



לבריאות!

TO OUR HEALTH AND WELLNESS

A Camp Program Guide for Jewish Values-Based Resilience Building

Adapted from The Jewish Education Center of Cleveland's
La-bri'ut Curriculum for Foundation for Jewish Camp

The FJC La'bri-ut Summer adaptation is made possible through the generosity of The Marcus Foundation as part of the Yedid Nefesh: Nurturing Mental, Emotional, Social, & Spiritual Health at Jewish Camp initiative.

SUKKAT SHALOM

Session 1

SUMMARY:	Campers will explore the concept of <i>Sukkat Shalom</i> , a shelter of peace/sense of safety, while at camp this summer.
TOPIC(S):	<i>Sukkat Shalom</i> (Shelter of Peace) Feeling a sense of peace and safety at camp
LEARNING GOALS:	<ul style="list-style-type: none"> <input type="checkbox"/> Campers will be able to identify things that help them feel at peace. <input type="checkbox"/> Campers will be able to explain <i>Sukkat Shalom</i> in their own words. <input type="checkbox"/> Campers will be able to create something to remind them of the goal of <i>Sukkat Shalom</i> at camp. <input type="checkbox"/> Campers will be familiar with ways to share if they don't feel a sense of <i>Sukkat Shalom</i>.
AUDIENCE:	Rising 1st-7th grade campers
TIMING:	45 minutes
MATERIALS NEEDED:	<ul style="list-style-type: none"> <input type="checkbox"/> Paper and writing utensils for each camper <input type="checkbox"/> Dry erase marker for each camper OR Sticky Notes for each camper <input type="checkbox"/> See chart below for more materials <input type="checkbox"/> RESOURCE SHEET A – Pictures of <i>Sukkot</i> (plural of <i>Sukkah</i>) <input type="checkbox"/> RESOURCE SHEET B – Pictures of <i>Sukkat Shalom</i>
SET-UP DETAILS:	<p>This activity will work best outside, but if you can't be outside, be sure to clear enough space for campers to move around inside.</p> <p>Print out:</p> <ul style="list-style-type: none"> <input type="checkbox"/> This program guide <input type="checkbox"/> RESOURCE SHEET A - put in protective sleeves <input type="checkbox"/> RESOURCE SHEET B - put in plastic sleeves <ul style="list-style-type: none"> • Hang these up around the space you'll be in <input type="checkbox"/> Jewish texts related to the need for safety, stopping and identifying what you are feeling, caring for yourself <input type="checkbox"/> Stencils of the Hebrew word <i>Sukkat Shalom</i>

Jewish Summers. Jewish Future.

SESSION TIMELINE & OUTLINE:

TIMELINE

- 0:00-0:05 Set Induction
- 0:05-0:25 Exploring *Sukkat Shalom*
- 0:25-0:42 *Sukkat Shalom* at Camp
- 0:42-0:45 Closure

OUTLINE

SET INDUCTION:

- Optional: Begin with a song that uses *Hashkiveinu* if the campers know it.
- Sit in a circle.
- Say: “*shalom!*” and give each camper paper and a writing utensil.
- Ask each camper to think about where they like to go when they need peace and quiet, a place of shalom.
- Ask them to quickly sketch that place on their paper or visit it in their head.
 - Provide 2 minutes to draw/think
- Have campers share, if they want to, their space.
 - Show the picture and have other campers guess the type of space.
 - Have staff describe a space and have campers stand up if it describes their space.
 - Have campers share with one another in small groups (campers don't have to share.)

EXPLORING SUKKAT SHALOM:

- Say, “*shalom,*” again, and ask what the word means.
- Chances are that someone will respond, “hello, goodbye, and peace.”
- Explain that today we are going to use an awesome Hebrew phrase that describes the place you go to like what you just drew - it's called *Sukkat Shalom*.
- Explain/remind campers what a *sukkah* is:
 - Share the photos on RESOURCE SHEET A: What is a *sukkah*?
 - As you and the learners look at the photos, engage them in conversation:
 - » 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.
- 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 sang *Hashkiveinu* at the beginning of this activity, remind campers of that.
 - If you have an evening ritual of singing/saying *Hashkiveinu* at night, connect this idea to that ritual.
 - Actual Quote from *Hashkiveinu*:
U'fros aleinu sukkat shlomecha – “Spread over us Your shelter of peace.”
 - Feel free to sing this line again!
- Next, ask campers to show with their bodies what it feels like to be surrounded by a “shelter of peace.”
 - Have campers walk around the space looking at the RESOURCE SHEET B photos.
 - Using a dry erase marker (or sticky notes) have campers identify which photos represent places where they think they would feel a sense of *sukkat shalom*.
 - Bring campers together in a huddle - ask - *what do you notice about the sticky notes/marks - How did your marks compare with your friends? What does it mean that all of our answers are not all the same?*

SUKKAT SHALOM AT CAMP:

Pick 1 activity from the following pages.

CLOSURE:

- Go around the circle and ask each camper to name something they will do when they don't feel like they are being sheltered by a *Sukkat Shalom*.
- Optional: Sing *Hashkiveinu* or a song with *Sukkah* or *Shalom* images.
 - Possibly sing a different version of *Hashkiveinu* if you think your campers will know another

DESCRIPTION OF ACTIVITY

- Ask: *What is a time when someone might not feel they were at peace and could have used a sukkat shalom?*
 - (Model - When there is bad weather I get nervous)
- Pass out pillowcases and some fabric markers
- Explain that you're going to decorate the pillowcases to remind us that we always have a *sukkat shalom*, such as:
 - a house/cabin
 - a person who helps you feel peaceful
 - a feeling like knowing we are loved
 - a place we can go to like sitting under a tree or swinging way up high
 - a place we can go to in our heads like Hogwarts, Narnia or another imaginary place you created
 - a place in a video game like your Minecraft creations or an Animal Crossing island
- This pillow case can go on your bed and if you need a *sukkat shalom* and can't go to one, it can remind you of what makes you feel safe/peaceful.
- Other decorating ideas:
 - Drawing a *sukkah*
 - Drawing a safe/peaceful space
 - Drawing something that makes them feel safe/peaceful like a blanket, a stuffed animal, a cape
 - Coloring in the Hebrew words *Sukkat Shalom*.
- Campers can use these pillowcases throughout the summer

ACTIVITY**SUKKAT SHALOM
PILLOW CASE****MATERIALS**

- Pillowcase for each camper
- Fabric markers for each camper

WHY CHOOSE THIS ACTIVITY

- Artsy
- Something campers can bring home
- Individual-oriented

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DESCRIPTION OF ACTIVITY

- Divide into groups based on the number of leaders you might have (staff, CITs, etc.)
- Have campers design a *sukkat shalom* for your bunk space or in camp:
 - What would it look like?
 - When would you go there?
 - What materials do we need?
 - How long could people stay there?
 - How would it help people feel a sense of *shalom*?
- Different groups present ideas to one another
- If possible, decide on what idea you will choose based on:
 - (1) Is this possible? Do we have the materials, space, etc.?
 - (2) Will it be physically safe?
 - (3) Will it create a feeling of *sukkat shalom* in a way that everyone can use it?
- If time, start building/creating/planning!

ACTIVITY

DESIGN A SUKKAT SHALOM SPACE FOR THE BUNK OR CAMP

MATERIALS

- Whatever you have at camp!

WHY CHOOSE THIS ACTIVITY

- More hands-on
- Group-oriented
- Individual-oriented

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DESCRIPTION OF ACTIVITY

- Questions to consider:
 - What are the pictures?
 - » If you are making a *sukkah* what are the walls/pillars/roof/foundation?
 - What/who makes us feel ok with the openness of going to a “*sukkat shalom*”? (Thinking about how a *Sukkah* is open on all sides)
 - What prevents someone from taking the time to stop what is happening and say, “I don’t feel at peace right now”?
- Find a place to hang/display this poster/model in your shared camp space (such as your bunk.)

Various ways to think about this project:

- Use pieces of nature to create a model of a *sukkah* – Have campers explain why this *sukkah* would help someone feel safe/peaceful.
- Create an example of a *sukkah* using natural elements on the poster rather than pen/marker.
- Use a large piece of fabric (like an old sheet.)
 - Decorate it with fabric markers
 - Decorate it with nature
 - Use found items like scraps of material, etc.
 - Decorate it like a large group *tallit* (a Jewish prayer shawl that can “literally” feel like God is “Spread[ing] over us Your shelter of peace,” and hang it on the ceiling
 - Choose a Jewish text to write on the *atarah* (center top) of the model *tallit*
- Create a song/advertisement for a *Sukkat Shalom* teaching - why someone would or wouldn’t seek out a *sukkat shalom*?

ACTIVITY

SUKKAT SHALOM POSTER OR MODEL

to encourage campers and staff to use a *Sukkat Shalom* when needed

MATERIALS

Depending on the way you choose to complete the project, the group may need:

- Poster Board
- Fabric Glue
- Writing utensils (pens, pencils, markers)
- Find pieces of nature on the ground
- Sticks
- Leaves

WHY CHOOSE THIS ACTIVITY

- Combo of hands-on and artsy
- Working together as a group
- Higher level thinking (lends to 4th grade+ better)

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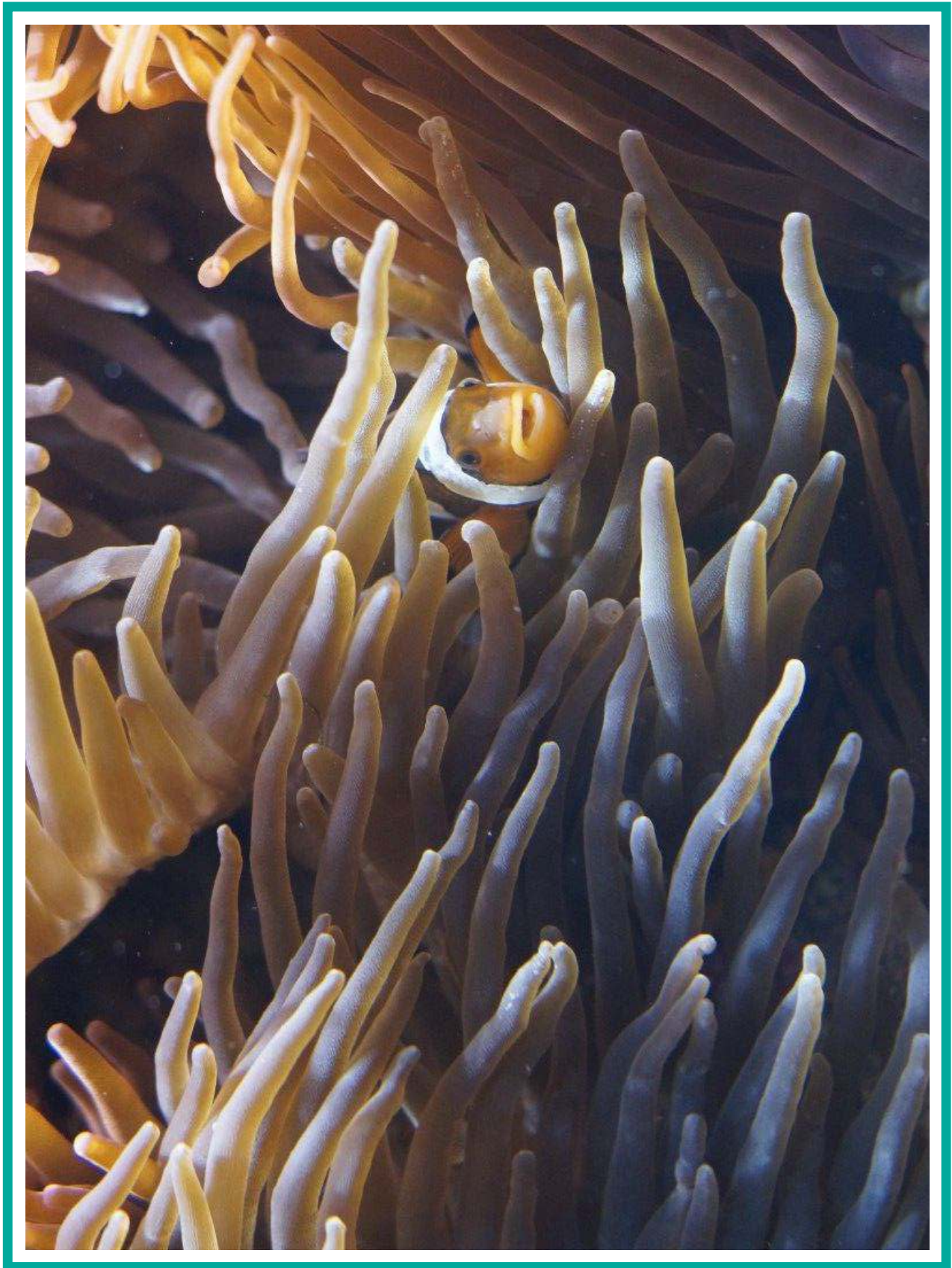
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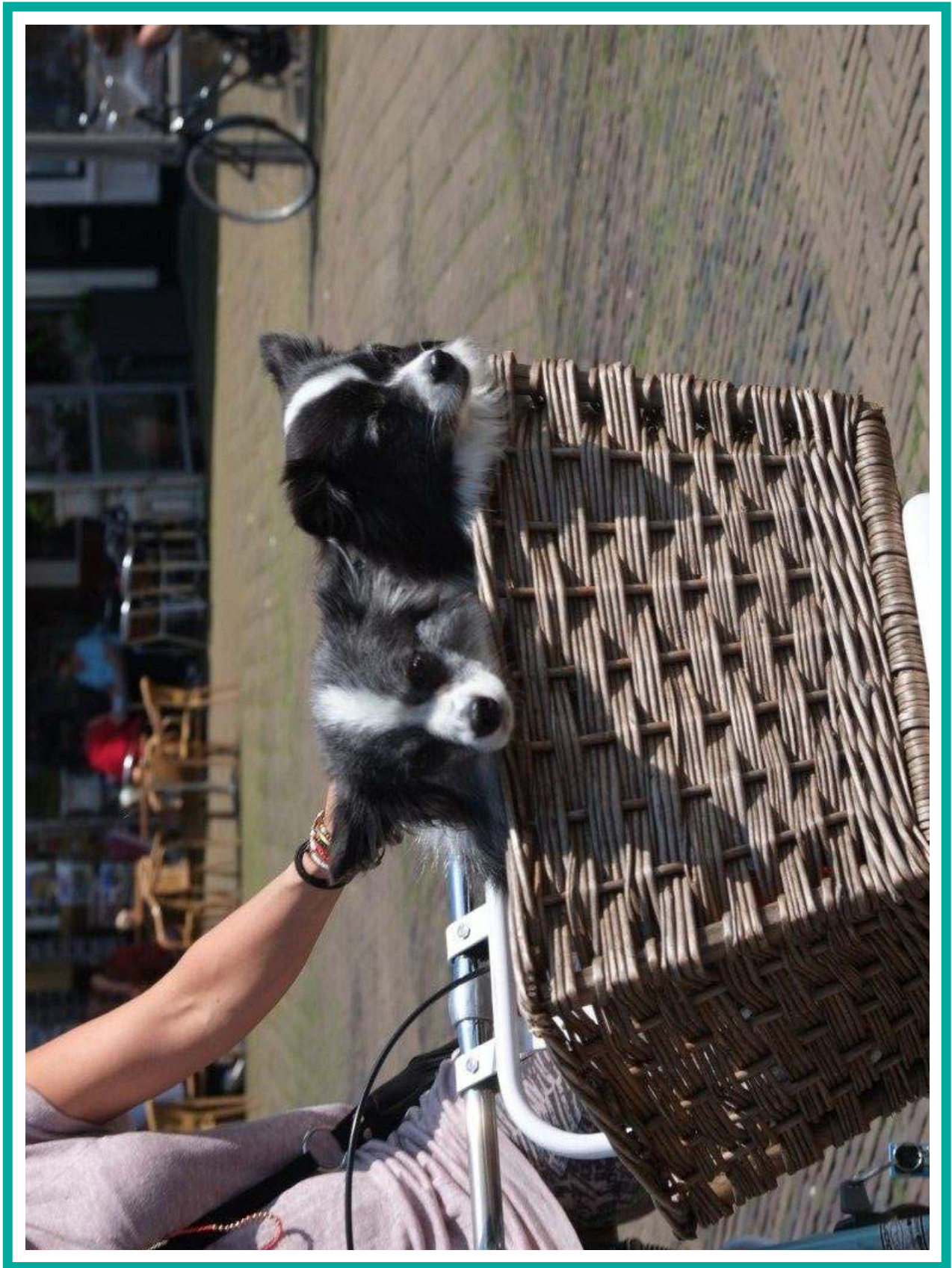
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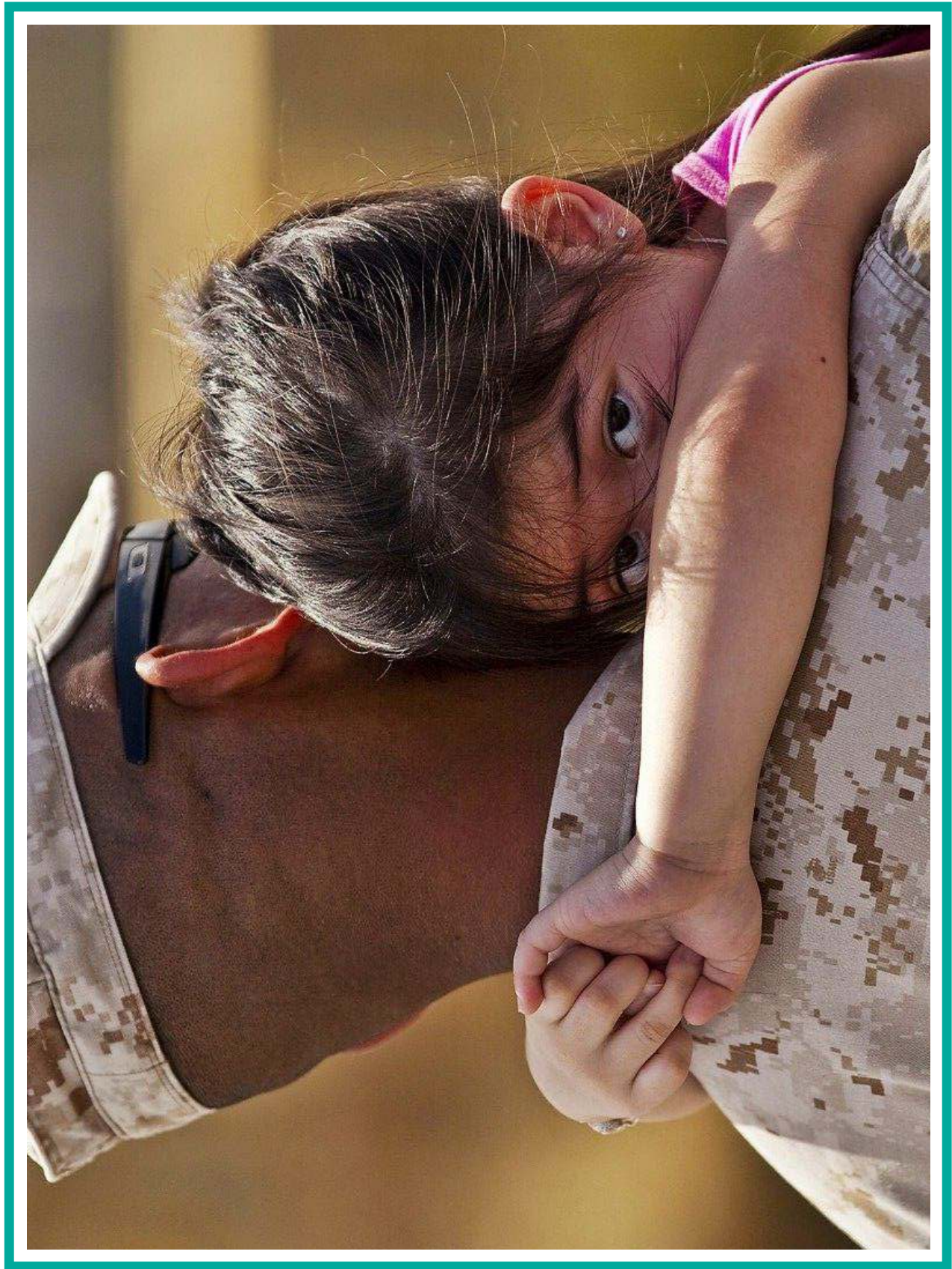
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SUKKAT SHALOM

Session 2

SUMMARY:	<p>Campers will explore <i>Sukkat Shalom</i> by thinking about how different items can help bring us a sense of peace. They discuss how we have the power to return to a sense of peace, even when life throws us some curveballs. This will lead to exploring/finding <i>sukkat shalom</i> at camp.</p>
TOPIC(S):	<p><i>Sukkat Shalom</i> (Shelter of Peace) Feeling a sense of peace and safety at camp</p>
LEARNING GOALS:	<ul style="list-style-type: none"> <input type="checkbox"/> Campers will be able to identify items/people/animals (aka things other than physical structures) that help them feel <i>sukkat shalom</i>. <input type="checkbox"/> Campers will be able to create/name ways they can feel <i>sukkat shalom</i> at camp throughout this summer, individually and as a group.
AUDIENCE:	<p>Rising 1st-7th grade campers</p>
TIMING:	<p>45 minutes</p>
MATERIALS NEEDED:	<p>Depending on the location of this activity, you may need:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Paper and writing utensils for each camper (see “Prep” then “Backpack/Room <i>Sukkat Shalom</i> Scavenger Hunt”) <input type="checkbox"/> See chart below for more materials.
SET-UP DETAILS:	<ul style="list-style-type: none"> <input type="checkbox"/> Print a copy of this program guide. <input type="checkbox"/> Review the <i>Sukkat Shalom</i> Yoga poses (or a similar activity.) <ul style="list-style-type: none"> • Do any necessary research on these yoga poses if you’re feeling nervous about them – They are all introductory and kid-friendly poses. <input type="checkbox"/> 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"> • If you are going to be outside, make sure campers have access to backpacks or other personal items. • If you’ll be in the bunk – You should be all set! • If you will not be near personal items for them, prepare to ask campers to write or draw out the items and have paper and writing utensils for each camper. <input type="checkbox"/> If possible, have the <i>La-bri’ut Brit</i> nearby OR make sure you know all of the expectations on the <i>La-bri’ut Brit</i>.

SESSION TIMELINE & OUTLINE:

TIMELINE

- 0:00-0:05 Set Induction
- 0:05-0:22 Backpack/Room *Sukkat Shalom* Scavenger Hunt
- 0:22-0:44 Creating *Sukkat Shalom* at Camp
- 0:44-0:45 Closure

OUTLINE

SET INDUCTION:

Spend a few minutes doing *sukkat shalom* yoga, using poses that could be metaphors for a shelter of peace.

- Throughout all of the poses, focus on your breathing – Breath in to prepare, and breath out as you move into/transition to another pose.
- NOTES: All of these are individual poses to avoid campers touching each other.
- Some example *Sukkat Shalom* yoga poses include:
- OTHER NON-YOGA OPTIONS:



MOUNTAIN POSE: This pose is centering and grounding

- Something you can do at any time to help you feel grounded, like a mountain, even when other things around you don't feel like *sukkat shalom*



TREE POSE: A balancing pose

- Just like a tree can be a place of shelter
- A pose that can help you refocus and find your own balance when needing *sukkat shalom*



TABLETOP POSE: A floor grounding pose

- Help yourself feel grounded on the ground to “build” for yourself *sukkat shalom*
- Table can be a place of shelter



CAT
POSE

COW
POSE

CAT AND COW POSE: Stretching your back

- Stretching is good for the body and soul
- Relate this to how animals can help various people feel a sense of *sukkat shalom*
- Consider therapy animals, guide animals and how animals provide emotional and therapeutic support for many people



DOWNWARD DOG POSE: A resting pose

- A centering and restful pose – though it may seem hard at first for some
- Relate this to how animals can help various people feel a sense of *sukkat shalom*
- Consider therapy animals, guide animals and how animals provide emotional and therapeutic support for many people

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- Ask campers for activities that help them get their wiggles out and/or help them feel present
 - » Do 1+ of those activities
- Create some Sukkat Shalom dance moves
- Practice Balloon Breathing with balloons
- Practice “Blowing out the candle” breathing with candles (probs not with fire, though)

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?
- 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 at camp this summer?
 - » Mosquitos/other pesky bugs
 - » Unwanted critter in the bunk/shared space (such as raccoons)
 - » Germs/COVID
 - » Homesickness
 - » Dandruff
 - » Storms/rain

- Ask: We can't avoid all of these things (that's a totally normal part of life!). How can we help each other feel *sukkat shalom* from/around these things this summer?
 - » Consider the *La-bri'ut Brit* you all created and how this can help with creating and re-creating *sukkat shalom* throughout the summer

SUKKAT SHALOM AT CAMP:

Pick 1 activity from the following pages.

CLOSURE:

- Check-In question (thumbs up/thumbs down): *Do you feel you have what you need to feel a sense of sukkat shalom at camp this summer?*
- 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!!

DESCRIPTION OF ACTIVITY

This creation should speak to the ideas of *Sukkat Shalom* for each individual as well as for the group as a whole and how to help maintain a sense of *sukkat shalom* for the group throughout the summer – feel free to reference your group *La-bri'ut Brit* for further inspiration.

Suggestions for what you could create together:

- Group cheer
- Group song
- Some skits in small groups
- Poem/rhyme
- Newscast
- Group collage with a section for: ways we can help this area feel like a *sukkat shalom* for our bunk/group-mates
- Game with a big parachute
 - Everyone has to pull the parachute as far back as they can to represent *sukkat shalom*
 - Campers think of something that could upset this group *sukkat shalom* and they break away
 - » Life doesn't happen 1 at a time, so 3 campers may break away at the same time!
 - The group has to figure out how to bring those break aways back into the group *sukkat shalom* to rebuild it together and re-create that tight parachute *sukkat shalom*.

ACTIVITY

PHYSICAL OR PERFORMATIVE REPRESENTATION OF SUKKAT SHALOM FOR THE GROUP

MATERIALS

Depending on the project chosen, you will possibly need:

- Paper and writing utensils for each camper or for each small group
- Large poster board/large sticky note
 - Bold writing utensil
- Magazines to cut up and glue for a collage
 - Scissors
 - Glue
- Video camera (real) and microphone (real or fake)
- Large parachute

WHY CHOOSE THIS ACTIVITY

- Movement activity
- Can combine various camper interests

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DESCRIPTION OF ACTIVITY

Create a group blessing to say at the end of the day (day camp: at the end of the day; overnight camp: as part of the bedtime ritual.)

If more time, create a personal document for:

Regularly Establishing Sukkat Shalom

- This should be a “list” of different things campers can do to help them re-establish their sense of *sukkat shalom* while at camp this summer
- They can create:
 - Checklist/List
 - Personal Map
 - Draw out different methods
 - Write a Yelp Review for *Sukkat Shalom* at camp, detailing how they find *sukkat shalom* at camp

ACTIVITY**GROUP BLESSING FOR THE END OF THE DAY****MATERIALS**

- Large poster board/large sticky note
- Easy to read writing utensil(s)
- Depending on time, you may also need:
 - Paper and writing utensils for each camper

WHY CHOOSE THIS ACTIVITY

- Ritual-based
- May involve higher-level thinking
- Work on interpersonal/social skills

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OMETZ LEV

Session 1

SUMMARY:	<p>Campers will explore the concepts of Big Feelings and <i>Ometz Lev</i> through a metaphor of a Jack-in-the-Box and/or using cups of water to identify when one might need to use their <i>ometz lev</i> and make a good behavior choice.</p>
TOPIC(S):	<p><i>Ometz Lev</i> (literally “strength of the heart”) Using one’s “inner strength” to regulate their emotions and reach a sense of calm</p>
LEARNING GOALS:	<ul style="list-style-type: none"> <input type="checkbox"/> Campers will be able to explain what “<i>Ometz Lev</i>” means. <input type="checkbox"/> Campers will be able to look for clues or name their possible feelings/emotions. <input type="checkbox"/> Campers will be able to name some choices they have when faced with Big Feelings/Emotions. <input type="checkbox"/> Campers will be able to describe how using their <i>Ometz Lev</i> can help them feel a sense of calm.
AUDIENCE:	<p>Rising 1st-7th grade campers</p>
TIMING:	<p>45 minutes</p>
MATERIALS NEEDED:	<ul style="list-style-type: none"> <input type="checkbox"/> RESOURCE SHEET A – Inside Out Characters <input type="checkbox"/> OPTIONAL: RESOURCE SHEET B – FJC’s Inside Out Feelings Overlap Graphic <input type="checkbox"/> RESOURCE SHEET C – Water Cup Prompts <input type="checkbox"/> OPTIONAL: Large boxes – 1 for each camper and counselor (These should be large enough for each person to fit inside in a crouched position) <ul style="list-style-type: none"> • You can also use your imaginations for this <input type="checkbox"/> 1 cup for each camper <input type="checkbox"/> Water (this can be from camper water bottles) <input type="checkbox"/> (Possibly) Paper towels <ul style="list-style-type: none"> • OPTIONAL: For after the program: RESOURCE SHEET D – FJC’s Inside Out Poster with Characters and Quotes from Jewish Leaders to hang up in shared space

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SET-UP DETAILS:	<ul style="list-style-type: none"> <input type="checkbox"/> You will want to have plenty of space to do this program. Outside is best, but if you can't be outside, make sure you have paper towels to clean up any spilled water. <input type="checkbox"/> Print out <ul style="list-style-type: none"> • This program guide • RESOURCE SHEET A – Place in protective sleeves • RESOURCE SHEET B – Place in a protective sleeve • RESOURCE SHEET C - Water Cup Prompts • For AFTER this session: RESOURCE SHEET D (possibly in a protective sleeve) to hang up in shared space <input type="checkbox"/> Make sure you have water for each camper to be able to pour into their own cups. <ul style="list-style-type: none"> • If using camper water bottles, have each camper fill their water bottle right before starting or before the <i>Ometz Lev</i> Water Cup activity.
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SESSION TIMELINE & OUTLINE:

TIMELINE

00:00-00:05 Set Induction

00:05-00:15 Jack-in-the-Box Metaphor

00:15-00:35 *Ometz Lev* Water Cup

00:35-00:45 Closure

OUTLINE

SET INDUCTION:

- State: Think of a time when you had a Big Feeling (felt ANY emotion very strongly).
- Ask: How did you handle that emotion? (NOTE: Remind the campers that this is a safe space. It is important that everyone supports friends who share, we don't make fun of people or laugh. We might give a thumbs up or nod if we have also felt that big feeling.)
 - Take a few stories or ask campers to think, pair, and then share.
 - Emphasize when campers were able to calm themselves down. Highlight that they must have had to use strength or to use their heart to do so.
- Ask campers to reflect on their *La-bri'ut Brit* you made together: *What did we agree we'd do with/for each other when faced with some Big Feelings/Emotions?*
- Explain that today you're going to begin talking about *Ometz Lev*.
 - Ask if anyone recognizes any of the Hebrew words in this phrase.
- Explain that *ometz lev* is the Jewish value that describes how we can calm ourselves down when we are faced with Big Feelings, big emotions.
 - *Ometz* means "strength" and *lev* means "heart," so the phrase, *ometz lev*, means "strength of the heart," or an inner strength.

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- ❑ Based on the stories shared before, ask campers to help each other name those Big Feelings/Emotions.
 - Show images from RESOURCE SHEET A – the characters from Inside Out – to help campers identify different feelings.
 - Then ask for a few more - perhaps thinking about times the group reacted strongly.
 - Ensure there is a balance of positive and less-positive Big Feelings/Emotions.
 - » anger, big sadness, fear, great excitement, joy
 - For Older Campers: You may also wish to show RESOURCE SHEET B – FJC's Inside Out Feelings Overlap Graphic.

JACK-IN-THE-BOX METAPHOR:

- ❑ Using a large box or an imaginary box, have campers help you act out a Jack-in-the-Box. (Someone be the music, someone be the crank, and someone be the one who jumps out.)
- ❑ Then, act out the Jack-in-the-Box Metaphor:
 - Explain: *Just like how the music of a Jack-in-the-Box builds up for Jack, our emotions can build up until we reach a point where we need to express them. When our emotions build up like this, we have 3 choices, just like Jack: (Have your actors demonstrate)*
 - » #1 – *The latch is fully and quickly released: Jack explodes out of his box, not in control of his feelings.*
 - » #2 – *The latch doesn't open: Jack does nothing, stays in his box and sits within his feelings.*
 - » #3 – *The latch is carefully open in a controlled way: Jack uses ometz lev, his inner strength, and slowly comes out of his box, letting the feelings be felt calmly and in control.*
 - Explain that *ometz lev* is about recognizing you're having a Big Feeling, then making a choice to express that emotion with a sense of calm.
- ❑ Ask all of the campers to now act out these 3 choices with you.
 - You can provide them each with their own large box or use your imaginations.
- ❑ Tell the campers: All feelings are ok and valid; all behaviors are not ok.
 - Ask for ideas of what that means.
 - Explain that it is ok to be angry, but it's not ok to be mean to someone, hit, or hurt their feelings "just because." Big feelings are okay, inappropriate behavior is not.
 - Have a camper share: How you could use your *ometz lev* when you're angry? What does staying calm and feeling angry look like?
 - » This can be a good opportunity to reflect on your *La-bri'ut Brit*

OMETZ LEV WATER CUP: Pick 1 activity from the following pages.

CLOSURE:

Discuss the following questions:

- ❑ Which scenarios felt easier to use your *Ometz Lev* and stay calm?
- ❑ Which scenarios felt hardest?
- ❑ What scenario "filled up" your emotion cup? Was that surprising? Why?
- ❑ When is a time you might need to use your *ometz lev* at camp?
- ❑ How can we help each other use our *ometz lev* at camp?
 - This can relate to helping keep *sukkat shalom* at camp and/or to your group *La-bri'ut Brit* from the introduction program.

DESCRIPTION OF ACTIVITY

- Pass out 1 cup to each camper
 - OPTION: Put campers in pairs and give 1 cup to each pair
- Each camper/pair chooses 1 Big Feeling/emotion
 - That is their “assigned cup emotion”
 - Try to have a balance of positive and less-positive big feelings/emotions
 - OPTION: After a few prompts, yell “SWITCH” and campers have to switch their “assigned cup emotion” (i.e. Rotate “cup emotions” clockwise. If you were “excited”, and the person to your right is “big sadness”, now you are “big sadness” and the person to your left is now “excitement.”)
- Read some prompts, and every time a prompt is read that makes a camper feel their “assigned cup emotion”, they will pour some water into their empty cup based on “how much” they feel that emotion.
 - Ex: If you don’t feel your “assigned cup emotion” at all, don’t pour any water. If you feel that emotion a little, pour in a little water, etc.
- OPTION: After each prompt, allow campers to identify how they feel about that prompt (even if it’s not their “assigned cup emotion”) - Campers can identify their emotions verbally or silently.
 - EX: After a prompt, campers can name their emotion in 1 word “angry” and/or identify with facial expressions/hand signals “make an angry face”
 - This will allow campers the opportunity to practice naming a variety of emotions, in addition to their “assigned cup emotion”
- When their cup is about to spill out, they say, “My cup is full!”
- When a camper says their cup is full: Ask them to identify their 3 choices and share what kind of behaviors might come with each choice.
 - OPTION: Demonstrate the 3 Jack-in-the-Box choices with a cup of water:
 - » Just as emotions build up for Jack with the music, emotions can build up in a water cup. When your emotion cup is full, the cup holder has 3 choices:
 - » #1 – Like Jack, the cup “explodes” by throwing all of the water up in the air: The cup holder is not in control of their feelings
 - » #2 – Like Jack with his lid shut, the cup just sits there. Full and possibly overflowing: The cup holder does nothing, leaves the cup continuing to fill, stewing in their feelings
 - » #3 – Like Jack using his *Ometz Lev*, the water is carefully poured out of the cup in a calm way: The cup holder uses their ometz lev and slowly lets the water out, expressing their feelings and making good choices, slowly and calmly
- Read Prompts from RESOURCE SHEET C (feel free to make up your own)

ACTIVITY**ASSIGNED TO 1 EMOTION****MATERIALS**

- 1 cup for each camper
- Water (this can be from camper water bottles)
- (Possibly) Paper towels

WHY CHOOSE THIS ACTIVITY

- Help campers focus more on identifying specific emotions in a variety of situations

DESCRIPTION OF ACTIVITY

- ❑ Pass out 1 cup to each camper
 - OPTION: Put campers in pairs and give 1 cup to each pair
- ❑ You will read some prompts, and every time a prompt is read that makes a camper feel a big feeling/emotion (any BIG Feeling - excitement, great sadness, fear, etc.), they will pour some water into their empty cup based on “how much” they feel that emotion.
 - Ex: If you feel that emotion a little, pour in a little water. If you feel that emotion A LOT, pour in a good amount of water; and any amount in between.
- ❑ OPTION: After each prompt, allow campers to identify how they feel - Campers can identify their emotions verbally or silently
 - EX: After a prompt, campers can name their emotion in 1 word “angry” and/or identify with facial expressions/hand signals “make an angry face”
 - This will allow campers the opportunity to practice naming a variety of emotions
- ❑ When their cup is about to spill out, they say, “My cup is full!”
- ❑ When a camper says their cup is full: Ask them to (1) name what emotion “filled their cup” and (2) identify their 3 choices and share what kind of behaviors might come with each choice
 - OPTION: Demonstrate the 3 Jack-in-the-Box choices with a cup of water:
 - » Just as emotions build up for Jack with the music, emotions can build up in a water cup. When your emotion cup is full, the cup holder has 3 choices:
 - » #1 – Like Jack, the cup “explodes” by throwing all of the water up in the air: The cup holder is not in control of their feelings
 - » #2 – Like Jack with his lid shut, the cup just sits there. Full and possibly overflowing: The cup holder does nothing, leaves the cup continuing to fill, stewing in their feelings
 - » #3 – Like Jack using his *Ometz Lev*, the water is carefully poured out of the cup in a calm way. The cup holder uses their *ometz lev* and slowly lets the water out, expressing their feelings and making good choices, slowly and calmly
- ❑ Read Prompts from RESOURCE SHEET C (feel free to make up your own)

ACTIVITY**YOUR CUP IS FOR ALL OF YOUR BIG FEELINGS****MATERIALS**

- ❑ 1 cup for each camper
- ❑ Water (this can be from camper water bottles)
- ❑ (Possibly) Paper towels

WHY CHOOSE THIS ACTIVITY

- ❑ Help campers realize that various emotions can “overflow your cup”
 - Not just specific emotions



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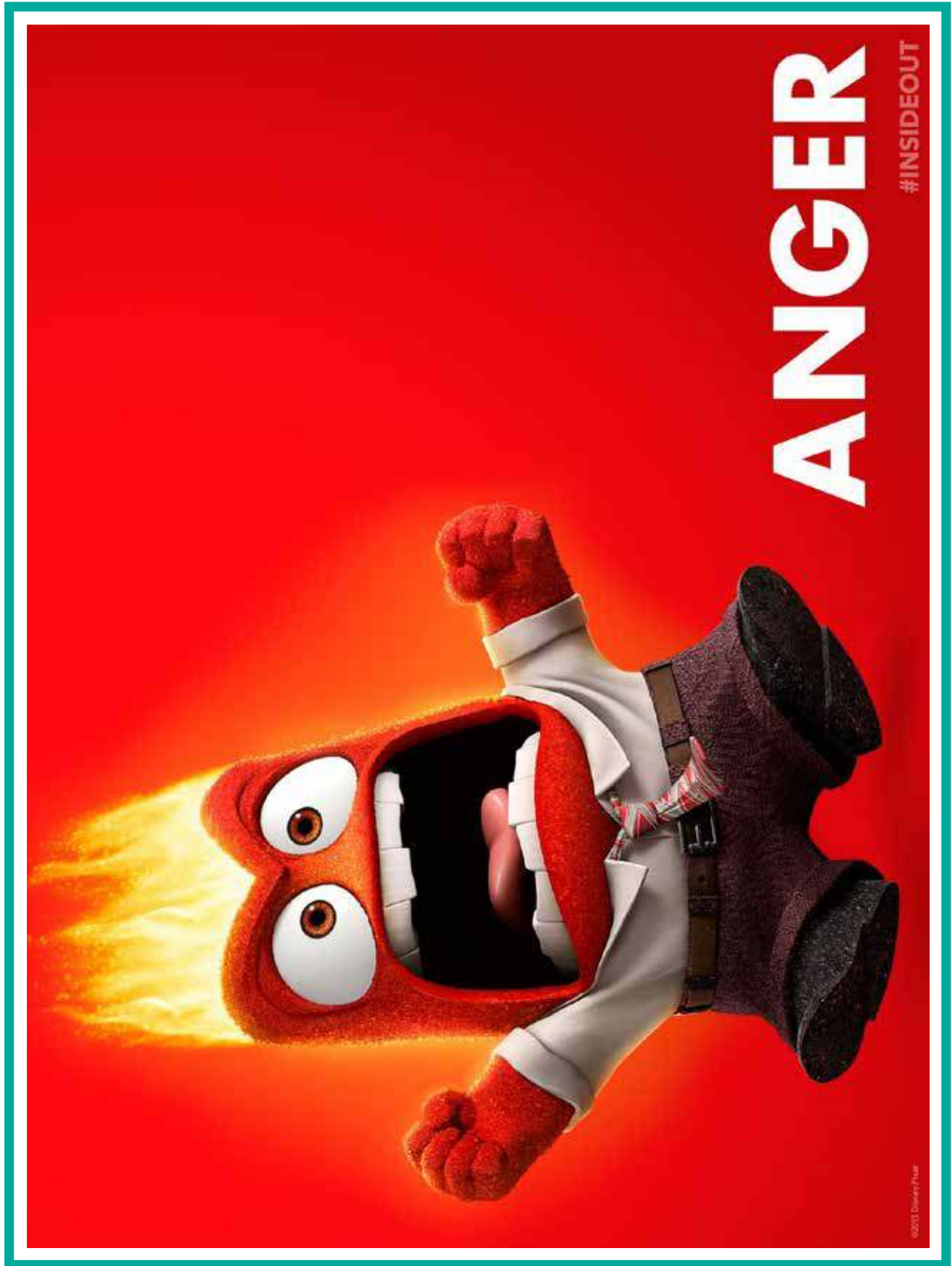
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WATER CUP PROMPTS

NOTE: Remind campers that when they are filling up their cups, “reacting” to these scenarios, there are no right or wrong answers. They should name their emotions and fill up their cups honestly.

PROMPTS:

YOU'RE PLAYING A GAME, AND IT'S ABOUT TO BE YOUR TURN.

(CONTINUED FROM THE PREVIOUS PROMPT) HOWEVER, TIME IS UP, AND YOU HAVE TO GO TO ANOTHER ACTIVITY, SO YOU DON'T GET YOUR TURN THIS TIME.

YOU'RE DOING AN ACTIVITY WITH YOUR BUNK, AND YOU'RE CALLED ON TO GO FIRST.

IT'S TIME FOR THE SWIM TEST AT THE BEGINNING OF THE SUMMER TO SEE WHAT YOUR SWIM LEVEL IS.

IT'S THE LAST DAY OF CAMP.

IT'S TIME FOR THE HIGH ROPES COURSE.

YOU'RE GOING FOR A HIKE IN THE WOODS/NEARBY HIKING TRAIL.

PIZZA FOR DINNER.

IT'S GRILLED CHEESE AND TOMATO SOUP DAY.

SHABBAT AT CAMP.

YOU'RE CELEBRATING YOUR BIRTHDAY AT CAMP.

YOUR 1ST FIRST DAY OF CAMP.

THERE'S A SPECIAL ICE CREAM TREAT, AND THEY RAN OUT OF YOUR FAVORITE FLAVOR.

IT'S TIME FOR LIGHTS-OUT: THE PROGRAM AT THE END OF THE DAY.

IT'S TIME FOR LIGHTS-OUT: TIME TO TURN OFF ALL FLASHLIGHTS AND GO TO SLEEP.

IT'S FOLK NIGHT AT CAMP.

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