

## Finding Meaning in our Mornings for Non-Morning People

**AUTHOR(S):** TERI MCGUIRE

**SUMMARY:** In this session we will utilize the medium of blackout poetry to look for a deeper meaning to motivate us and our campers in the morning.

**GOALS:** Participants will feel inspired to see the meaning in something they don't always see the value in. Participants will learn a new, very user-friendly method for creating new poetry out of an existing document or text.

**AUDIENCE:** Anyone ages 10+

**TIMING:** 45 minutes

**MATERIALS:** Print out of whatever text you want to explore (it's great to have extras in case people feel they have "messed up", black markers, highlighters, pens, and paper. A nice addition is having speakers to play music while people are working on their poems.

**SET-UP:** This activity can take place anywhere! Engage with this work around tables or do so in a big open circle anywhere on camp.

## SESSION TIMELINE

- 00:00-00:03 – *Introductions*
- 00:03-00:12 – *Group Discussion: What makes mornings hard for us? What are we most grateful for in the morning?*
- 00:12-00:20 – *Introduction to our text and mini text study*
- 00:20-00:23 – *Introduction to Blackout Poetry*
- 00:23-00:33 – *Writing Blackout Poetry*
- 00:33-00:40 – *Sharing of Poems*
- 00:40-00:45 – *Closing Reflections*

## SESSION OUTLINE

### *00:00-00:03 – Introductions*

- Facilitator introduces themselves and depending on group size, invites everyone around the room to introduce themselves briefly

### *00:03-00:12 – Group Discussion: What makes mornings hard for us? What are we most grateful for in the morning?*

- Depending on group size, the following discussion can take place as whole group, or with a “think, pair, share” model. Facilitator presents the following questions:
  - What makes mornings personally hard for you?
  - What are you most grateful for in the morning?

### *00:12-00:20 – Introduction to our text and mini text study*

- Participants read the text to themselves as a volunteer reads it aloud
- Facilitator leads the group through a brief unpacking of the text:
  - In your own words, what is the author trying to say?
  - What feelings does this text evoke for you?
  - What does this text remind you of?
  - What questions do you have about this text?

### *00:20-00:23 – Introduction to Blackout Poetry*

- The facilitator explains that Blackout Poetry is a type of “found poetry” that allows a new author to create poetry out of an already existing document.
- Blackout Poetry is done by taking a text and highlighting words or phrases that stick out to you as meaningful. You then use black marker to literally “blackout” whatever portions of the poem didn’t speak to you. The words left create a new poem.

### *00:23-00:33 – Writing Blackout Poetry*

- Facilitator instructs participants to explore their text and create their own poem out of it. Each participant gets a copy of the text, a highlighter, and a black marker.
- 

### *00:33-00:40 – Sharing of Poems*

- Participants that are interested are welcomed to share back their poems with the group

### *00:40-00:45 – Closing Reflections*

# CORNERSTONE RESOURCE



- As a group, participants are asked to engage in the following debrief:
  - What was surprising about this process for you?
  - How did it feel to hear back poems from other people who had utilized the same text you had?
  - How does the process of blackout poetry relate back to finding meaning in your morning? What lessons can you bring from this experience to your daily morning practice?

## BRINGING IT TO YOUR CAMP

*You can do this back at camp with any age group and ANY document. You could use a Jewish text, your favorite song, a historical document, whatever you want!*