



## **Morning Reflection Guide**

### **Why have a morning reflection?**

Morning reflections give you a chance to process, contextualize, and question your experience. Sharing your thoughts and feelings with the group can help work out how you'll talk about Sleep Out with people who haven't done it before, and helps orient you as you continue with the rest of your day.

Use the sample scripts and questions below or let the conversation flow naturally. We recommend having 1-2 people moderate the conversation.

### **Sample Opening Script**

Good morning everyone. It's nice to see you all. We are going to take time this morning to reflect on our Sleep Out experience. This is a time to ask questions, share thoughts, or listen. Let's open up the floor: would anyone like to share how they're feeling this morning?

### **Reflection Questions**

- What was the night like for you?
- How did you sleep?
- Was anything harder than you expected?
- Was anything easier than you expected? What made it easier?
- What else was unexpected?
- If you woke up in the middle of the night, what were you thinking about?
- How did you feel when it was time to come inside?
- While we gave up the luxury of our beds, there were still plenty of luxuries we had with us -- extra layers of clothes, bathroom, phone charger, security, friends around. What did you notice or appreciate the most?
- Were there any stories you heard or things you learned that are staying with you?
- How are you feeling about continuing with the rest of your day? How might that be different for a young person who has to find a place to shower, find something to eat, and go to school or work, not knowing where they will sleep again tonight?
- Who are you going to share this experience with? (hopefully everyone!) Many young people are afraid or embarrassed to admit that they are homeless -- how would it feel to not tell anyone about your night?
- How or will this experience transform into action for you?

### **Sample Closing Script**

Thank you all so much for sharing. I hope we can continue these conversations with each other and the people in our lives. If you have any questions or thoughts, please reach out to me this week. Thank you so much for being here.