

בִּינָה (Binah) - Seeking meaning

(Related to l'havin, to understand, to discern)

Quotes to foster understanding:

Who is wise? One who learns from all people - Pirke Avot

Situations in which this midah might be appropriate:

New Campers
New activities
J-life

T'fillah/ Birkat Hamazon
Song Session

Reinforcing example:

Counselor in response to seeing a camper engaged in a J-life program, Learning a new skill, seeing understanding in the eyes or face of a camper for the first time regarding anything, says, "Now that's using your Binah! – learn everywhere!"

Redirecting example

Camper says, "I already know this,"

Counselor says, "There is always more to learn. Show your *Binah* by helping others maybe you will learn something by teaching?"

Camper says, "Why do we have to learn this...,"

You can find *Binah* in everything, Let's talk about what this means (or doesn't) mean to you.

How to use *Binah* in a sentence:

How are you going to increase your *Binah* (or how did you increase your Binah) today?
What did you learn? What did you figure out?

There are so many ways to gain *Binah* at Camp. We can find meaning almost anywhere.

There should be *Binah* behind everything that we do. We need to understand why we do somethings and not others.

Have you found Binahh?