

GA'AVAH: WHAT DOES PRIDE MEAN TO YOU?

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SUMMARY: In this session we will explore different aspects of our identities that make us proud and ask ourselves what inspires us to "rise up" in moments of doubt or joy? This session is open to folks of all gender identities and sexual orientations.

GOALS: Participants will discuss the meaning of Pride (*Ga'avah*) and its Hebrew root of Gimmel Aleph Hay which means 'To Rise Up'. They will think deeply and thoughtfully about various aspects of their identities and how those identities relate to a sense of self-pride they either already have or want to grow. Participants will use different modalities to explore their sense of self.

AUDIENCE: 15-20 people ages 11 and up

TIMING: 60 minutes

MATERIALS: Writing utensils such as pens, pencils, markers, crayons, colored pencils, etc. Other various art supplies such as pompoms, pipe cleaners, glue, scissors, various colors of construction paper, watercolors and paintbrushes, blank paper, string, etc. If available, a device and speaker to play a collaborative playlist that includes songs of Pride.

SET-UP: A room with tables and chairs is ideal so folks can have an easy time writing/making art.

SESSION TIMELINE

- 00:00-00:10 – *Introductions, setting group norms*
- 00:10-00:20 – *Group discussion about Pride/Ga'avah*
- 00:20-00:45 – *Independent creation/exploration time*
- 00:45-00:60 – *Debrief, share out and closing*

SESSION OUTLINE

- **00:00-00:10 – Introductions, setting group norms**
Session leader introduces the session topic and leads the group in a round of quick introductions (name, pronouns if comfortable, camp, and an icebreaker q that can be answered with one word. Example: favorite identity symbol (rainbow). Session leader will then lead the group in setting a group brit (contract) of how they want to co-create the space.
- **00:10-00:20 – Group discussion about Pride/Ga'avah**
Session leader leads group discussion about Pride/Ga'avah using the following prompts:
 - Pride in Hebrew is *Ga'avah*, with the root letters Gimmel Aleph Hey which means both 'Pride' and 'To Rise Up'
 - What does Pride mean to you?
 - What makes you Proud of yourself? Your communities?
 - The way we think about things in our brain shapes the way we interact with them in the world
 - When you hear 'To Rise Up' in the context of Pride, what does that make you think of?
 - What do you 'Rise up' for? What inspires you to say "Hineini, here I am?"
 - In moments of disagreement, witnessing bigotry
 - What it means to rise up each day, in one's full self, even when it's hard
 - To continuously show up as one's full self
 - What is the opposite of Pride?
 - What is the opposite of Rising Up?
 - How do you cultivate Pride?
- **00:20-00:45 – Independent creation/exploration time**
 - Session leader to set this next portion up by explaining that participants will work independently exploring their own identities and the symbols that may represent those parts of us.
 - Think of the identities you hold and create an Identity Molecule using the handout to get your creative juices flowing. Put your name in the center and then fill out the other circles with other parts of your identity. Example: Jewish, The Ohio State Buckeye fan, queer, sibling, child, Unkie, etc. Then use the supplies and create a symbol of an aspect of your identity that gives you pride. You can write, create art, meditate on it – whatever your process is is valid.
 - Symbols can help us bring out the parts of ourselves we haven't fully embraced yet
 - Examples: The Rainbow flag represents LGBTQIA+ pride, the Pink Triangle is a symbol that was once used as a badge of shame and a way for the Nazis to

recognize LGBTQ folks in the concentration camps but was reclaimed in the 70s as a symbol of protest and for queer liberation. Other symbols are Jewish stars, Chais, college mascots, etc.

- It's possible that pulling apart your identity and putting labels to it might not feel good and that's okay – embrace the process of thinking about what you **do** feel connected to and don't feel pressured to label anything. Try to stay in a productive discomfort space and avoid going into distress.
 - We'll have about 25 minutes to create and then we'll come back together and share
 - Feel free to come and add songs that remind you of Pride, inspire you to feel Pride, etc to this playlist we will listen to while we create
- **00:45-00:60 – Debrief, share out and closing**
 - Session leader brings everyone back together and opens the floor for a few folks to share their process or the symbol they created
 - Tie what participants share back to the conversation of Pride/To Rise up
 - Open the space for any additional thoughts or questions
 - Session leader poses these final questions: how, if at all, do you relate to your identities differently from before doing this exercise? How can you continue to check in with yourself about your ever-evolving self/identity and notice how and when your Pride and what you are proud of shifts! How does being Proud of certain aspects of your own identity show up in your community as a whole?

BRINGING IT TO YOUR CAMP

- *Any art supplies will work for this project*
- *No playlist/technology necessary*
- *If you are working with a certain subset of identity, you can tailor questions/prompts to be more specific*