

### INSIDE OUT: A Kid's Mind- Session 3, *Specialty Track 3*

<b>AUTHOR:</b>	Asya Gribov
<b>SUMMARY:</b>	Participants will build 'Islands of Personalities' and discuss the long lasting impact camp has on the character development of campers and camp staff. - <i>Submitted by Asya Gribov</i>
<b>TOPICS:</b>	Community Building, Young Children
<b>LEARNING OBJECTIVE:</b>	Participants will understand how meaningful experiences help develop a person's character. Participants will think about experiences they wish to have in camp.
<b>AUDIENCE:</b>	any age; staff, campers; small group size
<b>LENGTH:</b>	60-75 Minutes
<b>APPENDICES:</b>	Asya Gribov Specialty Track 3 Inside Out Handout 3
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Handout 3- Memory Orbs (a few copies of each color per participant)</li> <li>• play dough</li> <li>• white paper</li> <li>• pencils</li> <li>• construction paper</li> <li>• markers</li> <li>• pipe cleaners</li> <li>• tape</li> </ul>
<b>SETTING SUGGESTED:</b>	AV Set Up to watch YouTube Videos

#### Session Description:

##### Warm Up: (15 minutes)

Independently, participants write a letter to a counselor or camper that has greatly influenced them this summer. The letter should be dated 2025 and written from the future looking back on this year.

##### Creating Islands of Personality (40 minutes)

Discuss:

What experiences make someone a

- a confident person
- a kind person
- a Jewish person

##### Watch clip of Island Introduction

<https://www.youtube.com/watch?v=0yDAanmQPnM>

- What Islands of Personality do camper/staff come to camp with?
- What Islands of Personality are created in camp?
- (swimming, independence, camp, Shabbat, friends, Jewish, sports, nature, creativity)
- What memories must be created to build up these islands?
- Participants think of an island that they wish to build for themselves over the summer. Working

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individually or in groups participants design their island from given art materials. (Participants can draw their islands on paper, sculpt out of clay, or build a 3D paper sculpture.)

- Displaying the islands, participants walk around adding experiences/ core memories, that someone would have to have to sustain the island. (Encourage participants to be as specific as possible.) Participants receive a paper memory orb (handout 3) to write or draw experiences that would sustain the island. Each color memory correlates to an emotion felt during that experience (purple: fear, yellow: joy, blue: sadness, green: disgust, red: anger). Participants can also receive white orbs and color them in to represent a mix of emotions felt.
- The Talmud says:
- Whoever destroys a soul, it is considered as if he destroyed an entire world. And whoever saves a life, it is considered as if he saved an entire world. — Mishnah Sanhedrin 4:9; Babylonian Talmud, Tractate Sanhedrin 37a.
- How does the effect you have in camp last much beyond camp days?

### Additional Notes for Bringing it Back to Camp:

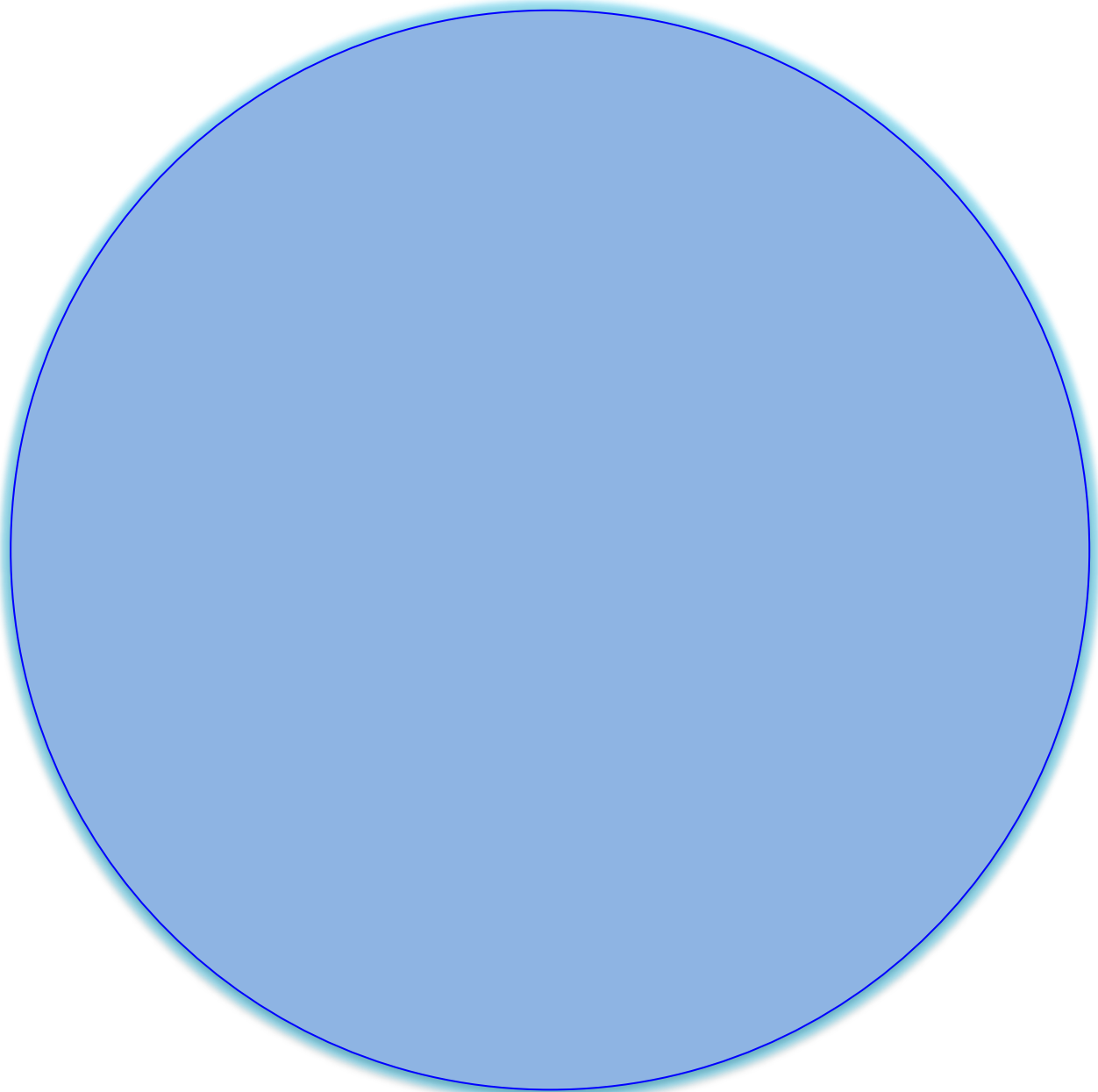
Workshop can be adjusted to meet various levels of developmental needs.

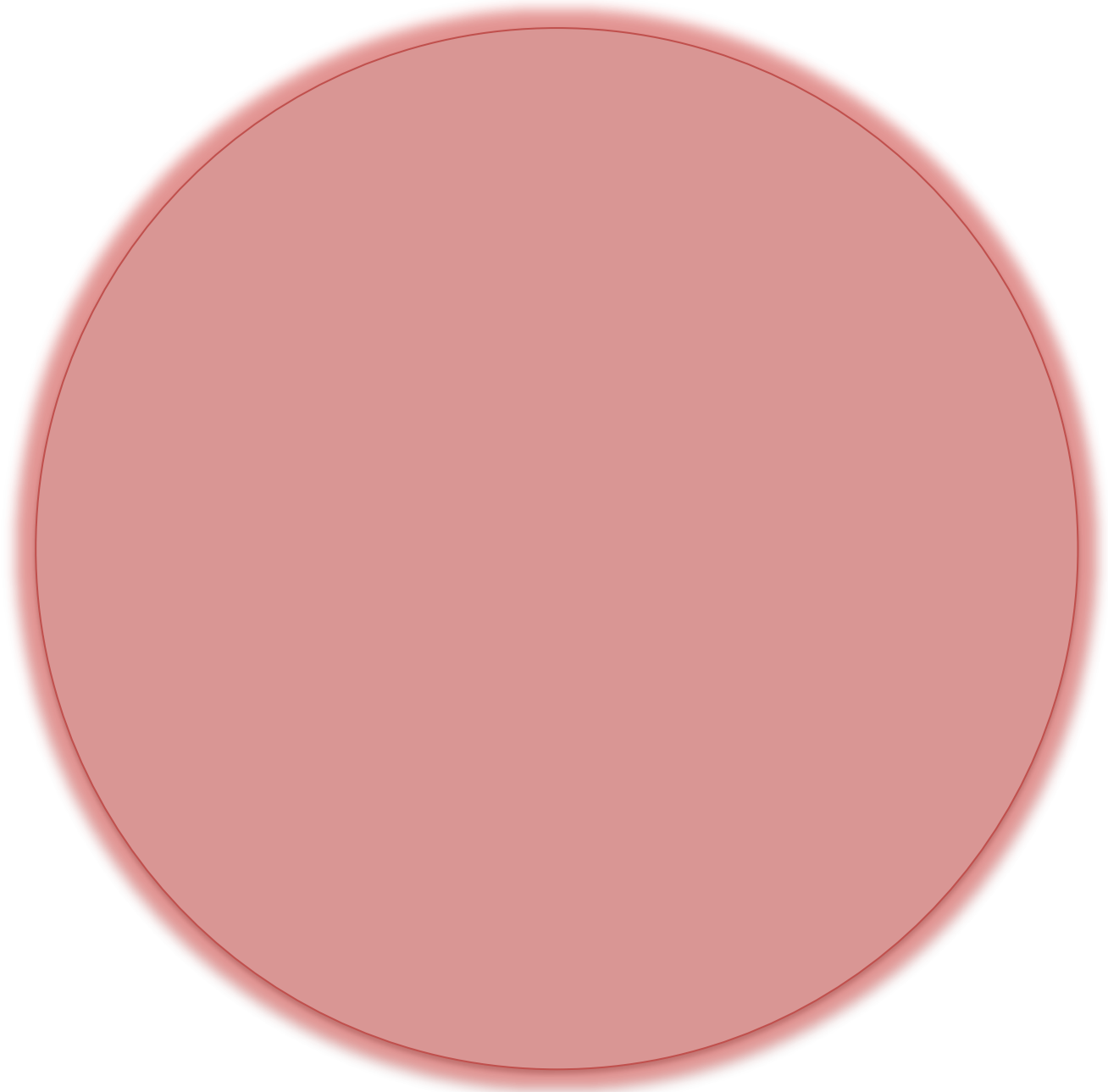


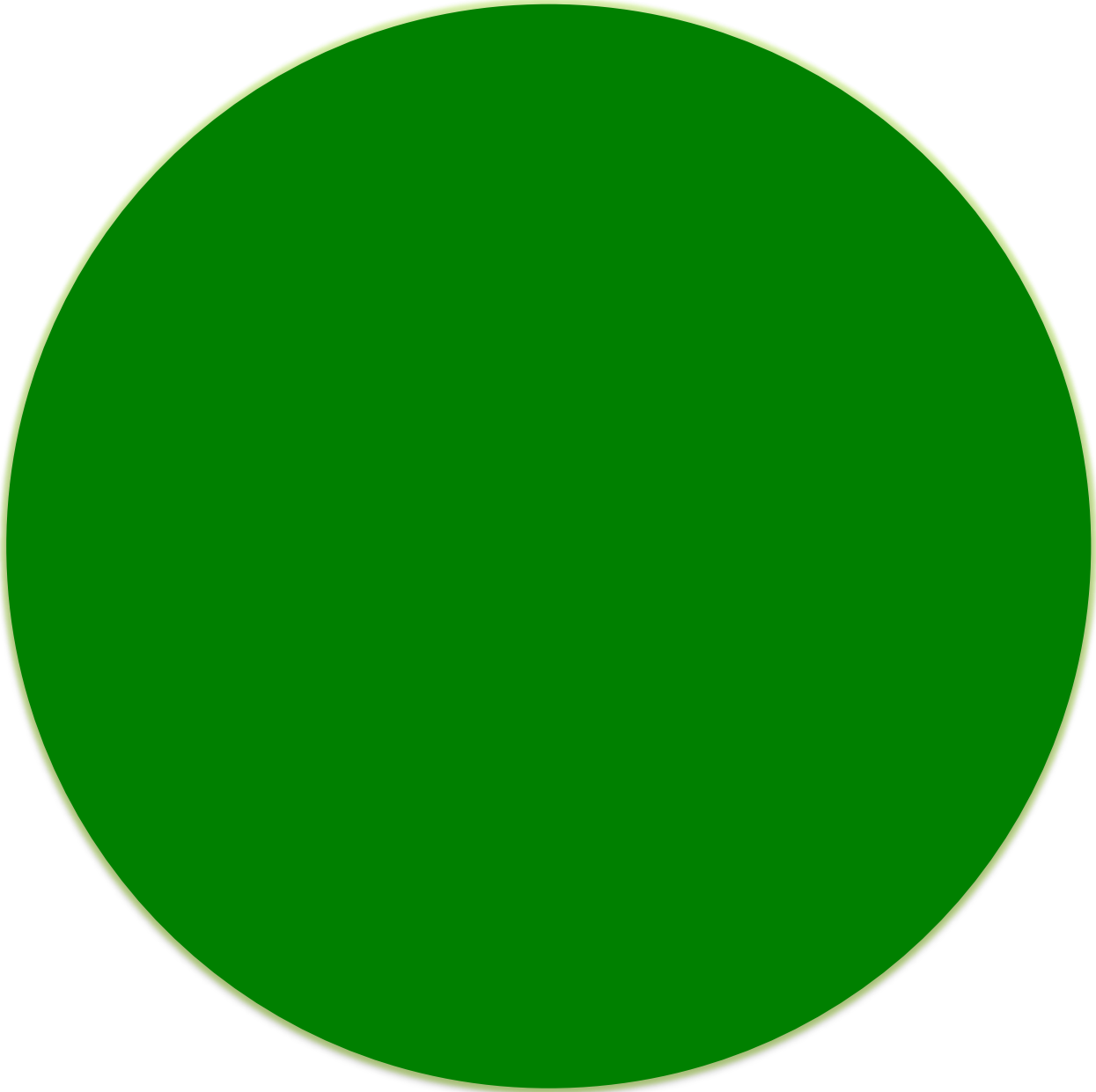
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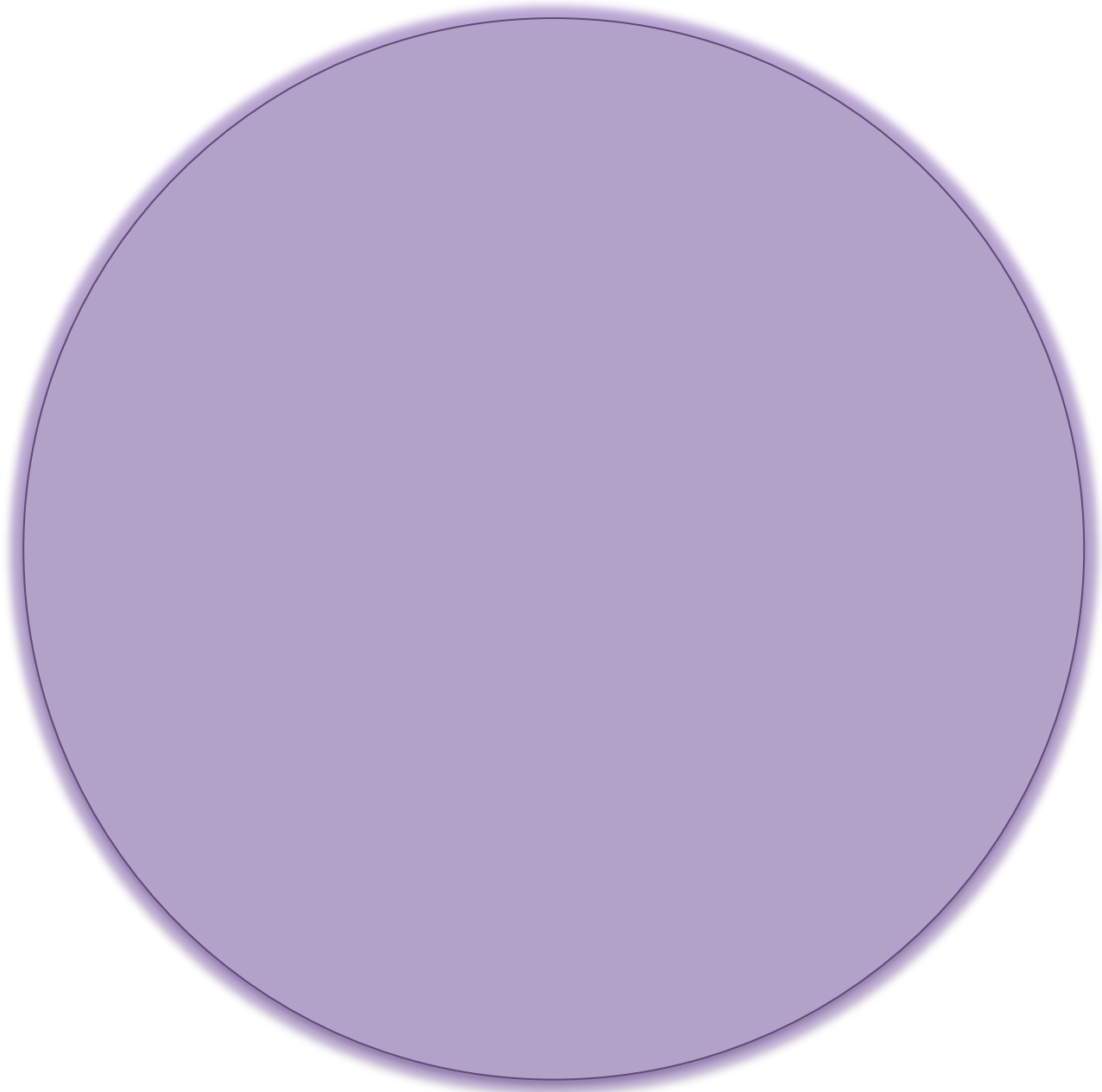
## INSIDE OUT: A Kid's Mind

[Asya Gribov Specialty Track 3 Inside Out Handout 3](#)











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### Spin It: Creative Shabbat, *Spin It!*

<b>AUTHOR:</b>	Asya Gribov
<b>SUMMARY:</b>	In this workshop participants are invited to dedicate Shabbat time to noticing. Participants use the 'Shabbat Wonder Cards' in self guided, meditative exercise to inspire artful noticing. - <i>Submitted by Asya Gribov</i>
<b>TOPICS:</b>	Camp-wide/Large Group Programs, Jewish Values, Prayer- Alternative, Shabbat, Spirituality
<b>LEARNING OBJECTIVE:</b>	Participants will spend Shabbat time in a meaningful, reflective way. Participants will learn about the benefits of mindful noticing and explore the role of Shabbat in creating time to wonder.
<b>AUDIENCE:</b>	any size group. best for participants that do not need adult supervision
<b>LENGTH:</b>	20-30 Minutes
<b>APPENDICES:</b>	Asya Gribov Spin It Handout Shabbat Wonder Cards
<b>MATERIALS NEEDED:</b>	Shabbat Wonder Cards Set
<b>SETTING SUGGESTED:</b>	none

#### Session Description:

#### Facilitated Discussion:

What are we not allowed to do on Shabbat? What are we allowed to do on Shabbat?  
 What is noticing?  
 What are the benefits of noticing?  
 How can Shabbat be a time to notice?

#### Ideas to explore:

On Shabbat we cannot create; but we can notice. One cannot create without noticing. Shabbat gives us time to make a habit of slowing down to reflect, meditate, notice.

In order to create one must be good at noticing everything.

#### Learning to notice is:

- o Good for the body
- o Good for the mind; helps de-clutter the brain, help focusing
- o Good for the spirit; leads to appreciation
- o Good for relationships; allows to see different perspectives, chance for constructive and thoughtful communication
- o Good for the earth; lead to making better environmental decisions

Give each participant a deck of 'Shabbat Wonder Cards' and allow ample time for exploration.



Participants can choose a card in any order and complete the task on the card.

Come back to full group for debrief and discussion.

- What happened?
- How did you feel in the beginning of the exercise vs. the end?
- Did you learn/ discover anything?
- What other cards can you add?

### **Additional Notes for Bringing it Back to Camp:**

The cards can be given out on Shabbat during free time and no activity needs to be led. Participants can have the cards and use at their own leisure.



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Spin It: Creative Shabbat

APPENDICES: