

## “On One Foot”

*Created by Teri McGuire for FJC*

Timing: 10 minutes (or more!)

- Ask participants to stand in a circle or many smaller circles
  - *Note:* if you have many participants and not too much time, ask them to stand in small groups of 4 or 5, if you have a manageable amount of participants and plenty of time you could also do this activity in one big circle with the entire group
- Instruct them to go around the circle and share with one another the thing they “love the most about camp, the one aspect that makes any problems or negatives worth it” (you could obviously do this about something other than camp if you wanted)
  - Say that because you don’t want one person to take up too much time or talk too much, everyone else in the group needs to stand on one foot while each individual shares. When anyone in the group loses balance and has to put their foot down, the speaker needs to stop talking and the next person in the circle has to share.
  - Give them time to share and make sure they are following the rules and standing on one foot
- Bring the group back together and tell them the “on one foot” story ( *note:* look up Shabbat 31a to find the Hebrew and exact translation – if you had a lot of time you could have the participants sit in Hevruta and study the text)
  - The Talmud tells of a gentile who wanted to convert to Judaism but stated that he would accept Judaism only if a rabbi would teach him the entire Torah while he, the prospective convert, stood on one foot. First he went to Shammai, who, insulted by this ridiculous request, threw him out of the house. The man then went to Hillel. Who responded, "What is hateful to you, do not do to your neighbor. That is the whole Torah; the rest is the explanations of this--go and study it!"
- Explain to the group that the answers they gave while on one foot were their camp “torah” the rest of their training, and all of the hard work, is just the “commentary” and the “studying” that puts their “torah” into perspective and makes it even more special. Tell them to keep their “torah” close throughout the summer, but also embrace the studying moments and welcome learning.