

## Journaling: Listen to Your Body, When it's Calling for You

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**SUMMARY:** In this session, we will utilize journaling and a body scanning technique as a method of slowing down the busy camp days to hear what our body needs most and how to proactively act upon it.

### GOALS:

1. Participants will practice and get familiar with a basic body scan technique that they can utilize over the summer for themselves, fellow staff members or their campers.
2. Participants will have time to journal and reflect on how they are feeling in the moment, and how they can utilize the body scan and the journaling prompts over the summer.
3. Participants will have time to slow down and do something for themselves during a busy seminar, hopefully leaving them a little refreshed and ready to take on the day.

**AUDIENCE:** Target size is 20. Can be used for college aged staff, and pieces can be used with bunks over the summer.

**TIMING:** 45 Minutes

### MATERIALS:

- Small journals
- Pens
- Stickers to decorate
- Print out of body scan and prompts to be placed in journal
- Print out of second round of questions on a slip to be handed out
- Small speaker to play "Listen to your Heart"

**SET-UP:** Outside around a firepit, or on benches.

### SESSION TIMELINE

- 00:00-00:05 – Hand out notebooks and stickers as participants arrive
- 00:05-00:25 – Listen to your Body

- 00:25-00:30 – Moving Spaces and Mindsets
- 00:30-00:40 – Second Body Scan and Journaling Prompts
- 00:40-00:45 – Bring Group Together to Close

## SESSION OUTLINE

00:00-00:05 – As participants arrive, hand out notebooks and stickers to decorate their notebook cover. Play the song “Listen to your heart” during this time.

00:05-00:25 – Session leader asks participants to get into a comfortable seat. Start with leading participants through a basic body scan (include a text outline of how to do this). Emphasize that this practice can happen anywhere at camp when you have even just 30 seconds and can be done with campers as well.

*Journaling Prompts after body scan:*

- *What in my body feels good? What contributed to that?*
- *What is something that surprised you?*
- *Where do I feel tension?*
- *What is something you could do to address that tension point?*

Give everyone a chance to journal these prompts. When participants finish up go around in a circle and ask participants to share.

- *Name, pronouns, camp and one thing they want to share from their journal or something they experienced during the body scan.*

00:25-00:30 – Walk to a new location nearby and ask participants to get into a comfortable position (whatever that means to them)

00:30-00:40 – Moving Spaces and Mindsets

Session leader will prompt:

*Put yourself into the mindset of being at camp for 6 weeks already. As tough as it may be, try to get your mind and body there. It has been a long summer, your campers may have been difficult, your days have been long, your beds uncomfortable, you need more sleep, you miss non camp food, you're out of days off, it's hot but also rains all the time. Etc.*

Lead the participants through one more body scan

- *Journaling – have participants look at the second group of prompts on sheet*
  - *What differences did you notice about this body scan from the last?*
  - *How can you proactively target tensions you're noticing?*

00:40 – 00:45: Bring group together to close

- *Ask participants to share one word or one intention that they are taking out of this program. It can be how they're feeling, how they want to use this, or anything else they would like to share.*

## BRINGING IT TO YOUR CAMP

## CORNERSTONE RESOURCE



This can be brought to camp for staff members, giving them time to reflect and center themselves. It can also be used for campers in a modified version. The body scan can be used for campers as a daily practice or for campers experiencing a challenging moment.