

Fresh, Focused, Flexible: Self-Reflection at Camp

Elective 2

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SUMMARY:	In this session we will learn and try different methods and approaches of self-reflection with a focus on using these skills at camp - and beyond!
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Excited about the prospect of using these tools at camp • Able to take on the challenge of being self-reflective at camp • Humbled by the task, and confident they can do it <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Name 3 forms of self-reflection they can do at camp • Identify one form of self-reflection they think will work for them this summer and beyond • Predict any possible challenges/pitfalls (and strategize to prevent or respond to them) <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • The intrinsic value of self-reflection as a practice • That this practice can be done alone and with others, and both are effective • There are lifelong benefits of using this tool on a regular basis • One Jewish framing for this process is teshuvah. • The following things are self-reflection tools: Journaling, Meditation, Honest conversations with friends and coworkers, Walking/hiking, Goal setting, Practicing Gratitude, Making lists, Planning ahead, Debriefing an activity or event, Yoga/Mindful stretching, Diving deep into a feeling that won't go away
AUDIENCE:	Camp counselors, 10-20 participants. The suggested activities can be modified to meet the needs of any age group.
TIMING:	60 minutes

<p>APPENDICES:</p>	<p>Appendix Alef https://docs.google.com/document/d/1U87hdmsBCgehHdZ1J6b42zPC8FXmupykUri6mSIC9KA/edit Appendix Bet https://docs.google.com/document/d/1ehu0qKd4qUXza2ma2MfeMUejsszC4ebTJbWLDpBUCwl/edit Transcript for guided meditation: https://www.uclahealth.org/marc/workfiles/MeditationForWorkingWithDifficulties_Transcript.pdf</p>
<p>MATERIALS NEEDED:</p>	<ul style="list-style-type: none"> - A timer, if session leader doesn't have a timer on their phone or doesn't have access to their phone - Ideally each participant has a journal. If not, there should be 2 sheets of lined or blank paper per participant - One pen or pencil for each participant - Comfortable seating is ideal – couches, pillows, stools, chair, or people can sit on the floor if they choose
<p>SET-UP DETAILS:</p>	<p>Start with chairs, benches or any seating, in a circle. Ideal location for this session is a place with both indoor and outdoor space, especially if the outdoor space is close to nature.</p>

SESSION TIMELINE

- 00:00-00:05 - Introductions, setting group norms
- 00:05-00:15 - Main concepts about self-reflection
- 00:15-00:45 - Try different methods of self-reflection based on prompts
- 00:45-00:60 - Debrief and make plans for the summer

SESSION OUTLINE:

00:00-00:05 – Music playing as participants enter: “Man in the Mirror” by Michael Jackson. Session leader introduces topic with a few guiding questions and jokes about reflection. Session leader offers for participants to read the jokes out loud (see appendix). Session leader sets norms and reviews agenda (timeline above).

00:05-00:15 - Session leader facilitates group dialogue using the texts from Sefaria in the Appendix Alef. Participants discuss this in chevrotah (partners), along with guiding questions from Appendix Alef.

00:15-00:45 - Session leader introduces next activity. In this activity, the group will be trying four different methods of self-reflection. We will try these methods together as a group, while each person will have their own individual experience. Each participant will receive a sheet of paper (Appendix Bet) with prompts for self-reflection. Each participant can choose which prompt they want to use. After each mode of self-reflection, we will have time to debrief. The modes of self-reflection:

5 minutes of meditation, 2 minutes to debrief and reflect

5 minutes of yoga / mindful stretching, 2 minutes to debrief and reflect

5 minutes of walking and talking with a chevrotah, trading listening time, 2 minutes to debrief and reflect

5 minutes of journaling, 2 minutes to debrief and reflect

BRINGING IT TO YOUR CAMP:

- Participants talk in small groups about which methods of self-reflection work best for them.
- Participants decide on three main methods they will use at camp this summer.
- Participants trouble shoot any challenges and think about people and systems that can support their self reflection at camp this summer.
- What are they taking away from this session that they can share with their fellow counselors and campers?

Closing activity:

Go around in a circle and build on the answers to the following prompt:

“I plan to stay Fresh, Focused and Flexible by...”

Each participant say their answer, and the answer from the person before them, and the person before them, etc.