

Action: Leveling Up the Jewish Left!

Curriculum Development Workbook

Warming up.	
What module are you leading?	Fear and Support + Somatic Prep
What is the tone of the module?	
Reading the room: <ul style="list-style-type: none"> • What's happening before this module? • What time of day is it? • How are people going to be feeling? 	<ul style="list-style-type: none"> • Coming out of a break at the end of the day. • 5:30-6:30pm • End of a looong, energizing, content-packed day 1.
What's the goal of this module?	Purposes (why are we doing this module?): <ul style="list-style-type: none"> • • • Outcomes (what will participants walk away with at the end of this module): <ul style="list-style-type: none"> • • •
How long is the module?	

Almost ready...	
3-5 anecdotes or examples you could use to bring the material to life:	<ul style="list-style-type: none"> • • • • •
1-2 state changes (trainer tips & tricks):	<ul style="list-style-type: none"> • •
What could you cut if you are running low on time?	

Doing the thing!		
Time	Process (agenda)	Trainer Notes
	<p>Hassle lines/Somatic work/Brooke style</p> <p>Hassle Lines - Brooke style (20 min)</p> <ul style="list-style-type: none"> • This activity comes to us from Brooke at Watershed, who was a leader in the Global Justice Movement and Occupy. This is about preparing in our bodies for the experience of confrontation in NVA spaces. • Main point to hit: Our bodies matter and are connected to our emotions, feelings, minds, and yes, nervous systems. When we get stressed our bodies are our signal that this is happening. Often times we can't control when we get stressed, but if we can recognize what happens in our bodies and practice now, we get to have more awareness of our bodies in NVA spaces and get to make decisions we want to feel powerful and with each other in it in the moment. • Mini trainer story about a time you we fight/flight/freeze mode, how your body felt - what happened. Were you aware of your body at the time? Or aware of it later? • We will start with a quick grounding: Close your eyes or blur your eyes on a spot Feel your feet on the ground, take a deep breath, check in and scan your body, where are you feeling tension? Dont try to fix it, just notice it. • Ok, open your eyes and shake it out, now feel your feet on the ground and clench every muscle in your body, including your butt. Your butt and whether it is clenched or not is a really good indicator of how tense the rest of your body is. Keep your whole body tight, close your fists and point them behind you, now keep your body tight just open your hands. Now, flip them back and forth and just notice how it feels to have your hands pointed behind you or in front of you. • Screen door v. wooden door <ul style="list-style-type: none"> ○ Now loosen your body and come to a relaxed position standing, shoulders slightly hunched, slight bend in the knees. This called the screen door. Go back to your clenched body with fists pointed behind you - this is the wooden door. 	

	<ul style="list-style-type: none"> ● Hassle Lines: <ul style="list-style-type: none"> ○ Going to demonstrate with co-trainer. ○ Directions: <ul style="list-style-type: none"> ■ Stand 5 feet apart, choose who is going to yell in the scenario. Person A is going to walk up 3 steps so you're right in front of the person. Yell into other person's face really loudly, "Get out of my way!" 5 times ■ Demonstrate - (note: don't have a cis dude yell to demonstrate) ■ Debrief points: <ul style="list-style-type: none"> ● Don't apologize for yelling, we could debrief this all day but that's not the point. Practicing is a gift, so thank your partner who yelled ● Identity - power is real and exists in this room. Pick a partner you think will be good for you - gender, physical stature can impact this, etc. ■ Practice with clenched body, then with unclenched. ● Debrief points: <ul style="list-style-type: none"> ○ Practice is gift ○ If we want to know how to do this, we need to know how our bodies feel and we need to practice that. ○ We get to remember in our bodies that we did this together 	
	<p>Fear and Support</p> <ul style="list-style-type: none"> ● Sit in a circle, tell folks we are going to do an activity you would use as part of your prep before an action ● We're going to talk about what kind of fears are coming up when we think about the action, but today we're going to model by talking broadly about NVA. ● Partner Listening: <ul style="list-style-type: none"> ○ Ask folks to partner up - typically would be done with action buddies ○ Pick a person A and B. As raise your hands, you all are going to 	

	<p>talk for 3 minutes about what fears are coming up when you think about NVA.</p> <ul style="list-style-type: none"> ○ Person B, raise your hands, you all will listen and for 1 minute will respond to you partner, echoing back the specific fears you heard. This isn't resonating, but it's close. You're listening for the fears and echoing them back. A good model is... "A fear I heard you name is Y. Or I heard you were scared of X." ○ Model this in front of the room with a co-trainer. Have the trainer give a longer sentence about one fear and the listener repeat back a pithy "One fear I heard you name is X" ○ Have each partner ● Draw a T-table - just write Fears on the top while they are partnered up <ul style="list-style-type: none"> ○ Ask what fears did you or your partner name? ○ List out Fears while people spit them out ○ Trainer Note: (We can dwell on the fears that need to be explained for more context but keep this activity moving, it should be people throwing out a list of fears rather than doing a deep dive into each one) ○ When ppl throw out a fear, periodically ask others to raise their hands if your feeling resonance in the room: "is anyone else feeling this one?" And acknowledge, acknowledge, acknowledge. The whole point is for people to feel less isolated in the fears they have. ● Have everyone take a deep breath,(this is usually a heavy moment) ● Then write "Support" on the other side of the T-table - we have these fears and we also have support and it would be a disservice to this community and this work to acknowledge the support we have to step into NVA <ul style="list-style-type: none"> ○ What are the supports we have ○ (Trainer Note: Make sure people acknowledge supports on every level, from the personal/micro to the community/macro, including the support that exists in the room - make sure people get to "we have each other" and then go deeper- "what kind of support exists in this room? Let's name them" You can also add your own?) ○ Closing note: When you're at a good stopping place or filled up the 	
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	<p>sheet, have everyone take a deep breath - “We do this activity not to erase fears but to acknowledge them and bring them out of isolation and into the community so we can support them. And we also do it because we know we have so much support for this work in this community - we have people ready to support us to throw down for ourselves, and on behalf of our Jewish communities and the communities we are in relationship and comradeship with.</p> <ul style="list-style-type: none">○ Thank everyone.	
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Debrief. This is the most important part-- it's where aaaaaall the learning happens!			
	Pluses (things that were awesome)	Deltas (things that could have been different)	Insights!
Yourself			
Your co-trainer			
The curriculum			