

CORNERSTONE 2022 RESOURCE

Start Strong, Finish Strong *Elective*

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SUMMARY:	In this session we will: explore the importance of “strong” opening and closing moments and how they impact the experience of participants, focusing on transitions, setting vibes, use of body language and tone, grounding, gratitude, and applying these tools to a variety of program types
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • More confident in their abilities • Held by the space <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • See, observe, and reflect on different models of opening and closing • "vibe check" the room and know what that means • Practice getting a space focused without shushing <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • Tips for how to open and close programs • Why opening and closing programs is important
AUDIENCE:	
TIMING:	
APPENDICES:	
MATERIALS NEEDED:	Slides and a way to show them OR flip chart
SET-UP DETAILS:	

SESSION OUTLINE:

Begin with a call and response song, or hinei ma tov with claps.
Welcome everyone! So glad you are here. We are going to start strong, and finish strong.
Have everyone stretch, take a deep breath, and sit down.
Debrief- what was that? What choices did I make?

[welcome, gratitude, bringing people in]

We remember openings and closings the most. They're important- set the tone, contain the experience (make it safe to exhale), make it an EXPERIENCE
Important esp for kids to know when things start and when things are over- help brain transition and move to the next thing.

As you plan, keep in mind:

- What is happening before this, and what is happening after?
- What is the vibe of this program? How can we transition in and out of this vibe?

Ask for volunteers to demonstrate:

- Going from chill to high energy
- Going from high energy to chill

VIBE CHECK- no matter what you planned, see what the energy of the room is in reality, and pivot! Meet the campers where they are!

What's a big challenge? Getting camper and staff attention! Quiet and focus!
How can we do this without shushing? What are some ways we've seen in and out of camp that work?

Here are some faves:

- Start a clapping rhythm
- Do a cheer
- Sing
- Have music playing and then fade out
- Do a freeze dance
- Whisper

Waiting for campers to get quiet- is this the battle we want to fight?

Ask for volunteers to get us quiet in a creative way. Debrief, share what vibe

Where do we put logistics?

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- Priyah Parker's story of the funeral- all sitting down for something meaningful, and priest goes "can someone move that car?"
- If possible, give next instructions before the close of the previous thing.
- OR, open and then do logistics

What are some powerful closings you've seen, in and out of camp

What about closing?

- Everything in reverse- logistics, instructions, then close
- Bookend model- same repeat after me, same song, same cheer
- A deep breath in and out is a good catch-all
- Thank people for being there and present at the end too!

If it's educational, what are ways they can take what they've learned with them?

- Reflection makes it stick!
- Post its, think pair share, even just an invitation into reflection

In small groups- pick a camp experience. Plan the first and last two minutes. If time, share with the group.

Close the experience

- Reflection on an index card- what are you bringing back with you?
- Logistics- what comes next
- Thank yous
- Deep breath
- Song