

FJC STAFF TRAINING RESOURCE

GETTING TO KNOW OUR CAMPERS “INSIDE OUT”

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TOPIC (S)	Staff Training: Helping Campers Regulate & Identify Their Emotions
SUMMARY	This training builds off of the popular movie “inside out” to help staff identify campers’ emotions and empower them to develop a tool box of responses to the 5 basic emotions.
GOALS:	<ul style="list-style-type: none"> - normalize identifying and sharing basic emotions - provide common language to describe emotions - provide support tools to address different emotional states
AUDIENCE:	Staff
TIMING:	1 hour
APPENDICES:	<p>FJC Inside Out Poster: https://jewishcamp.org/wp-content/uploads/2017/05/INSIDE-OUT-POSTER-FINAL.pdf</p> <p>Emotions template</p> <p>Emotions toolkit: SOCIAL EMOTIONAL SKILL BUILDING BACK POCKET COPING ACTIVITIES FOR CAMPERS AND STAFF</p> <p>Copy of questions in the program for visual learners or space to write them</p>
MATERIALS NEEDED:	<p>Paper & writing utensils</p> <p>Optional: Device to show clips of the movie and internet</p>
SET-UP DETAILS:	Can be adapted to any space; optional ability to show clips or watch movie in advance of activity

SESSION TIMELINE:

- 00:00-00:05 - Mood as weather (either in pairs or group, depending on discretion & group size)
- 00:05-00:15 - Inside Out basic emotions
- 00:15-00:25 - Small group text study by emotion
- 00:25-00:35- Share back from text study
- 00:35-00:40 - Acting out emotions
- 00:40-00:55 - Explain/fill out template
- 00:55-1:00 - Wrap up

SESSION OUTLINE:

- 00:00-00:05 - Mood as weather (either in pairs or group, depending on discretion & group size)
- 00:05-00:15 - Show poster (and clip if able) and ask participants to describe the different characters/emotions and recall something about each character/emotion from the movie
 - <https://www.youtube.com/watch?v=puXSw8yrVnl>
- 00:15-00:25 - Small group text study divided by each emotion (15 minutes)
 - In each group, staff members go around and translate their mood as weather (as they described earlier) in terms of these Inside Out Emotions
 - Discuss - What does the Jewish tradition say about the emotion your group was assigned? When they go over the handout as a large group, participants will discuss the role of emotion and study Jewish connections that speak to the role of each emotion for people.
- 00:25-00:35- Share back from text study
 - Each group shares a bit about what they discussed
 - Discuss altogether: How can we use Inside Out to create a common language between camp staff and campers?
 - How can we pause to think about our emotions and others' emotions prior to acting?
 - What does it sound like for emotion to have a conversation with the Jewish text?
 - Facilitator can reflect on how it can be challenging to interpret others' emotions, or how everyone feels emotions differently.
- 00:35-00:40 - Acting out emotions
 - Either as a large group (depending on size) or in smaller pods, ask one person to make a face or a pose to represent an emotion. Others must try to guess the emotion. This should be a fun way to get active in an activity that otherwise is a lot of sitting. It also demonstrates how different emotions look different on different people.
- 00:40-00:55 - Explain/fill out out template
 - Hand out a blank copy of the template to each staff member or cabin team
 - Explain that this template is to be used to practice identifying emotions and to create support tools and/or action steps to address each emotion.



- Give an example
- Each staff member will fill this out with ideas of how to support their campers when feeling these different emotions
- Facilitator checks in on each group to ensure that they are on the right path and have appropriate ideas for responses
- 00:55 -1:00 Wrap up - to be done as pairs or in large group
 - What's the importance of acknowledging someone's feelings?
 - How can we help campers identify their feelings?
 - How can we support our campers without fixing their problems?
 - Acknowledge everything that has been discussed for our campers can also be applied to our own emotions and supporting each other.

BRINGING IT TO YOUR CAMP:

- If you don't have access to screens/Disney+, discuss the movie Inside out at the beginning, rather than showing the clip.
- Depending on the size of your group, feel free to adapt whether activities are done in pairs, small groups, or the whole group together.
- It is recommended that each supervisor checks in with each staff member to review what they wrote down on their planning page, especially to ensure that everything is appropriate.



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How Do You FEEL Today?



