

## TISHA B"AV RESOURCE

### *Creating a Sukkat Shalom - Shelter of Peace in a time of Antisemitism*

adapted from the JECC La'Bri'ut Curriculum

<b>AUTHOR(S):</b>	Adapted by Stacy Rilgler
<b>SUMMARY:</b>	This program gives campers a space to talk about fears around antisemitism and strategies for cultivating feelings of safety. Campers will explore <i>Sukkat Shalom</i> as a method of feeling safe when hearing about or encountering antisemitism. They discuss how we have the power to return to a sense of peace, even when life feels scary.
<b>TOPIC(S):</b>	<i>Sukkat Shalom</i> (Shelter of Peace) Feeling a sense of peace and safety when confronted with antisemitism
<b>LEARNING GOALS:</b>	<ul style="list-style-type: none"> <li>• Campers will be able to identify items/people/animals (aka things other than physical structures) that help them feel <i>sukkat shalom</i>.</li> <li>• Campers will be able to create/name ways they can feel <i>sukkat shalom</i> when confronted with antisemitism or other scary news/ events</li> </ul>
<b>AUDIENCE:</b>	Rising 1st - 7th graders
<b>TIMING:</b>	45 minutes
<b>MATERIALS NEEDED:</b>	<p>Depending on the location of this activity, you may need:</p> <ul style="list-style-type: none"> <li>• Printed copies of Resource Sheet A from the <a href="#">La-Bri'ut Resource</a></li> <li>• Paper and writing utensils for each camper (see "Prep" then "Backpack/Room <i>Sukkat Shalom</i> Scavenger Hunt")</li> <li>• Paper, crayons/markers, and decorations for hamsa making, scissors</li> </ul>
<b>SET-UP DETAILS:</b>	<ul style="list-style-type: none"> <li>• Print a copy of this program guide</li> <li>• Ensure there are items that meet the needs of the scavenger hunt in the area you'll be doing the hunt <ul style="list-style-type: none"> <li>○ If you are going to be outside, make sure campers have access to backpacks or other personal items</li> <li>○ If you'll be in the bunk – You should be all set!</li> <li>○ <b>If you will not be near personal items</b> for them, prepare to ask campers to write or draw out the items and <b>have paper and writing utensils for each camper</b></li> </ul> </li> </ul>

## TISHA B'AV RESOURCE

- Have craft supplies ready for the chamsa project

### SESSION TIMELINE & OUTLINE:

#### TIMELINE

- 0:00-0:02 Framing of the day
- 0:02-0:14 Exploring and Explaining *Sukkat Shalom*
- 0:14-0:34 Backpack/Room *Sukkat Shalom* Scavenger Hunt
- 0:34-0:44 Creating *Sukkat Shalom* hamsas
- 0:44-0:45 Closure

#### OUTLINE

##### 0:00-0:02 Framing of the day

Today we are going to be talking about times when we might not feel safe as members of a Jewish community. (If this program is being used on Tisha B'av share some framework for Tisha B'Av as a day when we remember things done against us as a Jewish community). Allow time for questions/check for understanding. Also share some group norms: While we will have time for discussion if you have a personal story of something scary that happened to you, let's check with a counselor before we share something private in a public way.

##### Exploring *Sukkat Shalom*:

- Say, "*shalom*," again, and ask what the word means.
- Explain/remind campers what a *sukkah* is:
  - Share the photos on RESOURCE SHEET A: What is a *sukkah*?
    - What do they know about a *sukkah*?  
Key responses should underscore that it's used during the week-long holiday of *Sukkot*, that it is not meant to be permanent (it can fall down in a strong wind or storm), that it's a place where people invite guests, eat and have fun.
- Help campers put together the phrase *Sukkat Shalom*:
  - *Shalom* = Peace (that's the definition they will be working with, not hello and goodbye)
  - A *Sukkah* is a fragile building used during the fall holiday of *Sukkot*.
  - *Sukkah* + *Shalom* = *Sukkat Shalom* (Shelter of Peace) → the two words together – *sukkat shalom* – means something a bit bigger, a bit different.
- (optional) Explain: *We hear these words in the Hashkiveinu blessing in the evening service – we call on God to "spread over us Your shelter of peace."*
  - If you have an evening ritual of singing/saying *Hashkiveinu* at night, connect this idea to that ritual
  - Review Quote from *Hashkiveinu*:  
*U'fros aleinu sukkat shlomecha* "Spread over us Your shelter of peace."

## TISHA B'AV RESOURCE

- Next, ask campers to show with their bodies what it feels like to be surrounded by a “shelter of peace”
- Why might we pray for a Sukkat Shalom? What do you think about the idea of saying this prayer before bed?

Sometimes we hear stories, on the news, in our houses, at schools that make us feel afraid. Sometimes we hear about antisemitism, when people don't like Jews. Tisha B'av is a time when we think a lot about people who hate for no reason, or sad things that have happened to the Jewish community. When we hear about those things, if they make us feel afraid or worried, we have the power not only to pray to God to help us find a Sukkat Shalom, we can make our own Sukkat Shalom.

**Backpack/Room *Sukkat Shalom* Scavenger Hunt:** a scavenger hunt to explore what objects around us help us or others feel safe/protected and peaceful in different ways

- Give campers 2 minutes to find 3 items (1 item can count for multiple categories if desired), such as:
  - Something soft that makes you feel protected/safe or peaceful
  - Something NOT soft that makes you feel protected/safe or peaceful
  - Something you can look at to help you feel *sukkat shalom* in a new/different place
  - NOTE: If it is not possible and/or unsafe to have campers actually GO GET these items, have campers write/draw them out on paper
- Give campers 2 more minutes to find 3 more items, such as:
  - Something you can wear that wraps you in a *sukkat shalom*
  - Something that helps you feel protection/*sukkat shalom* when you're not feeling well (such as when you're sick)
  - Something that reminds you of a person or animal that helps you feel protected/safe/peaceful/*sukkat shalom*
- Ask campers to briefly share their items as you review the scavenger hunt list
  - Such as asking campers to hold up their items when you call out the prompt from above
    - Make sure to encourage campers to look around at everyone's item
- Discuss, using questions such as:
  - Why did you choose the item?
  - How does the item help YOU feel *sukkat shalom*?
  - Of the objects that were NOT yours, what other items might help YOU feel a sense of *sukkat shalom*?
    - Ex: Camper Max talked about their fidget spinner and Camper Alex talked about their flashlight. Does the flashlight also remind Max of *sukkat shalom* for themselves? Why/How? Does the fidget spinner also remind Alex of *sukkat shalom*? Why/How?
  - What are other ways that we can feel a sense of *sukkat shalom*, a sense of safety or protection?
- FRAGILITY AND OUR SUKKAT SHALOM
  - Ask the campers for their own answers or use a thumbs up/thumbs down to talk about: *What kinds of things do the campers want to be safe/protected from.. things that you would want to try to have a sukkat shalom for when you are learning about them or thinking about them.?*
  - Ask: How do you feel when you hear about antisemitism or other ways that people try to hurt or harm us?

## TISHA B'AV RESOURCE

- Ask: How can we help each other feel *sukkat shalom* when we are scared or hear scary news?

### Creating *Sukkat Shalom* hamsa

- Explain that a hamsa is a ritual item, found all over the middle east, that offers protection. It is in the shape of a hand.
  - Have campers trace their hands
  - In each finger write or draw something that helps you feel safe either from the scavenger hunt or from something that a friend shared
  - Decorate the hamsa

### Closure:

- (thumbs up/thumbs down): *Do you feel currently that you have a sense of Sukkat Shalom?*  
Write down the names of those who put thumbs down or thumbs sideways
  - Tell them that you'll check-in with each of them, individually, after this activity (if this won't be immediate, let them know – tell them you'll check-in with each of them before the end of the day)
  - MAKE SURE you check-in with each person, individually, throughout the rest of the day to find out how you can help further support that camper
  - If possible, ALSO check-in with those who gave you a thumbs up to find out what it is that helps them feel *sukkat shalom* at camp to keep in mind for the rest of the summer and/or to report to supervisors because positive feedback is good, too!!
- Who can remind us what we can do when we don't feel a sense of *sukkat shalom*?
- Where can you put the hamsa so you remember some strategies for when you feel scared or worried?