



CORNERSTONE 2016 RESOURCE

The Force Awakens: Dark vs. Light, *Elective 1*

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SUMMARY:	Army like training in a dark room, for becoming a Jedi, inspired by Star Wars. Creative approach to night and trip programs through Star Wars theme. - Submitted by Tomer Moked
TOPICS:	Bedtime Ritual, Communication Skills, Community Building, Film, Food and Cooking, Group Dynamics, Identity, Israel Programming, Jewish Culture, Jewish Values, Leadership Development, Managing Challenging Behaviors, Outdoor Adventure, Team Building, Teen Programs
LEARNING OBJECTIVE:	<ol style="list-style-type: none"> 1. Participants will learn creative idea for night and rainy day activities. 2. Participants will connect the Yoda philosophy to the Jewish/Israeli one. 3. Participants will conquer fear, accept the darkness and find the light within them.
AUDIENCE:	10-17/ Staff
LENGTH:	75-90 Minutes
APPENDIXES:	the force awakens handouts 1
MATERIALS:	<ul style="list-style-type: none"> ● 35 black bandanas ● 3 packs of Glow in the dark star stickers ● 5 Hershi chocolate bars, 2 packs of Graham Crackers, 2 bags of marshmallows, ● 5 bags of chips, 5 apples, 5 energy bars, ● 50 tealight candles ● A large tent ● Yoda costume (optional) ● matches ● flash light for each participant ● Projector +screen (optional) + sound system, mp3 player with the Star Wars theme ● Handout 1 (16 copies) ● Handout 2 (2 copies) ● Handout 3 (1 copy) ● Handout 4 (1 copy) ● Handout 5 (18 copies, black and white, double sided, stapled) ● Polaris star Youtube - https://www.youtube.com/watch?v=hepzUgFhgis
SETTING:	Make sure you arrange a dark room, cover all windows or any path of light. set up a tent in the room in one of the corners.

Session Description:

Set up:

Make sure you arrange a dark room, cover all windows or any path of light.



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Set up a tent in the room in one of the corners.

Hang a dark fabric on one of the walls, mark the stars as instructed using glow in the dark stickers or Glow stick liquid (Be careful! Use gloves).

Spread around the room on the floor, closer to the walls the food treats.

Set up speakers with the Star Wars theme music.

Figure out a Yoda costume for yourself (optional).

Warm up: (10 Min)

Facilitator will welcome participants to the the Jedi Academy of Yoda

Facilitator will explain The Jedi Path: “**The three pillars of the Jedi Path are self-discipline, knowledge, and the Force.**”

The importance of self discipline while training to be a Jedi. Facilitator will ask participants to stand in rows of 3.

Facilitator will ask for a volunteer to be the Chanich Toran - CT (Secretary Camper). This chosen participant will step out the line, and will stand by the group. The group will be asked to reorganize in rows of 3.

The facilitator will teach the CT the way we accept our Yoda Commander in the JDF (Jedi Defense Force): any time The facilitator say **Obi-Wan Kenobi** the participants should regroup in rows of 3 and the CT should say: **Lekabalat HaYoda 123** (Yoda is here) and the group will answer in unison: **Hakshev!** (Listen)

Facilitator will practice with the group the calls and regrouping.

Memorize the Jedi code. (5min)

The Jedi code should inform the way that you interact with the world and how you think about yourself. The Jedi code is a good mantra to memorize and try to recall on your path to becoming a Jedi. Try to remember the code whenever you get frustrated or worked up.

Participants will repeat together as one the Jedi code as follows:

(Facilitator will say a sentence and the group will repeat it, for every sentence)

There is no emotion, there is peace.

There is no ignorance, there is knowledge.

There is no chaos, there is harmony.

There is no passion, there is serenity.

There is no death, there is the Force.

Activity 1 - Into space - enter the dark room (10 min)

Facilitator will lead the group into the dark room. they should all cover their eyes with bandanas, and follow the CT in a long row into the room.

Facilitator will welcome participants for their official Jedi training inspired by CIA, Mossad, IDF and George Lucas. The participants will be asked to remove their blindfold.

Facilitator will say: **Obi-Wan Kenobi** and the participants will form the 3 lines again.

Facilitator will ask CT to read the group Handout #2 Space rules for Jedi training (with the help of a flesh light).

Activity 2: Food tasting (10 min)



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Facilitator will lead participants to the next challenge: around the room there are hidden edible treasures. One for every Jedi in Training, participants should keep low, crawl and find a treat.

Jedis are not allowed to eat anything yet, once you find a treasure, participant should whisper while crawling: “**Lo Lefached Klal!**” There is no fear! and return to center base silently with their treasure.

Activity 3: Star Gazing (15 min)

Facilitator will ask all participants to sit where they are, facing the glow-in-the-dark stars, and will teach them how to find Polaris with the help of Ursa Major, and Ursa Minor.

(Facilitator can use Handout #3 for the instructions of the positions of the stars, and this youtube video - <https://www.youtube.com/watch?v=hepzUgFhgis> to learn about the basics before teaching it to the group)

Activity 4: Know your Chaver/ Chavera (friend) Jedi! (20-30 min)

The facilitator will lead the participants to sit in a circle in a large tent. (If you have too many, a large circle in the room will also work.

In the tent participants will be told of the importance to know, respect, and appreciate those who fight with us, team with us and responsible for us as we as Jedis responsible for them.

Facilitator will announce that the next and last step of the training of becoming a Jedi is the most challenging one, participants should be mentally prepared to open up and accept the Force.

If anyone feels that they are not ready for the next level they should say it now, but remember: “If you end your training now — if you choose the quick and easy path as Vader did — you will become an agent of evil.”

CT will receive a quote to read (Handout 4) “**Train yourself to let go of everything you fear to lose.**”

Facilitator will encourage everyone to choose to continue. They all should say yes. (If someone feels uncomfortable from the build-up they should wait with the facilitator.

Facilitator will ask participants to pair up with someone they don't really know well yet.

Facilitator will hand out Handout 5 - dyadic conversation. each pair should find a spot in the tent or around the room, they will receive a candle as well (if use their flashlight if fire is forbidden).

They both should read first page in silence, once they are both done they can start the conversation.

If there were any participants who didn't want to participate they should be welcome to do so after understanding the instruction, the conversation can also be led with 3 people).

Participants can enjoy their treasures while getting to know each other.

Facilitator should call everyone back to the circle 10 min before time is up.

Final discussion: (10 Min)

Facilitator will congratulate all for becoming a true Jedi of the Jedi Academy of Yoda.

Participants now can use their flashlights to light up the discussion. if you speak you turn it on.

Facilitator will ask:

- What was awesome about this activity?
- What were the wow moments?
- Who got scared? In which part? How did you overcome the fear?
- What can we teach the campers about fear?



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- What Jewish or Israeli values did they experience here?
- What was the purpose of this program?

Allow participants to share any other ideas they have to bring Star War themed programs to camp.

Additional Notes for Bringing it Back to Camp:

This program was created mainly for in bunk/ rainy day/ Trip activities with your group. Please use the outline of the activity and be inspired to deliver Yoda's philosophy to your camp

APPENDIXES:

THE FORCE AWAKENS HANDOUTS 1