

Strategies for Self Care at Camp, *[Elective 1]*

TIMELINE/FLOW

2:30-2:35 Shalom Stretch
Shalom & Shleimut

Shin – W
Lamed – blade of grass
Vav – straight line, down and up
Final Mem – swan arms and hugs

2:35-2:45 Opening Questions:

- GPS needs to bits of info, what are they? Current Location + Destination (needs this to strategize)
- What does it do? Provides routes
- How does this apply to self-care? Need to know where I'm at and where I want to go/how I want to be

- In this session - what is your role? Decision making, play list, tools/skills

2:45-2:55 Scenarios by Small Group

Share times you felt overwhelmed and needed to work through a problem... describe the context and circumstances. **Only 1 min each**
Collect/Observe Themes

2:55-3:00 Problem Solving Physical Exercise – from one place to the next

Strip away the noise around self care, it's actually about problem solving and how-to determine the most effective & efficient tool for the moment (be smarter, not sweat harder)

3:00-3:10 MOOD METER

PHYSICAL EXERCISE

Mood Meter map on the ground

Think about a circumstance right now bringing you into the Blue/Red

Where do you want to get to in the Green/Yellow

Give dif prompts for restrictions of getting to Point A to Point B (draw with eyes closed, or hop on one foot)

Turn to Chevruta

In a GPS, you often have 'saved routes' as favorite. What feelings are your 'saved routes'? When you're your best self, how do you feel?

3:10-3:15 Strategy Brainstorm

Group brainstorm of strategies/routes - activities...

What can you control? Empowering nature of asking yourself this question, and remember you do have some control.

3:15-3:25 Backpack Self Guidebook – mini atlas

Make a backpack guide mini-booklet... when you start at X and want to get to Y....

Sketch starting points – remember you've been here before, it's normal to feel stress/exhaustion in life

Sketch destinations – catalyze memories/visions of what could be

Share quotes to copy – saying no to others is saying yes to you, self care vs after care, etc.

DEBRIEF:

Anyone have ideas to share / try out?

https://m.facebook.com/story.php?story_fbid=3111293955801528&id=1641355609462044&sfnsn=mo

3:25-3:30 ACHRAYUT

Reading

Strategies for Self Care at Camp

In this session we will... share, experience, and experiment with strategies to care for ourselves during camp this summer.

We will be exploring this topic through:

- Engaging group discussion
- Energizing physical activity
- A creative/hands on project

20-30 fellows

STRATEGY: gps needs current location and address where you're headed, then it can *strategize* to get there effective/efficient

Self-Assessment + Vision (healthy mind platter? Wellness wheel? Check-in resource guide from FJC?)

Physical check in/Cognitive pace/Emotional feelings and locations/Spiritually, energetically, something intangible)

Where would you like to be?

How to bridge the gap?

Share with another person/in small groups

Invite folks to share back with the group – different strategies that bridge the gap

What happens when there's a roadblock/no clear detour (co counselor is off, relationship with supervisor, realistic). Waze/GoogleMaps is always a step ahead. The gps is always a step ahead, even if it might take longer.

When we're in a practice of taking stock of where we are and where we want to be, we become better able to be proactive (vs reactive/reaching towards the edge).

Move from personal awareness to professional – making the overwhelm feel manageable, see it with clarity

AUTHOR(S):	Abby Mintz, Jill Goldstein Smith
SUMMARY:	In this session we will: share, experience, and experiment with strategies to care for ourselves during camp this summer.

<p>ABC GOALS:</p>	<p>Affective: Participants will feel....</p> <ul style="list-style-type: none"> • [examples] • [examples] • [examples] <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • [examples] • [examples] • [examples] <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • [examples] • [examples] • [examples]
<p>AUDIENCE:</p>	<p>[Audience Description, such as: target age range, group size, etc.]</p>
<p>TIMING:</p>	<p>60 minutes</p>
<p>APPENDICES:</p>	<p>[Name(s) of supplemental documents, handouts, attachments]</p>
<p>MATERIALS NEEDED:</p>	<p>[Materials needed by anyone trying to replicate this program]</p>
<p>SET-UP DETAILS:</p>	<p>[Describe the location/room where this should take place]</p> <p>[Detail the space set-up for anyone trying to replicate this program]</p>

SESSION TIMELINE

[Please provide a very brief listing of the sections of your program and their timing. Please be sure to replace the example]

Example of a multi-session experience:

- 00:00-00:05 - Introductions, setting group norms
- 00:05-00:15 - Gallery Walk
- 00:15-00:30 - Group Discussion

SESSION OUTLINE:

[Please provide a DETAILED step-by-step breakdown of how to run this program based on the timing above. Please be sure to replace the example]

Example:

00:00-00:05 - Session leader introduces session topic and leads group in a round of introductions (name, pronouns, camp, favorite spot on camp). The group creates a group brit & sets group norms on jamboard [link to jamboard].

00:05-00:15 - Session leader leads group in a gallery walk on examples of Jewish text about the power of dance (documents for gallery found in Appendix I). Participants explore the texts on their own while relaxing music plays (you can use whatever you think participants might enjoy!)

00:15-00:30 - Session leader facilitates a group dialogue using the following prompts and reading the room:

- Which text spoke to you loudest?
- Was there a text you fundamentally did not agree with? Why?
- Was there a text that surprised you? How could you explore it further?

BRINGING IT TO YOUR CAMP:

[Use this space to recommend possible adaptations, modifications, creative twists, or other suggestions. Please be sure to replace the example]

Example:

- At my camp we do not have specialist counselors, so we would be responsible for this session in bunk as there is no one person focused on Israeli dance - if you have someone who focuses on this at your camp, you could share this specifically with them to run!