

### Do It for the Banana/ Gram *Start Your Day*

<b>AUTHOR(S):</b>	Sara Beth Berman
<b>TOPIC (S)</b>	Prayer - Alternative
<b>SUMMARY</b>	Woke up, rolled over, grabbed the phone, texted a few awesome hashtags to the group chat. Eventually, we got out of bed. Camp is one of the only times where we don't really need the group chat, because the group - your besties - are all right there with you. In fact, you wake up, roll over, and immediately make your way into some kind of communal situation. Flagpole, prayer, or breakfast are all waiting for you on the other side of your sleeping bag. Grab a jumble of letters, some Jewish tradition for inspiration, and make your way to your communal gathering - it's time to create something fun and meaningful that, if we're being honest, would make for a perfect post, on the 'gram.
<b>GOALS:</b>	Participants will have an interesting alternative Tefillah activity.
<b>AUDIENCE:</b>	All ages, small groups, so bunk or unit broken into smaller groups
<b>TIMING:</b>	30 minutes
<b>APPENDICES:</b>	<ul style="list-style-type: none"> <li>● SBBerman Banana/Gram Resource: Ashrei from MJL 3.2021 (PDF): <a href="https://drive.google.com/file/d/1VDvwAdZjVnwhmi8iO2blxwv_NyW5S6t_/view?usp=sharing">https://drive.google.com/file/d/1VDvwAdZjVnwhmi8iO2blxwv_NyW5S6t_/view?usp=sharing</a></li> <li>● Beatles A Day In the Life: <a href="https://www.youtube.com/watch?v=usNsCeOV4GM">https://www.youtube.com/watch?v=usNsCeOV4GM</a></li> <li>● Two random letter websites: <ul style="list-style-type: none"> <li>○ <a href="https://wordwall.net/resource/42874/english/alphabet-wheel">https://wordwall.net/resource/42874/english/alphabet-wheel</a></li> <li>○ <a href="https://capitalizemytitle.com/random-letter-generator/">https://capitalizemytitle.com/random-letter-generator/</a></li> </ul> </li> </ul>
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>● In person: Bananagrams kits or Scrabble tile bags or cards with alphabet letters on them</li> <li>● Virtually: you can use the resources above</li> <li>● Speaker to play music (screen to show the Beatles video but not necessary!)</li> </ul>
<b>SET-UP DETAILS:</b>	A space where people can write words, unless they're in smallish groups with a LOT of Bananagrams sets, in which case, they can make words from the actual tiles! I'd say for safety and health, using those kits for multiple people to touch them is not a top choice for methodology in summer 2021.

### SESSION TIMELINE

- 00:00-00:05 - Opener / Grabber: Woke Up, Got Outta Bed...
- 00:05-00:15 - Ashrei
- 00:15-00:25 - Bananagrams!
- 00:25-00:30 - Debrief

### SESSION OUTLINE:

- Grabber (5 minutes) - Woke Up, Got Outta Bed... I'm going to play a slice of the Beatles Song A Day In the Life: <https://www.youtube.com/watch?v=usNsCeOV4GM> (2:00-3:10).
  - In the chat, type in a few one- or two-word answers about your mornings at camp. (woke up, ran to bathroom, woke up kids, shower, put on sunblock, find a clean mask...)
  - Discussion
    - What did you notice in the chat?
    - What from this song spoke to you?
    - What do you do at camp when you transition from wakeup to your morning startup?
- Ashrei (10 minutes): It's possible you don't do morning prayers at camp, but that's OK. I'm going to lift up the prayer Ashrei for a few reasons - and you're going to tell me what they are. The words to Ashrei that I'm about to share with you is a traditional translation, with plenty of God language. Even if that isn't your thing, spend some time thinking about awe, happiness, and gratitude.
  - You'll click on [this link](#) and open up the text for discussion. You'll be put into breakout rooms of 3-4. Once you're in your breakout rooms, read the verses of Ashrei out loud, and then answer the questions that will be on the side of the chat here.
  - Discussion:
    - This text is alphabetical in Hebrew - what's good about having a text that's written in this acrostic style?
    - What speaks to you in this prayer, based on a poem in the Book of Psalms in the Bible?
    - What's good about going through a list of praises like this?
    - What was challenging for you about this text?
- Bananagrams! (10 minutes)
  - Welcome back! You had a chance to look at an acrostic poem about happiness, and now we're going to play a bit with the alphabet.
    - IN PERSON, I highly recommend having bananagrams kits, scrabble letters, or cards with letters on them. Since we're online I'm using a really ugly random letter generator. It gets the job done, but I'm aware it's not pretty - you get to do better!

## CORNERSTONE 2021 RESOURCE

- Gram 1 (repeat 5 times):  
<https://wordwall.net/resource/42874/english/alphabet-wheel>. I will share my screen and click on a button to give you a random letter - I prefer the random card generator, but it doesn't matter - you can totally do this by flipping over banagrams tiles and reading them out to your campers! You should type in the chat happy words that come up when you see that letter.
- Gram 2 (repeat 5 times): <https://capitalizemytitle.com/random-letter-generator/>. I will show you a list of random letters. Using those letters, you should pick out some that make up a word - or words - that shares something about how you feel. Bonus points (there are no actual points) for words that are filled with joy - although I acknowledge that not every moment, and not every day is filled with only joy.
  - You might need to type out your letters, or scribble them on some scratch paper, and you may need me to read out the letters that are randomly generated. Same goes for your campers - make sure they have their needs met in their small groups.
  - Write or type out your word or words. We'll have you unmute to share.
- Gram for the Gram: Look at the words you've found and shared.
  - What picture or video would you share to identify happiness, and share it with others?
  - If you post it, please tag @jewishcamp and #jewishcamp on all the socials.
- Debrief (5 minutes):
  - What did you learn from this session?
  - How can you use some of these letter-play tools with your camp community this summer?
  - What's powerful about harnessing joy in this way to start your day?

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

In order to best adapt this program for in camp use I would suggest:

- This can work in person or online - make sure you are ready to address an accessibility needs for people who can't read or type (buddy system, shout it out, etc - work with your supervisory and support staff if you need help)
- Set up an intention wall as reminders to your campers/staff for during and after Shabbat / the summer - they can draw or paint pictures reflecting on the words they identified!