





# Palm Pages

**Instructions:** Trace the outline of your hand hugely on a sheet of paper, large enough so that you can write in or around the fingers. *Label as follows:*

**Thumb (finger 1):** things that keep you grounded, or things you can't live without

**Index (finger 2):** things that are on your first, most pure mind or things that come to you as naturally as breathing

**Middle (finger 3):** Forget-about-it finger — things you're tired of or simply deciding not to give your energy today

**Ring (finger 4):** something you are committed to and passionate about on a personal or community level, or things you see for the future

**Pinky (finger 5):** small pleasures, what you do simply for your enjoyment, things you keep around simply because you like them.



**Your Turn!**  
*Create your own Palm Page*

# Community Building

## Mindful Moments

We incorporate mindful moments at the beginning of program activities whenever possible, providing opportunity for all to ground themselves in the present moment while acknowledging what else we might be bringing to the space.

A mindful moment can be anything from taking a few deep breaths to a guided meditation. This illustrates practices participants can use on their own time, brings participants to the present, and settles the nervous system, increasing participants' abilities to engage.



*Mindful moment in action — a breath-based grounding technique*

*Visit the VOX ATL YouTube page for the video.*

## Go-Arounds, Icebreakers & Energizers

Go-arounds, energizers, and icebreaker activities serve as an opportunity to build community, level the playing field, and ensure all voices are heard. According to VOX ATL participants, when individuals are encouraged to participate early on in a workshop/gathering, they are more likely to engage throughout the session.

### Some of our favorite \*icebreakers:

Name game with motion

A Big Wind Blows / Meet Me in the Middle (or Meet me on Camera for virtual programming)

2 Truths & a Lie

\*This is also space for youth input and leadership! They can come up with the best Go-Arounds, Icebreakers & Energizers to meet the group's needs.

## Ground Rules / Group Agreements

When a group co-creates agreements (we call these "Ground Rules"), participants get to say what they need to feel brave and safe, and they develop a sense of ownership and shared responsibility for that space. This is another place for youth voice and leadership, and fosters SEL connected to social awareness, relationship skills, self-awareness and self-management.



*A photo of ground rules from our virtual space*

# Creating A Vibe

From the music playing and the “welcome” to an activity, to attention getters, lighting and content on the walls, everything around us establishes a vibe and energy in our spaces. That vibe will be set (not so effectively) if we do nothing – and it will encourage creativity and courage for SEL when done with intention.

## Attention Getters

The goal is to facilitate a space suitable for dialogue and activity, so we utilize affirming attention grabbers that encourage participants rather than commanding silence.

## Music

Participants can take turns DJing, co-create playlists, and share their original music.

## Sound Effects

From popular music to a soft chime, sounds can also get a group’s attention. Sounds can also set a vibe during individual or small group work sessions, too, being mindful not to choose something jarring or triggering.

## Call & Response

“When I say love, you say love. Love!” Response: “Love!”

This serves as a positive attention grabber. It reminds every individual of the affirming energy in the room, encouraging every person to momentarily acknowledge love and make space for it. VOX and AWW use attention grabbers like these, as well as making embellishments on a few better known ones.

# Recipe for Self-care

**Instructions:** Write a recipe for your own personal version of self-care and self soothing.

When crafting your recipe, consider expressing:

- the measurements for ingredients (time allotted, amount used, etc.)
- how often/seldom each ingredient is used
- where the ingredients are placed in your space
- how you feel after adding each ingredient

Tia's self-care recipe.
- 1 history documentary, something obscure
- 1 phone call with mom,
*talk for 3 hours without even realizing it
- Cry. Wail and let yourself see it.
- Rice, noodles. Something with zucchini and tomatoes and spinach.
*Chew slowly. Watch nothing
- 4 good twitter threads. Really really funny scrollers.
*Share them with your friends and make inside jokes. Promise to use them for 50 years.
- 16 pillows. Just because.
- 6 big towels that cocoon me, in preparation for the unveiling
- 2 body-length mirrors, to satisfy my extraneous.
- 30 minute standstill, nude. Vivid.
*Let my hands travel my face and torso to put my name to all the surface.

Consider adding to your self-care creation:

- an item for your inner child
- an item for your inner teen
- a scent that brings you comfort
- a presence that brings you positive feelings
- an article of clothing that makes you feel good
- items/memories that make you laugh
- hobbies and interests

**Your Turn!**  
Write your recipe for self-care below!



## Environment

Set up your space for success with a nametag station that invites people to share their pronouns, includes comfy seating, young people’s original art, affirmation walls and music your young people enjoy. Greet each person individually, and encourage peer-to-peer conversations. Even if the space isn’t yours to decorate, you can bring in materials – even on a budget – to foster culturally responsive spaces!