BREAKING & BUILDING:

MINDFULNESS THROUGH

DESTRUCTION AND CREATION

AUTHOR(S): Julia Bessen, Zach Snyder, Maryn Mucasey

SUMMARY: Using art and play to destroy, reflect, and build, join an evening of exploration as we reshape our ideas and expressions of self.

GOALS:

1. Participants will experience a space where they can freely explore expressions of mindfulness.
2. Give camp counselors a mindfulness program to be recreated at their camp for their staff.
3. Participants will leave with creative tools for expressing mindfulness, and how to intentionally build upon that.

AUDIENCE: Camp counselors. 10-20 sized group.

TIMING: 75 minutes

MATERIALS:

- *Chevruta* walk prompts
- Snacks
- Blank white tiles
    - https://www.amazon.com/Glossy-Ceramic-Crafts-Squarefeet-Genuine/dp/B07K615QY8/ref=sr_1_1_sspa?crid=EI1H23SCGZFH&keywords=ceramic+tiles&qid=1707250474&s=arts-crafts&sprefix=ceramic+tile%2Carts-crafts%2C261&sr=1-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1
- Sharpies, paint pens
- Towels
- Hammers
- Air dry clay
    - https://www.amazon.com/Crayola-Natural-White-Modeling-Bucket/dp/B089T7PX27/ref=sr_1_5?keywords=air%2Bdry%2Bclay&qid=1707250123&sr=8-5&th=1
- Tablecloths to protect the tables

SET-UP: There must be table space for every individual, a workspace for making art and mess freely. Space to move around/near an outdoor area. A space where noise is no issue.

SESSION TIMELINE

- *00:00-00:10 – Introductions, setting group norms*
- *00:10-00:25 – Chevruta Walk*
- *00:25-00:35 – Tile Decoration*
- *00:35-00:45 – Tile Smashing*
- *00:45-01:05 – Creation*
- *01:05 – 01:15 – Closing and reflection*

SESSION OUTLINE

00:00-00:010 - Session leaders introduce session topics, themselves, and leads group in a round of introductions (name, pronouns, favorite camp food, favorite spot on camp etc.).

- *Introduction: all facilitators introduce themselves. Facilitator 1 will go through the flow of our time together (ice breaker, chevruta, mindfulness in creation, breaking, building). Some moments mindfulness will be more obvious, other moments it won't be as obvious.*
- *Name Game: facilitator will model. Each person will say their name and a verb that starts with the same letter and a motion that goes with it. Ex: Ziplining Zach. Each person will share their verb, name and action. Then the group will try to go around the circle and repeat the name/actions for everyone.*
- *Mill around in the space. We will have participants pause with a partner a few times for camp hot takes:*
    - *Is potato bar a meal?*
    - *Top or bottom bunk?*
    - *Is blue a flavor or a color?*
    - *This is your partner for the next activity!*

*00:10-00:25 – **NOTICE:** Chevruta Walk. Session leaders distribute prompts and create pairs. Sends off pairs for a 15-minute walk, offering physical prompts and questions to take with them.*

Frame: For next 15 minutes, you will have an opportunity to notice; notice yourself, notice how you are entering this program, notice your current understanding and relationship with mindfulness, and possibly notice some of your own blind spots as you discuss with a partner. With your Chevruta partner, you will have 15 minutes to explore and discuss with guided prompts, at your own pace.

- *Give time for participants to find a partner, or group of three*
- *Pass out slips of prompts*

Prompts to print and hand out:

Please feel welcome to move through these questions at your own pace with your partner. There is no 'right' or 'wrong' way to show up and share, the exercise is to ***notice*** *what you are experiencing in the present moment. Feel free to pause and check in with yourself/each other what is coming up for you in the moment as you make your way through the prompts.*

1. *How were you feeling on the way to this program? How did it change as you entered the space?*
2. *How are you feeling right now?*
3. *When you hear the word mindfulness, what comes to mind? What is your relationship with mindfulness?*
4. *What do you notice at this moment about the space around you? What do you notice about yourself?*
5. *What are you bringing to the program/camp space?*

00:25-00:35 – ***BREAKDOWN:*** *Session leaders gather the group back and distribute tiles. Session leaders give next step instructions on how to decorate tiles. Every individual is encouraged to use the tile as a space to continue the "Breakdown" of themselves they just did, using the things they "noticed" about themselves, and continue to notice. This is the practice of Breakdown. Music will be playing in the background, and conversations and the sharing of ideas will be encouraged.*

00:35 – 00:45 – Session leaders will stop the group, and give instructions for tile breakdown, explaining that tiles will be broken down and then built back up. With guidance, participants will use a hammer and towel to break down their tiles into pieces.

00:45 – 1:05 – ***BUILD****: Session leaders will distribute air dry clay and give tips on bowl making. Individuals will begin shaping bowls with the clay and attaching broken tiles along the side.*

1:05 – 1:15 – Session leaders will wrap up the activity with a discussion on the activity and mindfulness throughout (Notice, Breakdown, Build), and how this activity and this practice can be brought back to camp. With 5 minutes remaining, session leaders will facilitate a clean-up.

BRINGING IT TO YOUR CAMP

This program can be run with staff or campers, and although creativity is intended to facilitate self-reflection, the craft of choice can be swapped to other crafts you have on hand.