

### Seeking Clarity: From Intention to Vision *Supervisor Elective*

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<b>SUMMARY:</b>	In this session we will: use storytelling techniques to seek clarity in our visions, intentions, and motivations! Participants come with any vision or challenge that is on their mind (e.g. implementing learnings from Cornerstone!) that they are open to share.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel....</p> <ul style="list-style-type: none"> <li>• Inspired</li> <li>• Creative</li> <li>• Motivated</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Take an action step forward in their vision</li> <li>• Articulate and understand their vision better</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• How to make their visions actionable</li> <li>• What has been holding them back</li> <li>• How storytelling can be a tool we can learn from</li> </ul>
<b>AUDIENCE:</b>	Supervisors, ages 18+, 3 to 15 people, anyone open to a storytelling activity, anyone with a vision, opportunity, hope or challenge
<b>TIMING:</b>	60 minutes
<b>APPENDICES:</b>	
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>- Paper</li> <li>- Pens</li> <li>- A stage-type platform, optionally</li> <li>- Yoga mats or thin mattresses to lie down on</li> <li>- Chairs</li> <li>- Blankets</li> </ul>
<b>SET-UP DETAILS:</b>	<ul style="list-style-type: none"> <li>- This activity can take place in any space that has room for breakout groups, though it is better not to be too big of a space</li> <li>- The only set up necessary is laying out mats or chairs in the spaces where breakout groups may be</li> </ul>

### **SESSION TIMELINE**

00:00 – 00:10: translating stories between body and words

00:10 – 00:20: what does it mean to learn from a story?

00:20 – 00:25: small group brainstorming

00:25 - 00:50: small group activity

00:55 – 01:00: what next?

### **SESSION OUTLINE:**

00:00 – 00:05: after introducing ourselves to each other, we will choose pairs (staying in the big group). In each pair, one person will be a body storyteller and the other will be a verbal storyteller. Stepping onto a mock stage, the body storyteller will use gestures to tell the story of their last week to the group, using only body gestures, making it as exaggerated as possible. The verbal storyteller will watch this person's story and then only using what they could tell from the body gestures, they will tell the rest of the group a verbal translation, making up whatever they think may have happened, using as much creative license as they would like! The other pairs will then do the same activity, and if there is time, each pair will have the opportunity to do the same but with roles reversed. Note: if participants are late, this activity can be cut or just be a demo of one pair.

00:05– 00:10: the group takes up space! What does it mean to tell a story in our bodies? We wander around the room at a normal pace. The facilitator will say numbers between 1-10, 1 being slowest, 10 being fastest. Moving between the numbers, participants notice what it feels like to move between different numbers, to jump, going back and forth, etc. Then, again 1-10 still wandering around the room but for emotions. Then, for the beginning, middle, and end of a story.

00:10- 00:20: the facilitator will share in brief the next activity they will be doing, giving credit to the storytelling training seminar Storytelling Beyond Words. Before we split up, we will discuss: what does it mean to learn from a story? When we hear a story, myth, etc., what can that mean to us? The facilitator will then share a brief story (in this case, a story of abundance and community) and ask the participants what they might be able to connect to in the story, so as to understand what it means to learn from a story. Consider using a format about what stories or texts they have learned from in the past, from TV shows to bible stories. Then, the facilitator will discuss the process of the small group activity, including the basic format of a fairy-tale (the mystical/wondrous/magical setting, the protagonist, the crises, the overcoming, the happy ending) and the basic format of the activity.

00:20 - 00:25: The participants are split into groups of 3 and have a couple minutes to think of a vision they want to explore, in this case one that is connected to their role as Supervisors. Likely for most of them this will be their Framework and/or their cohort's group session: i.e., the vision to carry them out. They take some minutes relaxing and listening deeply to themselves to determine their vision. They have some paper and pens if it helps them to brainstorm, and can check in with the buddy next to them.

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00:25 - 00:50: The next activity follows these steps, which are also listed out on a piece of chart paper. After the first time they go through 'Sharing a vision', pause and reiterate the steps of 'Fairy tale storytelling'.

Starting off:

1. In the group, choose who will go first as the visionary (the other two will be listeners during this time). This person lies down or sits facing away from the others while the other two sit next to them. Take some moments for breathing and grounding.

Sharing a vision:

2. Visionary: introduce yourself as if you *were* your vision
  - a. e.g., "I am the vision to shift a camp culture of..."
  - b. e.g., "I am the vision to bring educational intentionality into Camp []'s Shabbat sessions..."
3. Listeners: tell the visionary that the vision has chosen them to carry it out, and ask them: why?
4. Visionary: Offer reasons for why this vision is choosing you... *List everything that comes to mind; your strengths, insecurities, possibilities...*
  - a. Start with "I chose [visionary's name] because..."
5. Listeners: ask the visionary, "What obstacles might be in your way?"
6. Visionary: List all the obstacles and challenges you can think of...
  - a. e.g., "On their journey to manifest me, [visionary's name] will meet the obstacles of..."
7. Listeners: Instruct the visionary to offer one or two steps they might take to overcome these obstacles.
  - a. Visionary responds: "In order to manifest myself, the first step to do is..."

Fairy tale storytelling:

8. Listeners now become storytellers! Silently, pick who will go first amongst you two.
9. The first storyteller sets the scene! Start with "Once upon a time", and share about the forest or kingdom or such, the protagonist, their dreams, and you then set up ONE (the first) challenge/obstacle they will encounter
10. The second storyteller picks up right where the first left off, and takes this one challenge and makes it into multiple challenges. Things get terribly worse – piling on obstacle after obstacle, all the things that could go wrong or offer challenges... and just when things seem almost impossible to overcome...
11. The second storyteller passes the story back to the visionary!
  - a. "Now it's your turn, [visionary's name]. How does the story conclude?"
12. Visionary: aim for a happy ending! How does the protagonist overcome or meet these obstacles? Use your imagination – anything is possible!

'Breaking' scene:

13. Everyone takes a moment to return to the present. The visionary sits up.
14. Check in with the visionary: how are you feeling?
15. For the visionary, share what is on your mind and heart. How did the story connect with you?

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16. Feel free to take notes as you all discuss what happened – what lessons might you learn from the story about manifesting your vision?

Taking turns:

17. Then: switch it up! Choose who will go next as the visionary and repeat until everyone has had a turn.

00:50-01:00: Checking in and closing discussion

- How are we sitting with our visions?
- If we want to share, what are we inspired to do with it when we leave here?

### **BRINGING IT TO YOUR CAMP:**

- Consider giving participants an opportunity in the hours or days before the activity brainstorming time regarding their vision, so they show up ready
- Consider what opening activity is needed for your group. In this case, the body-verbal activity was chosen to accomplish two goals: (1) create more comfortability/rapproport in the group and (2) become more comfortable as storytellers / get into 'storytelling mode'. If you are confident your group already knows each other beforehand or has experience doing storytelling activities, consider doing a different activity (e.g. something from Theatre of the Oppressed).
- Consider following up on this activity a day or two later with a more action-oriented session using this inspiration, such as an Action Café.
- Be creative with how you share the instructions! Depending on time, you may want to share handouts with the instructions, you may want to demo, you may want to draw them on chart paper in interesting ways, you can share stories from your own life, etc.