

Mirrors Embers

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Theme: Body Image/ Perception based on our eyes/ role mirrors play in our lives

Age of campers: 11-17

Time allotted/actual: 1 hr/1 hr 45 mins (this could be split into two)

Location: Any indoor room where the group can make noise and a mess, and it will be ok.

Props/Materials/Symbols: Mirrors, Candles, Construction Paper, Pen & Paper to note guesses, Hammer, Goggles

Prep done: Prep or cut a hand mirror for each person. Set up the candles and cut out construction paper slips.

Opening/Mood set: Entrance into candlelit mirror space. Blow out the candles to create a stark contrast.

Questions/Activities:

1st activity: Hold up different color construction paper and have each person guess what color they think it is.

Very few of the colors are likely to be guessed correctly in the dim light. In this, there is a metaphor for the concept of vision not always giving us the full picture even when we can see what is in front of us.

2nd Activity Relight the candles and move into a discussion of outward appearance and how much we use mirrors. Ask the campers what role mirrors play in their lives... Depending on the age group, there is likely to be a lot of pressure created by mirrors in each person's life.

3rd activity: Gaze into the mirrors in the room for about a minute, inviting reflection upon what thoughts come up when looking into the mirror. Gaze for a 2nd minute, with invitation to give yourself a care bear stare & shine positivity on your self. Notice if there's a different feeling.

4th activity: Call each camper outside one by one. Have them share their thoughts and then smash a hand mirror.

Closing: Blow out the candles together.

Were other people involved? Yes: It helps to have someone set up the mirrors in the space ahead of time. Additionally, it can be beneficial to have another strong presence of a balanced adult to hold the space with the group of campers during the 4th activity phase.

Thoughts on pacing? Activity 1 can take a really long time with campers because it is fun and interesting. It is not uncommon for them to want to each personally touch it, smell it, pass it around, and mark their choices after the light comes on before looking at the colors revealed. Mirrors: takes a moment to settle from the giggles when looking in the mirror, wait to have a minute of silence after the giggles have stopped.

What would you change next time / what did you learn / how would you enhance it? Notes: there is potential to focus on these ideas as two separate embers: the mirrors separate from the guessing paper colors in the dark, as together it ran long and each had valuable, related yet different discussion points. If wanting to do them together, guess with just one or two pieces of paper, not five to save time. Also, debriefing/discussion time of how that experience of smashing the mirrors felt for all is important and it is the last thing to happen--be sure that this is not missed or diminished due to time constraints.

Camper feedback: Excellent! It felt powerful and it was a lot of fun!