

Pixar and Cereal

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SUMMARY: In this session we will start the morning with a bowl of cereal and entertaining short, animated films. PJ's are welcome!

GOALS:

- Participants will feel relaxed and comfortable
- Participants will be able to take the time to wake up and warm up
- Participants will know how to use cartoons to start discussions and mindful intentions to their group

AUDIENCE: Any age

TIMING: 45 minutes

MATERIALS:

- Day and Night ([link](#))
- Piper ([link](#))
- Hair Love ([link](#))
- Lava ([link](#))
- Inside Out – Emotions ([link](#))
- Inside Out – First day of school ([link](#))
- Coin Operated ([link](#))
- To This Day - ([link](#))
- A/V set up
- Bowls and spoons
- Milk & non-dairy milk alternatives
- Cereal

SET-UP: Any place with access to a screen for viewing. The location should be comfortable and quiet enough for viewing.

SESSION TIMELINE

- 00:00-00:10 – *Welcome, Make your cereal bowl*
- 00:10-00:40 – *Screening Time*
- 00:40-00:45 – *Closing*

SESSION OUTLINE

00:00-00:10 – Welcome, Make your cereal bowl

The facilitator has already prepared the room, downloaded videos to ensure that there will be no issues with showing content, and has prepared the cereal station.

Welcome participants in, share introductions, and give everyone time to make their bowls of cereal.

00:10-00:40 – Screening Time

Between each video have a short discussion of the values the video explores and how we can relate it to camper's education at camp.

Here are questions I use when selecting the right video for a session:

1. What are the topics the video is presenting?
2. What did it make you feel?
3. If I had to plan a game to start the program based on the video, what would it be?
4. How else can I bring it back to camp?

We will answer these questions after every screening and create a work sheet for future use.

00:40-00:45 – Closing

BRINGING IT TO YOUR CAMP

This program could also happen in the evening, with a nighttime snack. Feel free to incorporate other shorts that connect to the values of your own camp. Choose shorts that speak to different age groups depending on who you are hosting this program for.