

CORNERSTONE 2022 RESOURCE

Programming for Different Energy Levels, *Elective 2*

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SUMMARY:	This session explores when to turn up the energy or dial it back, whether for different personality types, the natural ebb and flow of the camp season, or the arc of the day, all without sacrificing the magical ingredients that make camp “camp.”
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • In tune with their own bodies and brains • Empathy toward those whose modes might be different from theirs • Excited to try new ways of programming <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Recognize when their own needs or those of their campers requires a shift in energy level. • Make adjustments to their plans based on what is needed. • Get creative! <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • Different tools and techniques for adapting their ideas to different energy levels. • Their own “high” and “low” times
AUDIENCE:	Ideal for staff-age participants and older campers, though certain activities could be adapted for younger campers as well. Ideal group size is 20-30, but this can work with any audience size.
TIMING:	60 minutes
APPENDICES:	None
MATERIALS NEEDED:	Assorted items for typical camp activities: sporting equipment (basketball, frisbee, hula hoops, etc), art supplies (coloring pages, markers, lanyard, friendship bracelet string, etc), books, small group games like cornhole, Connect 4, Jenga, etc. (Any diverse assortment will do.) Large pieces of paper, markers, index cards (optional)

SET-UP DETAILS:

A large, but contained space (either a large room or large covered space) that has room on the walls, as well as room for participants to spread out. The space should also have a way to play music.

Scatter the equipment/items for activities throughout the room. Set up speakers to play music. Tape the large pieces of paper with the axes of the graphs (see description below) already drawn on.

Prep a playlist with a mix of high, medium, and low energy songs (feel free to draw on camp favorites).

SESSION TIMELINE

00:00-00:15- Opening Activity and Reflection

00:15-00:20- Mapping My Mode

00:20-00:35- Designing the Perfect Schedule

00:35-00:50- Design Workshop

00:50-01:00- Review and Closing Reflections

SESSION OUTLINE:

Opening Activity and Reflection (15 min.)

Invite participants to enter the space with music playing (low energy, chill music). enter to music (chill mode). Invite them to gravitate toward any activity they would like. They'll have about 5 minutes to engage in this activity.

Options (examples):

Low energy- coloring pages and markers, books, scrabble, conversation prompts

Medium energy- cornhole, Jenga, hula hoop

High energy- basketball, jump rope, dance party corner

Discuss:

- Why did you pick the activity you did?
- Was it a good fit for what you needed right now?

Give participants an opportunity to pick another activity. Ask them to go to an activity that maybe they aren't feeling up for right now. Give it a shot. (Put on high energy music, be peppy in giving the instructions.)

Ask: How did it feel? Did anything change? (Note, it's okay if you never got into it!)

Discuss:

What's your "camp mode?" [Loud, peppy, chill, etc.]

When you plan programs, what's the typical energy level you program for?

What modalities do you use?

Mapping My "Mode" (5 min)

Explain that the next few activities will help participants to better identify their energy levels over the course of the day and summer.

On large pieces of butcher paper or flip chart paper, invite participants to fill in two graphs by drawing a line representing their experiences:

1. What is my energy level over the course of the day?
(A pre-drawn y-axis should include an energy scale with low, medium, and high, and an x-axis with different times of day ranging from early morning to late at night)
2. What is my energy level over the course of the summer at camp?
(A pre-drawn y-axis should include an energy scale with low, medium, and high, and an x-axis with a typical 8-week summer: first day, end of week 1, week 2, 3, 4, start of session 2, week 5, 6, 7, 8, last day)

Discuss:

- What do you notice?
- Does this reflect your typical programming energy level?
- What does this tell you about how you think about camp programming?
- Acknowledge differences and diversity within the group.

Designing the Perfect Schedule (15 min)

List a series of typical camp activities on a large piece of paper. (Or pre-write each on a different index card and give each participant a deck.)

Ask participants to put these activities into an order that would work best for THEM as a daily camp schedule. What feels like the ideal? (Ignoring realistic restrictions in the camp schedule.)

Participants do not need to use every single activity listed here, and can include others that might be missing from their own image of an ideal day.

Activities: breakfast, lunch, dinner, prayer, sports, arts and crafts, Jewish learning, swimming, nature time, snack time, song and dance session, letter-writing, unit activity, cabin activity, camp-wide activity, campfire, free time, rest time

Explain: The Jewish day begins at night, running from sundown to sundown (you can look at [Genesis 1:5](#) for inspiration, which lists evening before morning when talking about the first day).

- How might that change the way we think about our camp days?
- What can we learn from this?
- How can this idea help inform the way we think about time?
- Does this make you want to change your daily schedule at all?

Ask participants to share their ideal daily schedules in groups of 3.
What do you notice is similar? Different?

Ask participants to raise their hands: How many of you created a schedule that would not be possible to actually implement at camp?
(It's a real consideration for camp leadership to have to take so many moving parts into account, and perfectly reasonable that some of these schedules might not be feasible.)

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- What does this tell you about the role you can play for your campers, who might also not be in a schedule that is ideal for them? How can you still help them thrive?
- What do you need to consider about others' needs **and also your own** when you are responsible for planning a program at night? During week 1? Week 6?

Some points to consider (facilitator can share these):

- Energy does not equal enjoyment
- There is no one ideal day, especially over the course of the summer. Everyone needs something different at different times.
- High energy can be solo, and low energy can be social

Design Workshop (15 min)

Explain: In groups of 3-4 pick an activity/object in the room from the opening that you think you could design programs around. I will play 3 different songs, each with a different energy mode. While that song is playing, come up with an activity using that item that matches the mode of the music. You'll have 1 minute between songs to finish your thoughts and get ready for the next one. Pick one person from each group to write down your ideas.

Suggested order: high, low, medium

Review and Closing Reflections (10 min)

Ask groups to share back:

- Who came up with an activity that felt unexpected? Share with the larger group (both the item and mode).
- What is an idea your group came up with that you are proud of?
- Write down anything you want to try to bring back to your camp.

Review what we did, the techniques that were modeled:

- Use of music to modify energy mode
- Lots of choices of items to engage with
- Some solo and group work, some sitting still, and some moving around
- In taking into account different energy levels, who does this benefit? Introverts and extroverts, times of day when we are more tired or more alert, times of the summer where we have more or less energy.
- Counselor versatility benefits campers, and it's also good to be self-aware of when we ourselves might do better with certain kinds of programs.

Reflection:

- What are you thinking about that you weren't before?
- What is already comfortable for you?
- How do you want to stretch yourself this summer?
- One word that you are taking with you:
- With your body language, what is your energy level right now? However you are, you are perfect!



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BRINGING IT TO YOUR CAMP:

This session would be useful in counselor training. Specific techniques are applicable in planning pretty much any programming. It could be a fun exercise for both campers and staff to try to come up with activities using the objects in front of them.