



CORNERSTONE 2022 RESOURCE

Was Brene Brown A Camp Kid?

Wind Down Your Day

AUTHOR(S):	Rachel Dubowe
SUMMARY:	In this session, we will be inspired by the wisdom and words of Brene Brown as we think about our identities at camp and our intentions for Summer 2022.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Connected to the words of Brene Brown • Inspired and ready for Summer 2022 <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Reflect on their camp self, goals and intentions through a lens of Brene Brown <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • A personal goal or intention they have for Summer 2022 • How Brene Brown can connect to camp
AUDIENCE:	This program is for all staff members. Ideal group size would be 20-30
TIMING:	45 Minutes
APPENDICES:	Appendix A- WDYD-Appendix A .docx
MATERIALS NEEDED:	Print out of Appendix A-Brene Brown quotes, projector for discussion questions, tape, scissors
SET-UP DETAILS:	A space with a significant amount of wall space to be able to post all the quotes

SESSION TIMELINE

[Please provide a very brief listing of the sections of your program and their timing. Please be sure to replace the example]

- 00:00-00:015 – Introductions/Framing
- 00:015-00:30 - Gallery Walk
- 00:30-00:45 – 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]

00:00-00:015 - Session leader introduces session topic and leads group in a round of introductions (name, pronouns, camp, camp moment that makes you smile).

00:015-00:30 – Have participants do a gallery walk of the Brene Brown quotes that are posted around the room. Have them pick one that they think relates to camp the most for them. Once they've picked their quote, have them think of exactly this quote relates to camp and how it might show up this summer. Have them share their thoughts with anyone also standing at the same quote or anyone around them.

00:30-00:45 – Reflection/ Wrap Up

Have participants answer reflection questions in small groups or with someone next to them. Reflection questions will be projected.

Reflection Questions-

- How do you bring this quote back to camp with you?
- How might this be hard or easy for you at camp?
- What goal or intention can you set for Summer 2022 that reflects this quote?
- How does this quote affect your campers?

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 easily be done with teen campers as well. A facilitator could also do this session among co counselors or any other teams who are working together and have them pick their quote together.