel like to release all of that sound?
 - c. What do you notice about the soundscape when we are screaming and when we stop?
6. Now ask people to find a partner (who they are comfortable touching) and with their partner decide who will go first and who will go second. For this round we are going to add some physical resistance to the vocal release.
 - d. Have the partners stand facing each other and either touch each other's hands or shoulders.
 - e. Have the first partner in a set of breathing release sound on the outbreath, progressively releasing more sound on each breath. The second partner is simply breathing and offering some physical resistance for the first partner.
 - f. Have the partners switch roles
7. Have the partners repeat that process, this time with each partner releasing sound and holding physical resistance simultaneously.
8. Bring everyone back to the circle and debrief:
 - g. What are some things that you noticed during the exercise?
 - h. How do you feel in your body right now?
 - i. Do you notice a difference in your body from how you were feeling before?
 - j. What was difficult about screaming?
 - k. What did it feel like to do this exercise?
9. Take another round of silent breathing in a circle
10. Head back to the initial meeting point

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

This session should only be led by people who have experienced the session as a participant.