

CORNERSTONE 2022 RESOURCE

Coffee and Collaboration *Start Your Day*

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SUMMARY:	In this session, we will learn more about each other's morning routines through coffee and sharing music, all culminating in a silent disco, but individual morning walk.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Relaxed to start their day • Prepared to take on the day <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Ease into their day • Enjoy a personalized start to their day <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • And learn new ways to begin their day • They can start their day with alone time while feeling unity
AUDIENCE:	Age Range: campers or staff members Group Size: 10-20
TIMING:	45 minutes
APPENDICES:	Spotify collaborative playlist
MATERIALS NEEDED:	Coffee/ways to brew coffee, cups, milk, sugar, cinnamon participants should bring their own headphones
SET-UP DETAILS:	<p>Program should begin in dining hall or room where coffee is available. Sitting in a circle in chairs vs. on the ground is optional based on comfort. The group will then move to an outdoor location.</p> <p>No additional set-up required.</p>

SESSION TIMELINE

- 00:00-00:05 – Settling in, brewing or getting coffee
- 00:05-00:20 – Ice breaker
- 00:20-00:35 – Walk
- 00:35-00:40 – Debrief and discussion

SESSION OUTLINE

00:00-00:05 – Session leader welcomes the group in and points participants towards the coffee station. If you have access to ways to brew coffee, you can offer people options to brew their own. If you have ready-made coffee, invite participants to make their own coffee how they like, and sit in a circle when they're ready.

00:05-00:20 – Session leader asks participants to share their name, favorite way to make and take coffee, and first thing they do to get their day going. After session leader poses these questions, so they have time to prepare, inform participants that they will be asked to give a song they like to listen to in the morning and that they will be making a collaborative playlist for the morning/start your day walk.

After the first go around, go around the circle once more to collect each person's song. The session leader will add the songs to the shareable playlist as people share them.

00:20-00:35 – Session leader invites participants to take their headphones (or listen to the music on the speaker) and walk around outside on their own. (If you're using headphones, you can explain that this will be like a silent disco.) Session leader explains that this will give people the opportunity to ease into their days with some alone time while also feeling close to those around them since they're all listening to the same music.

00:35-00:40 – Session leader calls everyone back together to sit again in a circle and ask participants to share how that experience felt for them. At the end, the session leader offers to send everyone the playlist, so even on days when the group isn't physically together to start their day, they can listen to this playlist and lean into this routine they created in the shared space.

BRINGING IT TO YOUR CAMP:

- For campers, instead of coffee, you can choose another kind of ritualistic morning activity, like eating cereal, or if you want to avoid food all together, session leader can ask participants to share their favorite part of their morning routine at camp.
- As mentioned above, session leader can ask counselors to bring headphones and a way to play music.