



CORNERSTONE 2016 RESOURCE

IN THE [womb] POOL: A Physical Theater Workshop with Torah Stories, *Elective 1*

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SUMMARY:	Water is evocative of the womb, and this workshop will show how games in a swimming pool or lake can tell the story of Rebecca and her twins. - <i>Submitted by Jon Adam Ross</i>
TOPICS:	Camp-wide/Large Group Programs, Communication Skills, Gender, Sex and Sexuality, Historic Jewish Figures, Identity, Jewish History, Jewish Text, Jewish Values, Life Cycle Events, Meditation, Sports & Games, Storytelling, Theater
LEARNING OBJECTIVE:	I want the fellows to learn how to use the pool or lake at their camp to tell stories from the Torah in experiential, fun ways.
AUDIENCE:	Any age
LENGTH:	30-60 Minutes
APPENDIXES:	inthewombpool meditation script
MATERIALS:	10 beach balls, 10 rocks, 30 bandanas [1 handout for facilitator]
SETTING:	pool - please have slides and tree on

Session Description:

We will begin with a guided meditation on the deck of the pool, in the sun. This way people will warm up before swimming. The meditation will be the story of how Rebecca and Isaac met and married. See attached MEDITATION SCRIPT document.

I will then "wake up" the participants and start them walking around the pool, all in the character of Rebecca. I will drop hints of how they should be feeling as they begin to trek to a new, strange home, life, husband, leaving all known things behind, barren and lonely. I will speed up the walking as they get closer to "Isaac" and anticipating their new spouse. We will be running by the end to get hot enough to get in the pool.

We will then split into groups of three. One person must be the mom, the other two the children. Each group will get three bandanas. And will 'hold hands' (bandanas in between) throughout the next part of the activity. They will all get into the water still 'holding hands'.

Game: Tug of War RACE - starting from the shallow end, the two sons have to race to touch the wall on the other side of the pool, while not letting go of the bandanas connecting them to their mom and brother. First brother who touches the wall wins. Once every group has completed the task, I will ask the winning brother to raise their hand. Only then will I announce/name that brother as Esau/Esav.

I will ask the groups to have a conversation among themselves for 3-4 minutes on the following



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prompt: How do you think Rebecca might have felt carrying those twins? And how do you feel about your brother now that you've won or lost? If there's time, we will share with the whole group a couple of thoughts from the smaller conversations.

Game 2: Mirror Time - The winning brother will get 1 minute to play a mirror game with the mom while the other brother has to watch. The losing brother then gets 2 minutes to play mirror game while other brother watches. The winning brother then gets 30 seconds of mirror game, the losing brother then gets 4 minutes of mirror game.

I will ask the groups to have a conversation among themselves for 3-4 minutes on the following prompt: How did you feel when you had one on one fun time with mom? And how did you feel when you were watching if you were the Esav? The Jacob? If there's time, we will share with the whole group a couple of thoughts from the smaller conversations.

GAME 3: Rock Hunt - I will have 1 rock per group. I will ask the Esav to blindfold themselves and the mom for each group will throw their rock in the pool. Once the rocks have sunk, the Esav's can open their eyes. The moms will then have to tell their brothers where to find the rock. The Jacobs will also get to give instructions, but their instructions will be wrong. Esav will not be told that the mom is right and the brother is lying. Once every Esav finds their rock, they will bring it to their mom. The moms, once they all have the rocks, will be led in a ceremony where they give the rock to Jacob and Jacob gives the rock to me, and I give them each a cookie (the birthright).

I will ask the groups to have a conversation among themselves for 3-4 minutes on the following prompt: How did you feel during the Rock Hunt game in your different role? What are you learning about the family dynamic going on here? If there's time, we will share with the whole group a couple of thoughts from the smaller conversations.

GAME 4: Chase Tag - Esav now wants to 'kill' Jacob. But Rebecca knows! So Rebecca send Jacob to run away. Every Esav starts with a beach ball in one hand and a bandana in the other connected to his mom. They cannot drop the bandana. The Jacob has to get from where we are (by the shallow end star) to the waterslide and down it. If the Esav can hit the Jacob with the beach ball before they get in the slide, Jacob loses. But if Jacob makes it down the slide unscathed, Jacob wins. Esav can only use his free hand to throw the beach ball. And will have to bring mom along to chase Jacob to get close enough to hit him with the ball.

We will then all emerge into the sun to discuss the entire workshop with the following prompts:

- What just happened? (start to finish recap)
- What worked?
- What didn't?
- How would you adapt this to camp?
- Could you use the games separately?

Additional Notes for Bringing it Back to Camp:



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Everyone should be able to swim, though you can modify the activity so that the activity happens on land as well.



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APPENDIXES:

INTHEWOMBPOOL MEDIDATION SCRIPT