

Recognizing Your Self Pivoting Skills-Before, During and After *Elective 2*

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SUMMARY:	In this session, we will delve into facilitation skills, and how to foster and encourage your best self as a leader before your program, during your program and after your program.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Ready to pivot while leading a program <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Recognize how they feel when they need to improvise or pivot <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • Their own feelings during the arc of a program
AUDIENCE:	This program is for all staff members. Ideal group size would be 15-25
TIMING:	60 Minutes
APPENDICES:	NA
MATERIALS NEEDED:	Paper, writing utensils, wall post its, regular post its
SET-UP DETAILS:	An indoor/outdoor space with walls

SESSION TIMELINE

- 00:00-00:10 – Framing/Introductions
- 00:10-00:30 – Improv Game #2
- 00:30-00:40 – Debrief
- 00:40-00:50 –“After” The Program
- 00:50-1:00 Reflection/Wrap up

SESSION OUTLINE:

[Please provide a DETAILED step-by-step breakdown of how to run this program based on the timing above. Please be sure to replace the example]

00:00-00:10 Improv Game Round #1

Session leader will introduce the session and provide the framing that we are going to explore the arc of a program from beginning, middle and end and take a deep dive into how improvising or pivoting at any of these moments can make us feel.

Then session leader will introduce an improv game. Depending on the size of the session, participants will either get in groups for the game or stay in one big group. Session leader will give the group a random scene to act out. Provide setting of road trip and be sure to set the “stage” for participants. Have participants write lines from their favorite movies/TV shows or random phrases on slips of paper.

These slips of paper will be on the floor and the actors in the scene will have to pick up and incorporate into the scene. Every actor must pick up at least 3 pieces of paper during their scene. Play this game for about 10 minutes and then transition into the next round of the game.

00:10-00:20 Improv Game Round #2

Have participants stay in their groups from the first game and have them brainstorm “What’s the most awesome thing that could happen?” while leading a camp program. Have them write answers down on slips of paper and use those slips of paper for round #2. During this round, feel free to “pause” the scene to check in with actors and see how they’re feeling about what just happened, etc.

00:20-00:30 Improv Game Round #3

Have participants brainstorm “What’s the worst that could happen?” during a program. Encourage them to think of non emergency situations that could happen during a program. Participants will write down their ideas on slips of paper for round #3. During this round, feel free to “pause” the scene to check in with actors and see how they’re feeling about what just happened, etc.

00:30-00:40 Debrief

Bring the group back together if needed and ask these questions-

- How did you feel when you picked up your slip of paper? (In either game)
- Did you find yourself trying to “use” scenario right away? Or did you wait to use it?
- How did you feel right after you used scenario?

00:40-00:50 “After” The Program



CORNERSTONE 2022 RESOURCE

Have the groups think of 1-3 questions they could ask their peers, supervisors, etc after their program to reflect on how it went. Have participants write their questions on post it notes and encourage participants to do a gallery walk of everyone's questions.

00:50-1:00 Reflection/Wrap Up

Have participants answer the following questions on wall post its-

Before a program, when I feel....I will.....

During a program, when I feel....I will.....

After a program, when I feel....I will.....

If time, have participants share out.

BRINGING IT TO YOUR CAMP:

[Use this space to recommend possible adaptations, modifications, creative twists, or other suggestions. Please be sure to replace the example]

This program could be done with any staff who lead any sort of programs at camp (even smaller cabin programs). This program could also be tweaked to address leading a group, standing in front of the room, etc as well.