

Brachot Bliss - Scavenger Hunt for Intentional Joy at Camp!

AUTHOR(S): Tony J. Westbrook, Jr.

SUMMARY: Embark on a whimsical journey with "The Power of Brachot" at camp! Join us for a unique scavenger hunt where you'll discover the joy of bringing intentionality into your life by noticing the small, beautiful blessings that surround you every day.

GOALS:

1. Participants will explore the concept of "Brachot" (blessings) and their significance in Jewish tradition.
2. Participants will cultivate mindfulness and gratitude by actively seeking out and acknowledging blessings in their surroundings.
3. Participants will deepen their connection to Jewish spirituality and camp community through shared experiences of joy and appreciation.

AUDIENCE: Fellows and Supervisors

TIMING: 45 minutes

MATERIALS:

- Cut up fruit (apples, bananas, oranges)
- Bottles of scent (perfume roll on things or fragrant spices)
- Brachot Cards which I will provide

SET-UP: Divide participants into small groups and provide each group with a scavenger hunt checklist and writing materials. Briefly explain the rules and objectives of the scavenger hunt before dispersing groups to explore the campsite.

SESSION TIMELINE:

- 00:00-00:05 – Welcome and Introduction to Brachot
- 00:05-00:10 – Explanation of Scavenger Hunt Rules and Objectives
- 00:10-00:35 – Scavenger Hunt Activity
- 00:35-00:40 – Group Reflection and Sharing
- 00:40-00:45 – Closing Ritual and Gratitude Circle

SESSION OUTLINE:

00:00-00:05 - Welcome and Introduction to Brachot

I will welcome participants and provide an overview of the session's objectives. Briefly introduce the concept of "Brachot" (blessings) in Jewish tradition and their role in fostering mindfulness and gratitude.

00:05-00:10 - Explanation of Scavenger Hunt Rules and Objectives

Explain the rules and objectives of the scavenger hunt activity. Distribute scavenger hunt checklists to each group and review the prompts for different types of blessings they will be searching for. Emphasize the importance of being present and mindful during the activity.

00:10-00:35 - Scavenger Hunt Activity

Participants disperse into their assigned groups and begin the scavenger hunt. Each group explores the campsite or designated area, actively seeking out and documenting different types of blessings based on the prompts provided. Encourage participants to engage all their senses and embrace the spirit of adventure and discovery.

00:35-00:40 - Group Reflection and Sharing

After the scavenger hunt, groups reconvene to reflect on their experiences and share their discoveries. Facilitate a brief group discussion using prompts such as:

- What blessings did you encounter during the scavenger hunt?
- How did it feel to actively seek out and acknowledge blessings in your surroundings?
- Did you encounter any unexpected or particularly meaningful blessings?

00:40-00:45 - Closing Ritual and Gratitude Circle

Gather participants in a circle for a closing ritual and gratitude circle. Invite each participant to share one blessing they encountered during the scavenger hunt and express gratitude for the experience. Conclude with a collective expression of gratitude and a moment of reflection on the power of intentional joy.

BRINGING IT TO YOUR CAMP:

Encourage participants to continue practicing mindfulness and gratitude throughout the camp season, both individually and as a community. Consider incorporating regular moments of reflection and gratitude into camp routines, such as morning circles or mealtime blessings. Provide opportunities for campers and staff to share their experiences and insights related to Brachot and intentional joy, fostering a culture of appreciation and connection within the camp community.