



welcome to the Rejuvenation Station

- Find a Kinship Tender here during breaks
- Rest in chairs and hammocks
- Connect to new & long-time friends
- Restore your flow with Spinners & Balance Boards
- Read our books
- Enjoy the wisdom cards
- We invite you to be curious!

You Belong Here!



what is KINSHIP?

A rooted feeling of closeness, of being 'family,' a
shared sense of responsibility for well-being.

Individualism is an oppressive myth.
**We are not only kin with our biological family,
but all humans - in fact, All Beings!**

Can you breathe in and hum to exhale a full breath?
Can you feel a sense of kinship to the trees?
Birds, butterflies, other beings? Worms & slugs? Other humans?
What would life be like
if we all re-membered belonging and re-cognized each other?



Kinship Tending

An ongoing practice of attuned support for everyone to thrive.

- Our **nervous systems are interwoven** - all beings, everywhere. Ways to **help others regulate**: staying regulated yourself, sharing skills, teaching songs, checking in, listening, consent, etc.
- **Sow seeds of connection.** Get to know people and **make meaningful introductions to others**, so that each of us can be known and bring our gifts to community.
- As we re-member how to live in community, we need different social skills. **Facilitate each other's social learning** to promote joy and reduce harm. Full-body listening, consent, reciprocity, conflict as an opportunity to learn without shame, etc.

we all belong!

* Harm prevention skills like de-centering and listening are helpful to share and reinforce with noticing, especially with folks who hold similar or higher systemic rank to you (white/straight/cisgender/male/neurotypical/able-bodied, adult & not-yet elder, human, etc.) Be kind to invite and inspire learning. (Please don't do it to prove your own virtue or knowledge.)



connect with a
**Kinship
Tender**

Floating Kinship Tenders
(wearing green bandanas)

Affinity Group Tenders

Rejuvenation Station
(tended during most breaks)

Affinity Group Educator
(For questions around areas of privilege, to
reduce the burden on marginalized folks)

* Look for the printed list to help you find a kinship tender. *



"a few of our"

Services

Ask any on-duty Kinship Tender

Skills & Regulation

Talking/Witnessing

Conflict Transformation

Pocket Songs



Playful "flow facilitation devices" for grounding and sensory exploration!

Mindful Play!

Spinners

- Play & explore - no rules! :)
- Adults may play here or borrow briefly.
- **Safety:** children must be supervised. Marbles are a **choking hazard**.
- These are sacred works of art, **please be gentle on them**.

Balance Boards

- Play/surf at your own risk.
- Taller boards with more curve are more challenging to balance.
- Ask for support or use staves to balance.
- Place on a hard surface.
- Rock back and forth, feel into your body.
- It's not a game, it's play: no rules!
- Children must be supervised by guardian.

CAUTION: Clear marbles in sun are a fire hazard.

Provided by Tom & Grisha

Never for Sale! SpinnerProject.org



We-tonomy*

The capacity to **choose freely for oneself AND take community well-being into account**, balancing freedom and belonging.

We can be considerate of others,
so that shining our light
is helpful and not dimming someone else's shine.

Belonging means we are all part of the story.



which way is up?

If you ever feel stuck in a downward spiral, let your eyes wander and note what you see.*

It also helps to sing Voooooooooo.
Or ask for a hug or a listening ear!*

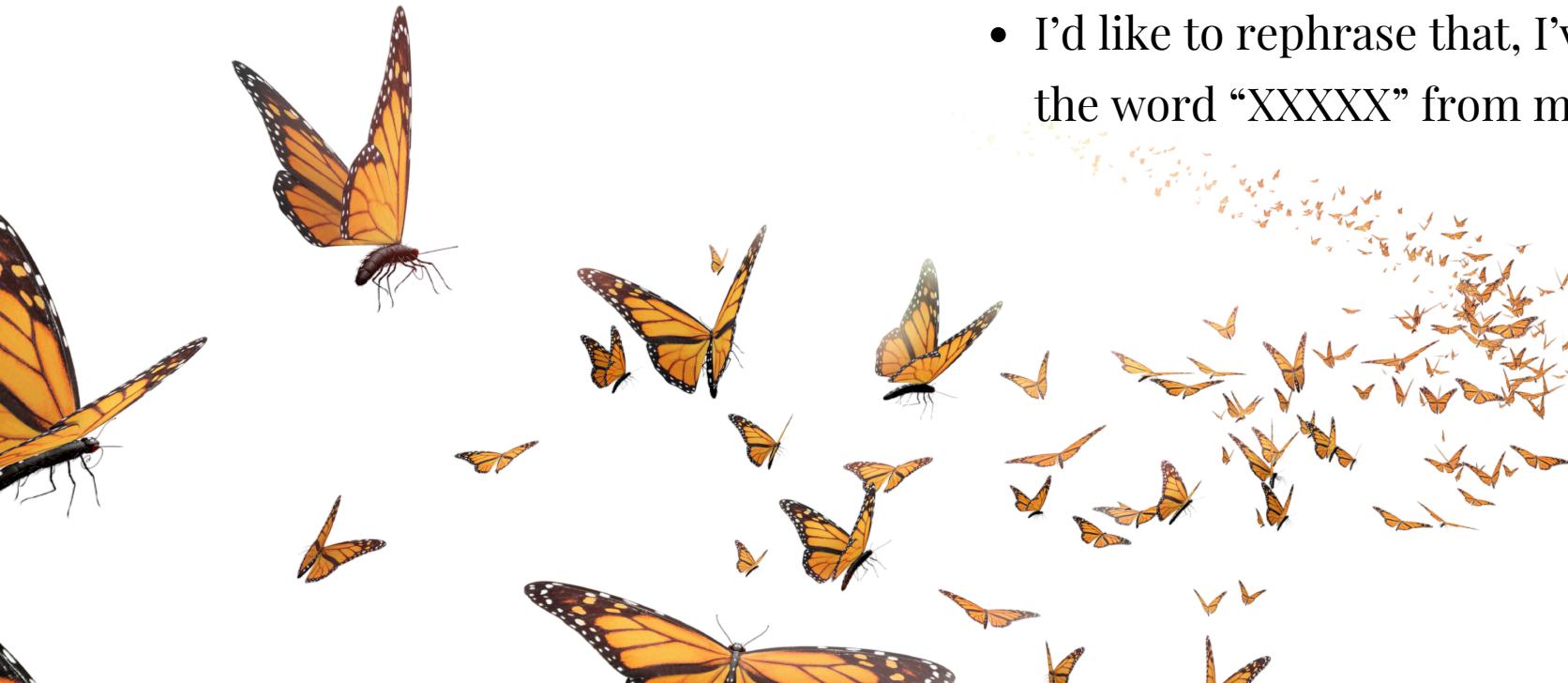
**Tip from Somatic Experiencing*



Some Phrases to Tend the Web of Kinship

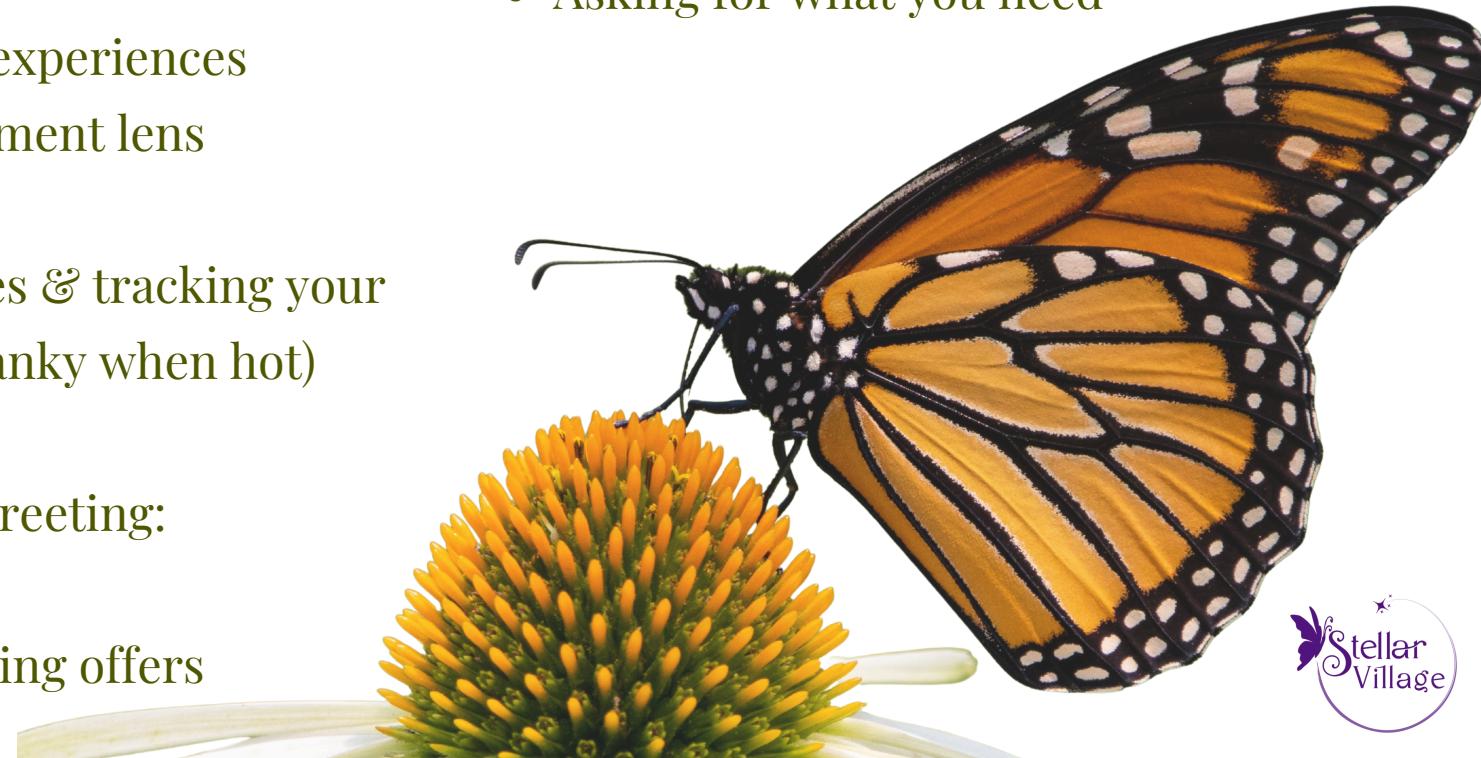
Silent attunement is great too!

- I care about...
- My body/nervous system/inner child needs...
- Part of me feels that...
- How can I help? (with a task, etc.)
- Sanctuary symbol (clasped hands, means "I'm in my own space right now")
 - return to conversation with consent
- What's it like to be you today?
- Can I offer any support?
- What's your best case scenario for this?
- Here's what I'm hearing, Is that what you meant?
- Can you say more?
- I'm listening. ❤
- I'd like to circle back...
- I'd like to rephrase that, I've been removing the word “XXXXX” from my vocabulary



Some Behaviors to Tend Kinship

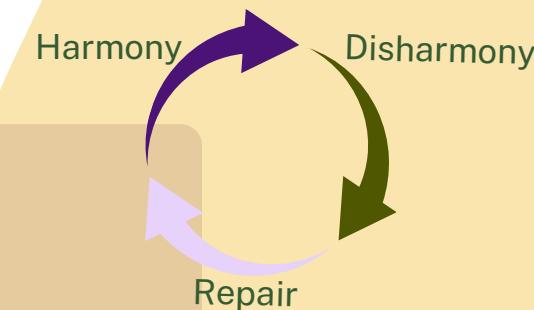
- Expressing admiration & gratitude
- Pausing a conversation to be present
- Rephrasing idioms rooted in colonialism/violence/ capitalism
 - Trying again
 - Without shame
- Exploring nuanced understanding
- Finding common ground
- Slowing down to savor experiences
- Shifting out of a punishment lens
- Making introductions
- Returning to your senses & tracking your temperature (we get cranky when hot)
- Apologizing
- Eye contact & nods of greeting:
I see you!
- Asking for help / accepting offers
- Checking for consent (touch, conversation, deep conversation, joining a group)
- Welcoming/inviting folks into your group
- Tracking your needs, too
 - Taking your time to consider something before saying yes
 - Saying no to opportunities
 - Asking for what you need



Conflict is Healthy

- Instead of you vs. them, try you AND them vs. 'outdated learning.'
- Handling conflict **with compassion** nurtures authentic community.
- Clear the channel: Fully **repairing conflict** builds **MORE** trust and vulnerability.
- Breathe. If safe, **pause to resource yourself to reduce reactivity.**
- **How can you help this person come through for you?**

"What I recollect happened is..."
"The story I've made up about it is..."
"I feel..."
"What would help me feel better is..."



- Do you need support/listening from friends or Kinship Tenders?
- Microaggression to a member of a marginalized group? Affinity Group Educators can teach the other person so you don't have to.
- **If you've done the harm, breathe & listen. Thank the person for telling you, let go of shame, and work to learn & repair.**

Tip is from "Us: Getting Past You and Me to Build a More Loving Relationship" by Terrence Real



Feel

Internally observe a reaction, energy, or impact. Feel your sources of strength.

Sharing tip: You can talk to a friend or kinship tender first to express and alchemize your feelings. We also have mediators or if there's a systemic power imbalance, we have affinity group educators who can support the person's learning.

We are all learners. Root in love to open the learning channel.

Feedback is an invitation: 'I want to work this out because we're in a shared life'. Be brave about learning how to love each other better!

Share

From your own experience, ideally without blame.

If someone shares in a way that hurts, receive the gift of feedback anyway. Ask a kinship tender if you need support.

Shift

Work together to find the path between your hearts.

"Something feels off for me – can we turn toward it?"
"I'm feeling a contraction – do you have space to explore that?"



Feel-Share-Shift as a Personal Practice

For naming impact, staying connected, and shifting culture gently

Sometimes, someone says or does something that lands weird, confusing, or hurtful. This practice helps you name it in the moment — without blaming, freezing the room, or shutting people down.

It's a way to speak up and stay connected. You don't need to solve everything right away — just open the door.

⌚ The 3 Steps:

FEEL ➡ SHARE ➡ SHIFT

The shift can come later — the sharing helps make it possible.

◆ 1. FEEL – Check in with yourself

If something lands hard, pause. Take a breath. Ask yourself:

- *What's happening in my body?*
- *What am I feeling?*
- *Do I want to say something?*
- *Can I speak from care yet, not attack?*

 You don't have to feel calm — just grounded enough to speak your truth kindly.

◆ 2. SHARE – what happened for you

Speak up — not to call someone out, but to say, "that impacted me."

You don't have to explain everything. Just name your experience.

Examples:

"That landed hard for me."

"Something about that felt off in my body."

"That brought stuff up for me."

"Can we come back to that later?"

If you need support:

"Can I talk to someone else first and have them help share it?"

★ What the other person or group can do in response:

The simplest, best first response is:

"Thank you for sharing."

Other options:

"Thanks for naming that."

A nod, a pause, a hand on heart.

Don't argue. Don't explain. Don't fix it right away. Just make space

◆ Why this practice matters

It helps name impact AND invites learning

It creates a path toward healing — even if slowly

It supports a culture of honesty, care, and accountability

It honors all bodies and nervous systems, not just fast ones

It reminds us: We're all learners. We belong. We mess up. We repair.

◆ 3. SHIFT – Make space for what might come next

Don't have to figure it all out now. The "shift" might come:

In a quiet moment later

In a follow-up conversation

alone or with support

In a circle or group check-in

Through a boundary, apology, or change in practice

You can say:

"Let's come back to this later."

"I want to take time with this — thank you for naming it."

"I'll check in again when I've had space to think."

★ What community or group can do:

Build norms that welcome this kind of naming.

Check in after hard moments (not just with the speaker).

Offer care, not consequences.

Shift agreements if needed to prevent future harm.



Feel-Share-Shift For Facilitators



Supporting real talk across identities
— with care, clarity, and choice

This practice helps people move through tension, misunderstanding, or harm — especially in spaces where we come from different life experiences.

That could be race, culture, class, gender, gender expression, ability, neurotype, or other ways of being human.

It's designed for spaces where **folks may hold different types of power and risk** — and where we want to build **real connection, not just “get along.”**

⌚ The Flow

We move in three simple steps:

Feel ➔ Share ➔ Shift

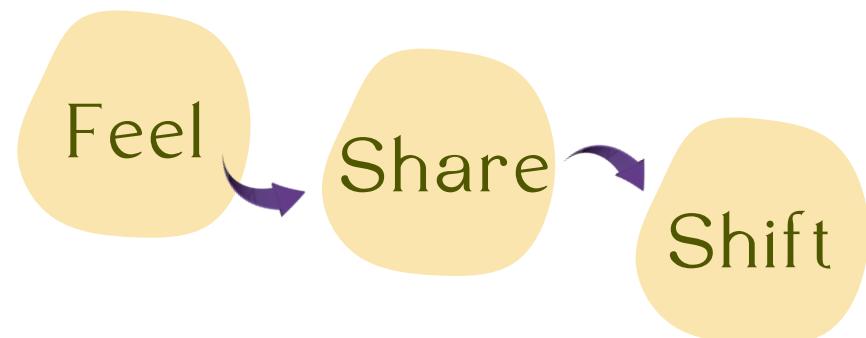
- Each one can be done slowly, with care.
- Not everyone has to speak.
- Consent matters.

★ Core Agreements to Hold

- We move at the pace of trust, not speed.
- Mistakes are part of learning — impact matters more than intention.
- Different needs are valid. (Silence, slowness, clarity, structure — all welcome.)
- No one has to “represent” their whole group.
- Calling someone in is an act of care. Not punishment — but growth.

✓ Facilitator Tips

- Urgency can spoil the process.
- Check in about energy levels, timing, and processing styles.
- Use clear time markers (“*We'll pause for 3 minutes to feel.*”)
- Offer non-verbal options to participate: sticky notes, chat, body signals, gesture-based agreements.
- If needed, co-regulate (offer grounding tools, name your own process, model self-attunement).
- Avoid ambiguous metaphors — use concrete, plain language where possible.



Facilitation Flow for Feel-Share-Shift



◆ 1. Feel — Start inside yourself

Why: Before reacting or speaking, take a moment to check in.

Many of us weren't taught to notice our body or emotions — especially in hard moments. This step helps us not act on autopilot.

Facilitator language:

- *"What are you noticing in your body — tightness, heat, shakiness, or even nothing?"*
- *"Are you feeling confused, angry, scared, sad, numb?"*
- *"You don't have to fix it — just notice."*

Access notes:

- Some folks may have a lot of sensation or emotion at once, while others may feel shut down or disconnected. All of that is okay.
- Offer quiet, breathing, stimming, drawing, or movement breaks.
- Allow time for internal processing — not everyone will feel ready to speak right away.

◆ 2. Share — Say what's true for you

Why: Sharing helps us feel seen and makes invisible things visible.

In diverse spaces, people may assume a lot. Sharing our own experience builds clarity and connection.

Facilitator language:

- **"Speak from the 'I.' What's alive for you?"**
- **"What landed in a weird or painful way?"**
- **"What matters to you here?"**

Access notes:

- Not everyone processes in words — allow for drawing, movement, or silence.
- Some folks may need time or a script to feel safe speaking.
- Model what sharing sounds like: honest, not blaming.

What is Stimming? Repeating movements or sounds (like rocking, flapping, or humming) to feel calm, focused, or safe.

◆ 3. Shift — Move gently toward what's next

Why: Shifting doesn't always mean fixing. It means pausing to ask:

What now? What's needed? How can we be in right relationship?

Facilitator language:

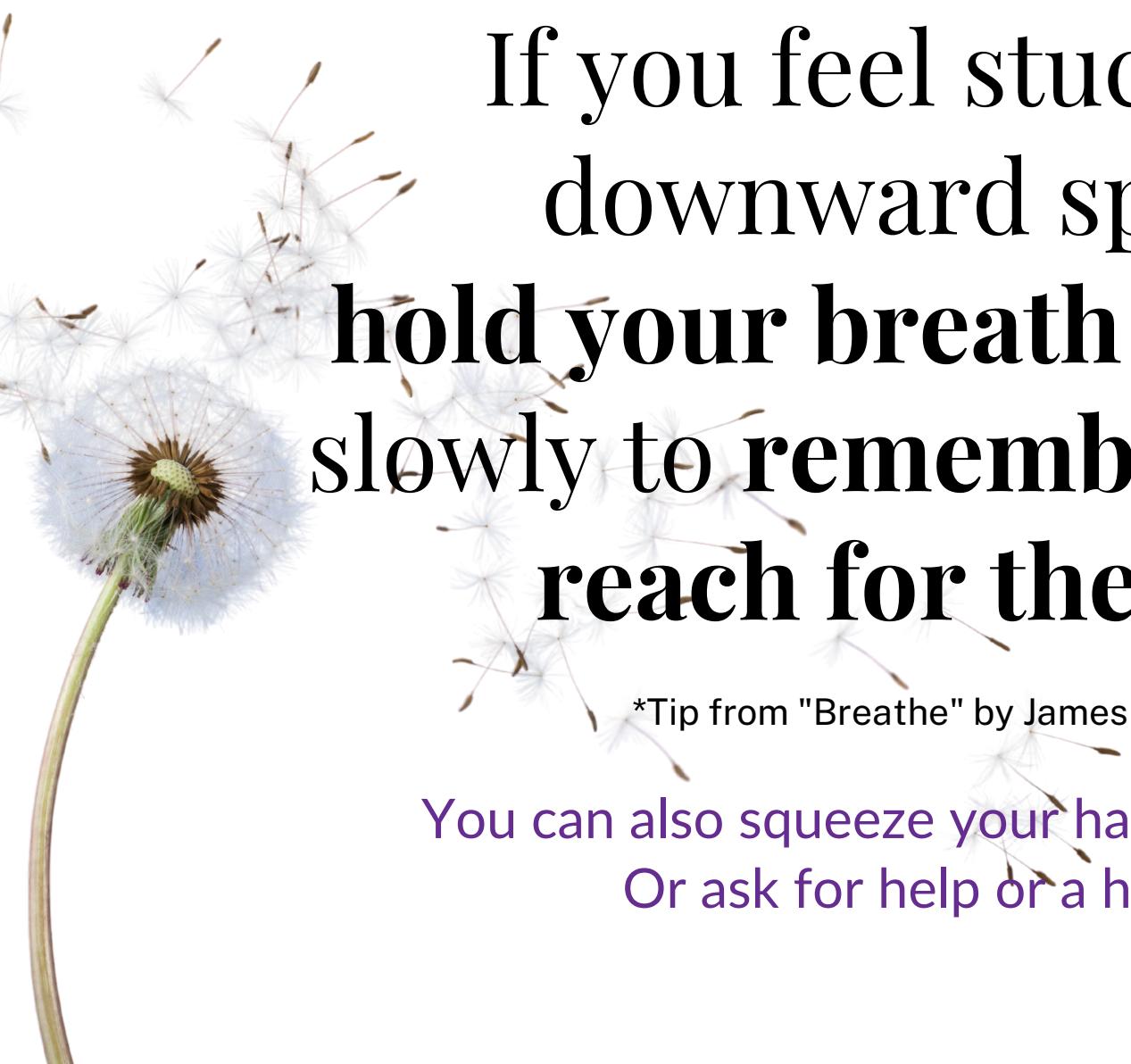
- **"What would help you feel more safe or understood?"**
- **"Is there a repair that feels right — or something to carry forward?"**
- **"Can we agree on something together that helps us move on with care?"**

Access notes:

- Some folks need closure. Others need spaciousness. Make room for both.
- Avoid pressuring people to forgive or explain.
- Shame and blame are punishment-oriented and block learning. Can you name that or gently unpack those?
- You can circle back later — shifts don't have to happen all at once.



Which way is up?



If you feel stuck in a downward spiral,
hold your breath & exhale slowly to remember how to reach for the sky.

*Tip from "Breathe" by James Nestor

You can also squeeze your hands & feet.
Or ask for help or a hug!

Sleep Tips

- Wear a shirt or have handy for when it gets cold.
- Too hot to nap in tent? Try somewhere else.
- Hydration is key, but not right before bed.
- Keep food out of tent -- in cars or elsewhere.
- Zip quickly to avoid bugs inside.
- Ear Plugs available here.
- In tent, block noise with quiet music in earbuds or by your ears.
- Choose a camping spot for sound, low morning light, naptime sun, etc.
- Have toilet paper in tent to pee closer at night. A jar works to pee inside!
- Cover your eyes with a hat, shirt, or scarf to block light and stay warm.

- Be quiet as you pass tents, even in daytime. Naps are essential!
- Respect quiet hours. Use specific areas for singing later at night.
- Keep flashlights off of tents & use red-mode to preserve night vision.
- Share your own camping sleep tips with each other.

If you're feeling irritable,
you may need rest.
Resist the urge to do it
ALL!

Help each other - practice we-tonomy!

*"You are so loved,
you ARE Love."*

**"When we dream,
can we dream big
enough for all of us?"**

Do you have something beautiful to say to the
future ones (including you and all of us)?
Add it to the book!



* These are lyrics from Grisha Stewart's songs