

CORNERSTONE 2022 RESOURCE

Let's Spend Some Time Alone... Together, *Fellow Elective 2*

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| AUTHOR(S): | Natalie Rothstein |
| SUMMARY: | Alone time programming and fellows will learn how to plan programs that offer opportunities for campers and staff to have collective alone time |
| ABC GOALS: | <p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Empowered to find ways to create collective alone time at camp. • Inspired by the value of balancing different needs. <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Create opportunities for people to have meaningful individual time at camp. • Adapt programs to meet different social interaction needs. <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • It's important to foster programs and opportunities that attend to different styles of needs. • Adapting programs to have different options can be a useful way to find balance for a spectrum of needs. |
| AUDIENCE: | Camp staff – group size from 15-40. |
| TIMING: | 60 minutes. |
| APPENDICES: | Guided walk, Journaling Prompt Handout, Hitbodedut handout |
| MATERIALS NEEDED: | <ul style="list-style-type: none"> • Crossword puzzles • Coloring Books • Colored Pencils • Clip boards • Lined paper • Envelopes • Pens |
| SET-UP DETAILS: | Open indoor or outdoor space with easy access to outdoors and room for participants to spread out. Participants sit in a circle to start. Discussion questions written out on large paper for participants to see. |

SESSION TIMELINE

- 00:00-00:05 - Introductions, setting group norms
- 00:05-10:00 - Explanations around differences of needs (alone time, social time, quiet time, energizing time)
- 00:10-00:25- Group Discussion
- 00:25-00:50 - Alone time activities
- 00:50-00:60 - Debrief and closing

SESSION OUTLINE:

00:00-00:05 - Facilitator introduces session topic and leads group in a round of introductions (name, pronouns, camp). The facilitator shares group guidelines and norms and offers space for participants to add any additional items.

00:05-10:00 - Facilitator provides framing for purpose of today's session:

- Explanations around differences of needs (alone time, social time, quiet time, energizing time).
- Language around definition of alone. The word alone can often be associated with the word lonely – for the purpose of this session, we're talking about alone as spending time on one's own, acknowledging that alone time can bring up feelings of loneliness for people but that is not mutually exclusive.
- Community is a staple of camp culture.
- Camp is a very social and fast paced environment which can bring connection, joy and playfulness.
- That being said, the highly social nature of camp can at times not provide the alone/quiet time many (if not most) people need to recharge.
- There are moments in camp schedule where alone time may exist (rest hour, individual activities).
- It's important that there are opportunities to honor other's needs. Introverts are often adapting to an extrovert's world - creating opportunities to show up for alone time needs at camp is emphasizing community mindedness and could be beneficial for individual and communal wellbeing of the camp community.

00:10-00:25– Facilitator leads the group through discussion.

Start with individual reflection questions (have these questions written out for participants to see, participants can use personal notebooks or lined paper):

- How do you like to recharge? Alone? By being with others? Both?
- What is your relationship with spending time alone?
- Have you ever experienced a time at camp when you needed time to be alone but it felt challenging to achieve that? What was that like for you?
- Can you think of campers in your experience who needed more quiet time than what was in the daily schedule? How do you think that impacted them?

Group discussion (written out for participants to see):

- What are times in the schedule or programs at your camp when quiet and individual time currently exists?
- What are your thoughts on offering more programming that emphasizes quiet and alone time could benefit your camp community?
- When do you think you could build in more structured alone time into the camp schedule?
- What are challenges that you anticipate could come up with offering this type of program?
- What are ways you think you could work through those challenges?
 - Notes: Supporting folks during group activities when someone needs some quiet/alone time. Rotations during programming that offer more dynamic. Not forcing while also supporting.
 - Community mindedness and taking care of one another. Staff assessment of needs for campers – checking in. Doing this informally as well in creating culture of community care. Nuance of experience and needs and how those can change day to day.

00:25-00:50 – Participants will have an opportunity to experience collective alone time. Facilitator will offer different activities that participants can use during this alone time. The intention of this time is for each participant to spend time alone, spread out and quietly. Before heading into community alone time, read the following prayer to the group:

Reb Nachman's Prayer

Grant me the ability to be alone;
may it be my custom to go outdoors each day among the trees and grass - among all
growing things and there may I be alone, and enter into prayer,
to talk with the One to whom I belong.
May I express there everything in my heart,
and may all the foliage of the eld -
all grasses, trees, and plants -
awake at my coming,
to send the powers of their life into the words of my prayer so that my prayer and speech are
made whole through the life and spirit of all growing things, which are made as one by their
transcendent Source. May I then pour out the words of my heart
before your Presence like water, O L-rd,
and lift up my hands to You in worship,
on my behalf, and that of my children!

Likutei Tellah, 2:11

Now share with participants activity offerings, they are welcome to spread out and go wherever they feel comfortable. Participants are welcome to engage with one activity the

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entire 25 minutes or to explore multiple activities. They are also welcome to do something else that feels restorative for them. Encourage participants to use this time for themselves as solo time and if they have phones, to not use that as texting/emailing time. Give participants time allotment and a time they should return to the group.

Have materials set up in an area for participants to approach and choose what they want to use. Offer a brief explanation of the options. Activity offerings:

- Crosswords
- Guided walk – set a timer to come back (see handout)
- Journaling (see handout)
- Listen to music
- Hitbodedut (see handout)
- Coloring books
- letter writing

00:50-00:60 - Debrief and closing

Welcome participants back to the space together as a group. Have everyone get into a circle seated. Take a collective deep breath. Acknowledge that we've spent the last 25 minutes having our own personal time and are now together back in a group. Share the following quote:

“But many of us seek community solely to escape the fear of being alone. Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape.” – bell hooks

Lead participants through a group discussion of the following questions (depending on group size, think, pair, share may be a good option here):

- What was this time like for you?
- What felt natural for you about this time?
- What felt unnatural for you about this time?
- Where could you imagine a program like this fitting into your camp schedule?
- How can you incorporate more intention around alone time at camp?

In closing, have every participant share 1 word to describe what they're feeling at the end of this session.

BRINGING IT TO YOUR CAMP:

The collective alone time activity period would be a great part of this program to bring back to camp!