

Movement Minyan Energize Your Day

AUTHOR(S):	Yoshi Silverstein
SUMMARY:	In this session we'll take a dive into Jewish movement practice — playful physical activities, energizing partner games, and creative prompts that allow us to explore and experience Jewish wisdom, values, and ideas through a whole new light.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Connection between brain, body, and spirit • Energized and invigorated • Sense of strengthened connection to self and others <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Think about movement through a Jewish lens • Begin exploring Jewish ideas and concepts through movement and other embodied modalities • Express themselves creatively through movement <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • Jewish frameworks for movement • Movement games to adapt to different audiences and contexts
AUDIENCE:	Cornerstone Fellows and Supervisors / Liasons
TIMING:	45 min
APPENDICES:	
MATERIALS NEEDED:	Tennis balls Wooden dowels
SET-UP DETAILS:	In an open and spacious setting; outside is great! Helpful to have a flat floor if doing ball-work; Consider acoustics and minimal external distractions;



CORNERSTONE 2022 RESOURCE

SESSION TIMELINE

0:00-0:05	Arrival / Explore the Space
0:05-0:15	Chevruta-Partner Movement Part One / Tennis Ball Partner Prompts
0:15-0:20	Debrief
0:20-0:28	Chevruta-Partner Movement Part Two / Guidance & Creative Opening
0:28-0:35	Improvisation and Creative Expression
0:35-0:40	Discussion
0:40-0:45	Reflection & Closing

SESSION OUTLINE:

0:00-0:05	Arrival / Explore the Space Using a tennis ball, explore this space. Be creative!
0:05-0:15	Chevruta-Partner Movement Part One / Tennis Ball Partner Prompts
0:15-0:20	Debrief
0:20-0:28	Chevruta-Partner Movement Part Two / Guidance & Creative Opening Stick-movement alternating partners
0:28-0:35	Improvisation and Creative Expression
0:35-0:40	Discussion
0:40-0:45	Reflection & Closing

BRINGING IT TO YOUR CAMP:

These activities and prompts can be woven and rearranged in multiple orders and when appropriate may be utilized as short separate pieces to help as group-building activities and energizing time-fillers. Be creative! Explore other adaptations and versions of the prompts we used here.