

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>

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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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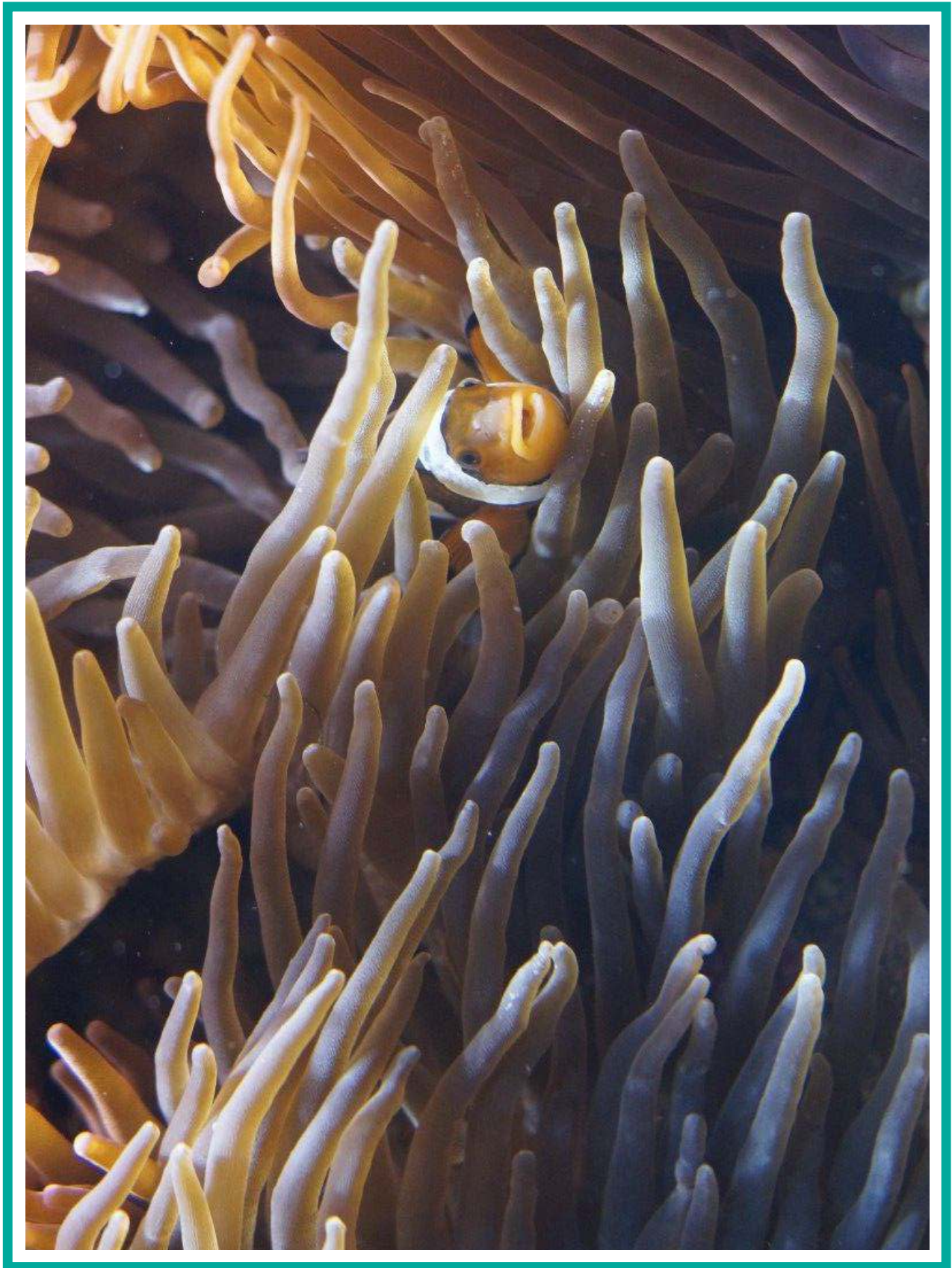
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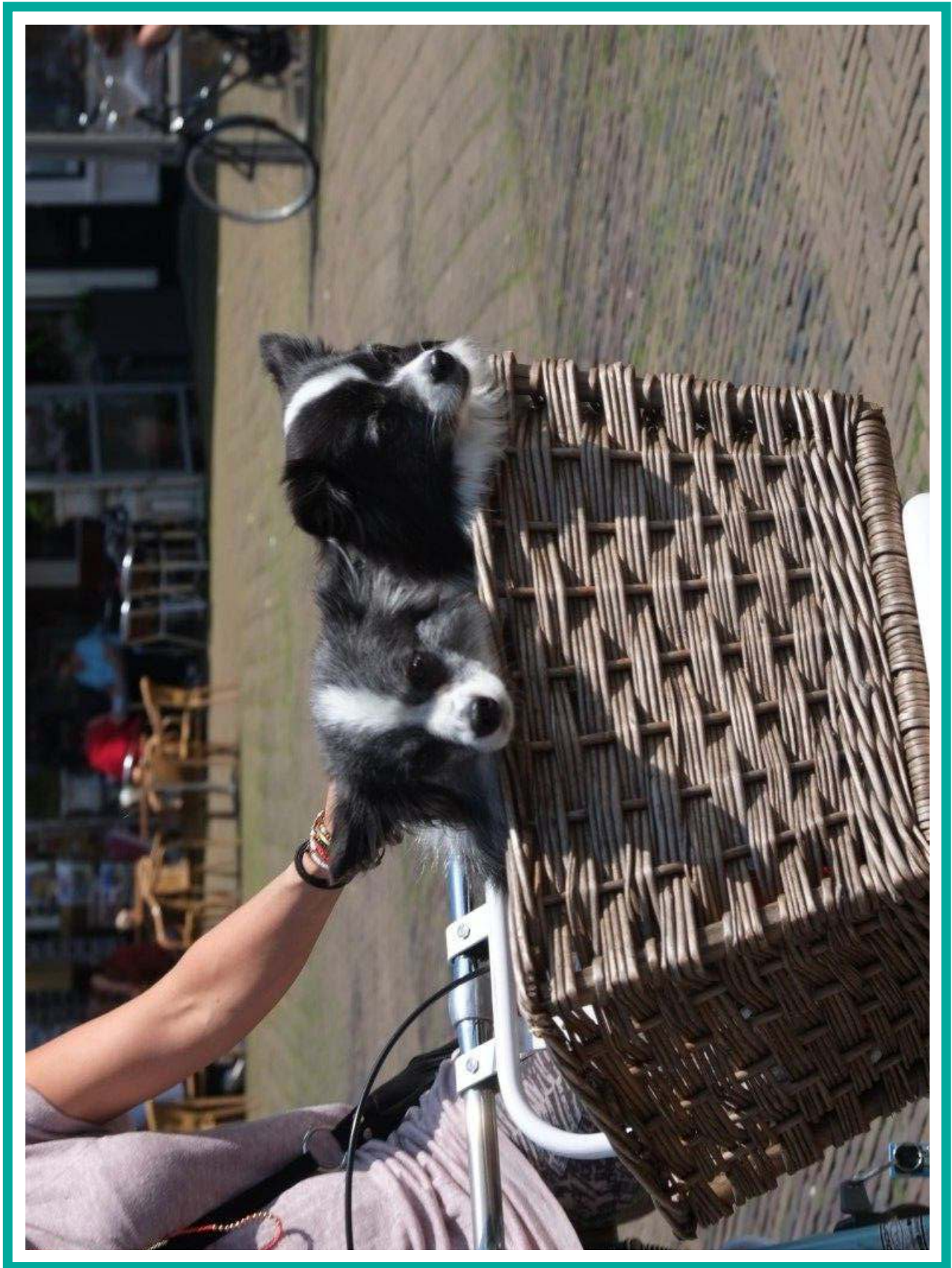
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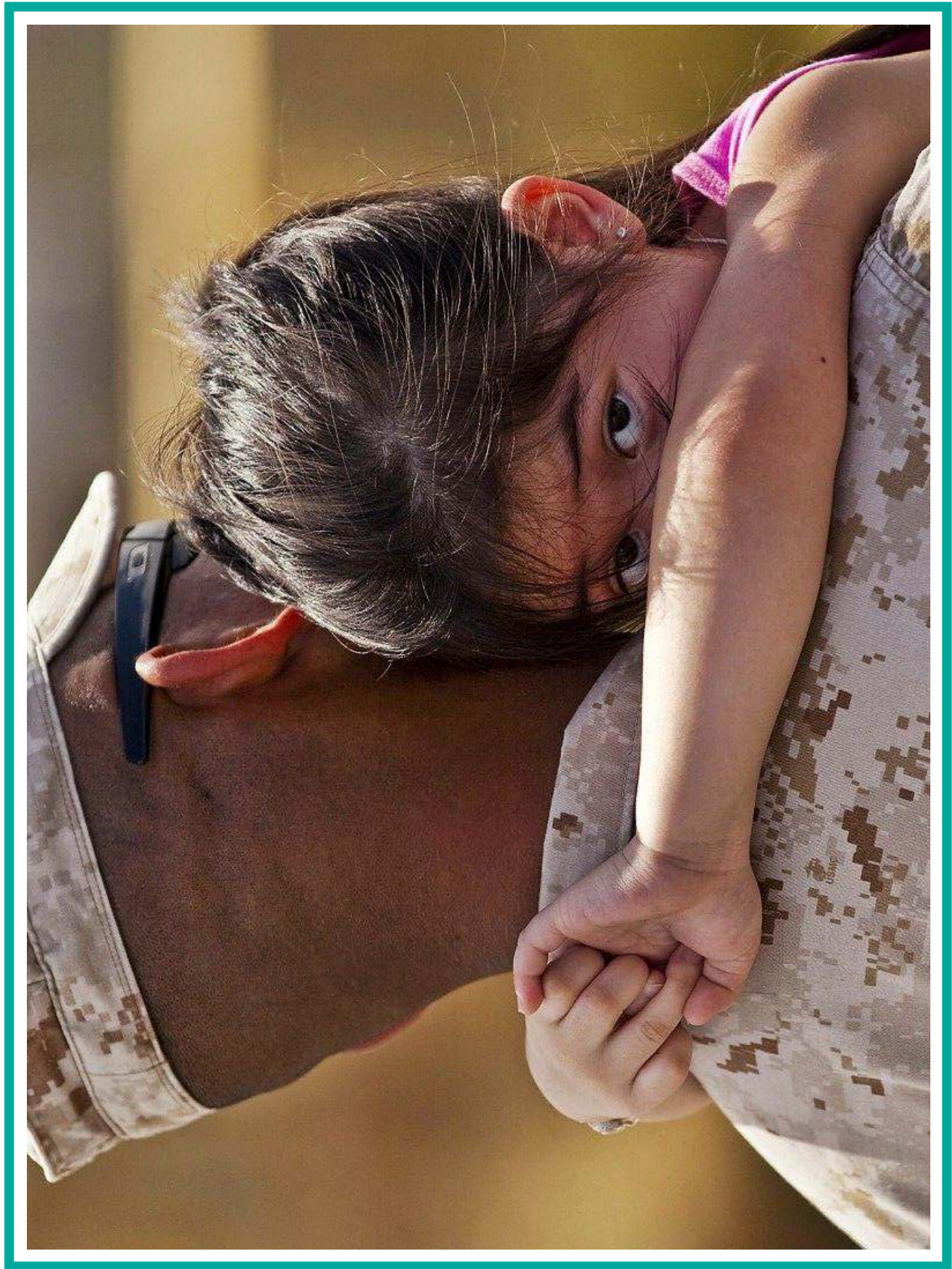
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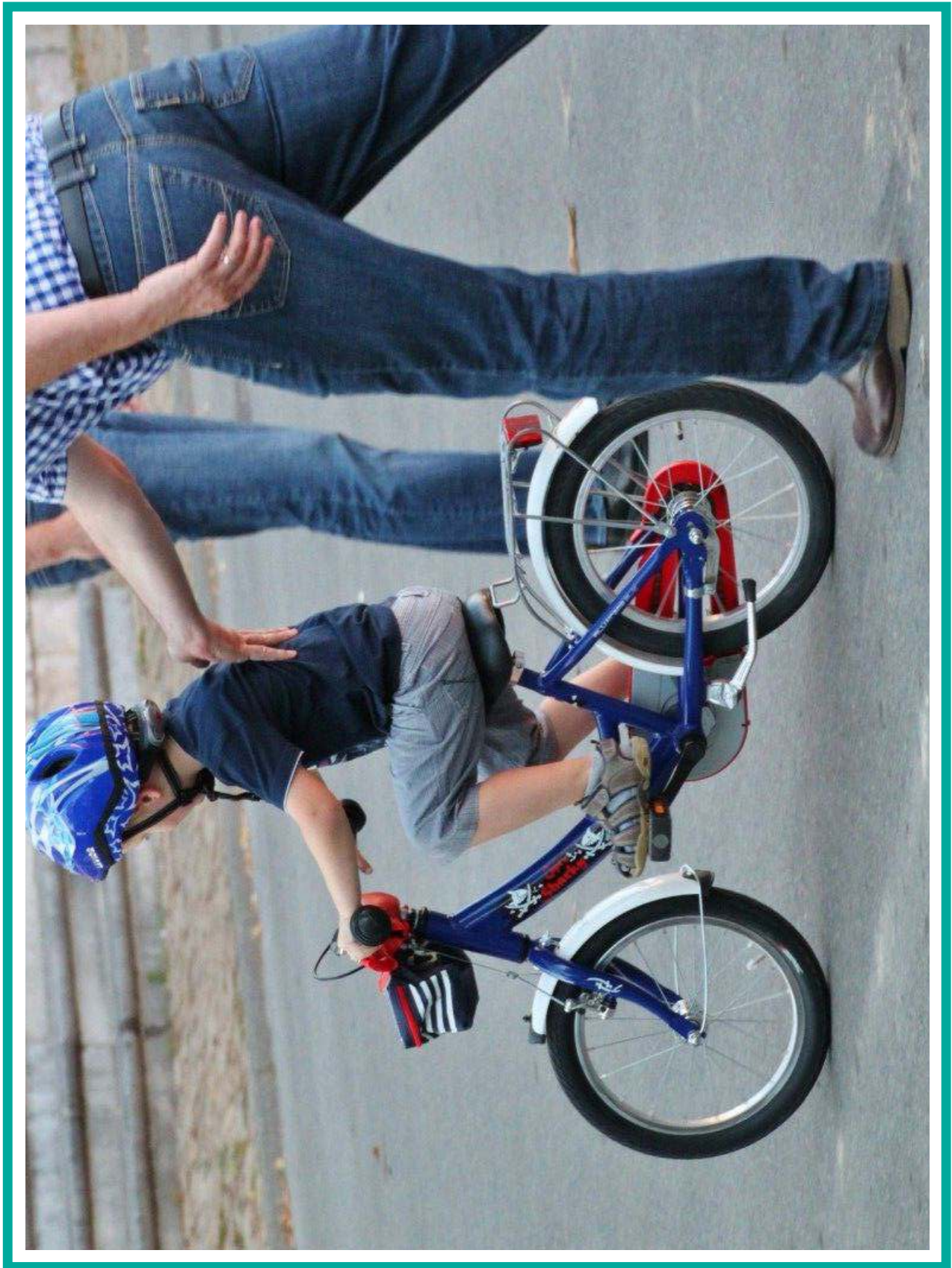
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SUKKAT SHALOM

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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