

CORNERSTONE 2022 RESOURCE

Stretching and Kvetching, *Wind Down Your Day*

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SUMMARY:	In this session we will: spend time decompressing by stretching and unwinding our bodies while reflecting about our days.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> Decompressed after taking some time to move and reflect. Connected to their mind, body and spirit. <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> Use movement and reflection as a tool decompress in the future. Explore what they are feeling emotionally and physically. <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> How important taking time to wind down from the day is. That movement and reflection paired together can have a positive impact on their physical and mental health.
AUDIENCE:	Any group size, ages 10 and up.
TIMING:	45 minutes.
APPENDICES:	Reflections of the Day handout, Progressive Muscle Relaxation
MATERIALS NEEDED:	Yoga/exercise mats Pens Clipboards
SET-UP DETAILS:	Open and quieter space with room for participants to spread out and move.

SESSION TIMELINE

00:00-00:05 - INTRODUCTION AND GROUP GUIDELINES

00:05-00:10– GUIDED MEDITATION

00:10-00:20 – PERSONAL REFLECTION

00:20-00:40- MOVEMENT AND REFLECTION

00:40-00:45– CLOSING

SESSION OUTLINE:

00:00-0:05 – Introduction and Group Guidelines

Facilitators introduces self and leads group through introductions of name, camp and pronouns. Facilitator shares the agenda for session. Facilitator shares group guidelines and group agreements for the session, offer opportunity for anyone to add guidelines or to ask clarifying questions.

- Ask clarifying questions
- Self regulate and self care (ie it's ok to step away)
- Facilitator is available after
- It's ok to be raggedy
- Be mindful and intentional about what you share
- Privacy
- This is a judgement free space
- Use "I" statements

00:05-00:10 – Guided Meditation

Facilitator leads the group through a 5 minute progressive muscle relaxation. Read through the script (progressive muscle relaxation appendix) and be sure to take pauses periodically to allow participants to connect with their breath and quiet.

00:10-00:20 – Personal Reflection

At this time, hand out the personal reflection questions handout. Participants will have 10 minutes to quietly answer the questions. If participants do not like to write as a form of processing, offer the option for them to think about the questions and they do not have to write.

00:20-00:40- **Movement and Reflection**

During this part of the sessions, participants have 3 options for movement/stretching that is accompanied by some reflection opportunity. Facilitator to offer these options and allow participants to choose which option they would like to participate in. Reminder for participants to regulate and self care and that it is important they listen to their bodies and don't do anything that is pushing their bodies past their limits or painful/uncomfortable.

Option 1: Facilitator led stretching/movement with prompts and opportunities for group sharing. In this option, facilitator can offer all of the movement sequences or give participants opportunities to share stretching/movement.

Option 2: Small group stretching/movement to chat and talk about your days. In this case, participants can take turns leading through stretching.

Option 3: Solo free stretching/movement and continued personal reflection.

00:40-00:45 – **Closing**

Come back together as a group. Take a collective deep breath. Go around the circle and have each participant share 1 word to describe how they're feeling at the end of this session.

BRINGING IT TO YOUR CAMP:

This entire program could be run at camp or different sections could be used as stand alone programs/tools.