

### Perseverance - Be Strong and Courageous, *Specialty Track 1*

<b>AUTHOR:</b>	Yoni Shear
<b>SUMMARY:</b>	A series of small interactive games that force participants to test their own limits and comfortable boundaries. - <i>Submitted by Yoni Shear</i>
<b>TOPICS:</b>	Communication Skills, Community Building, Group Dynamics, Jewish Text, Leadership Development, Sports & Games, Team Building, Teen Programs
<b>LEARNING OBJECTIVE:</b>	Working hard and truly being able to concentrate is a learned skill that can get better with practice. As one enhances their own levels of bettering themselves, participants will be able to push through their own limits and realize their own potential is being personally raised. In this session, participants will be tested to their own personal limits using everyday objects in unique ways.
<b>AUDIENCE:</b>	At least a group of 10 people. Used for campers of 13 years old to staff aged participants.
<b>LENGTH:</b>	90-120 Minutes
<b>APPENDIXES:</b>	Yoni MS 1 Perseverance
<b>MATERIALS:</b>	<p>Electrical tape (colored tape) - 1 role          6 Ft. Tables - 5          Oreo cookies - 1 bag          Red Solo Cups - 200          Blue Solo Cups - 50          Cotton Balls - 1 bag          Vaseline - 1 container          M&amp;M's - 10 standard size bags          Balloons - 10          White Ping Pong Balls - 20          Red (or other color) Ping Pong Balls - 20          Spaghetti - 2 boxes          Empty Soda Cans - 5          Stools or small tables - 2          Quarters - 1 Roll (\$10)          Pencils (unsharpened) - 100          5x7 note cards - 1 pack          Spoons (silver) (not plastic) - 10          Forks (silver) (not plastic) - 5          Trash Cans (small) - 5          Folding Chairs - 10          Large bowls (salad type of bowls) - 10          Yoni MS 1 Perseverance</p>
<b>SETTING:</b>	A large indoor space. (indoor gym)

**Session Description:**

### 1.SETTING THE SCENE

The following story is not read from a piece of paper.

There was a woman and her name was Eunice. Eunice's son, Timothy, has special needs and desperately wanted some physical activity. Eunice would watch her son staring out of the windows of their home, watching the other children playing and decided that something needed to happen. Eunice's brother, John, had done pretty well for himself and lived in a sizable house with an equally sizable backyard. She got in touch with him and asked if it would be ok if she brought Timothy over to his house with some of his friends to run around a bit and get their blood pumping. He of course agreed and everyone had a wonderful time. On that day, in addition to having her son get the exercise he desperately longed for, Eunice along with Timothy started a worldwide movement that embodies the idea of perseverance and overcoming the odds.

Eunice has a very well known middle and last name. Her full name is Eunice Kennedy Shriver, her brother, John, was living in the White House as the President of the United States at the time when he invited his nephew Timothy and his friends to his house to get their much needed training. Many believe that day at the White House to be the very first Special Olympics. Today there are more than 3 million Special Olympians from all 50 states and 181 countries that train year round for both winter and summer athletic events.

Something extraordinary happens before each competition. As if the fact that these athletes aren't a testament to the concepts of "pushing through", perseverance, and determination, all of the athletes recite the Special Olympics oath. "Let me win, but if I cannot win let me be brave in the attempt".

**Let me win, but if I cannot win let me be brave in the attempt**  
**Let me win, but if I cannot win let me be brave in the attempt**

Perseverance is defined as steadfastness in doing something despite difficulty or delay in achieving success.

Ask for examples of times they have persevered and ask to elaborate.

All of these sessions deal with a personal philosophy that I have with regards to youth athletics and an overwhelming sense of self-entitlement and the individual being more important than the team. These three sessions are aimed at emphasizing the importance of hard work and team. In addition, the use of Jewish texts can assist campers in seeing that their play on the courts and fields is a link the chain of tradition that has depended on these same values through the generations. Yes, Torah exists on the basketball court.

### 2. READING THE SOURCE

In יהושע ספר (Book of Joshua) we find Joshua taking over the role as leader of the Jewish People right after his mentor Moses dies. Pass out source sheets for learning... Please read OUTLOUD to each other and discuss.

Questions for discussion:

- Do you think Joshua wants this job as leader? Why or why not?

- What role is God playing for Joshua?
- How many times does God say our tagline *גָּרַח וְיָמַח* (Be strong and courageous)?
  - Why do you think God has to keep saying it to Joshua?
- What is so interesting about how the chapter ends?

God helps Joshua along by letting him know that strength and courage is all that he needs in order to succeed. As a result of God's faith in Joshua, the people declare that they will follow and they too will be strong and courageous. Joshua has no clue if he can do this. But he is going to be brave in the attempt. However, being brave and persevering through something that you think you cannot do doesn't always come on the field of play. In fact, true tests of perseverance can happen when you take everyday objects and use them in very challenging ways.

### 3. PLAYING THE GAMES (Minute To Win It)

Participants will be divided into 4 teams to play 15 games. Each team competes against the other with either 1 to 2 participants from each team playing. Teams will be racing against the clock (1 minute for each game) and against each other.

-4 points to the first place finisher.

-2 points are awarded if a team completes the challenge in 1 minute or less.

-3 points for second and so on to the 4th place finisher receiving 1 point.

These games are meant to test the participant's ability to concentrate and persevere through their own limitations. In addition, these games are designed to put the participants in awkward positions, so not taking one's self too seriously, can go a long way!

#### Supplies Needed:

- Electrical tape (colored tape) - 1 roll
- 6 Ft. Tables - 5
- Oreo cookies - 1 bag
- Red Solo Cups - 200
- Blue Solo Cups - 50
- Cotton Balls - 1 bag
- Vaseline - 1 container
- M&M's - 10 standard size bags
- Balloons - 10
- White Ping Pong Balls - 20
- Red (or other color) Ping Pong Balls - 20
- Spaghetti - 2 boxes
- Empty Soda Cans - 5
- Stools or small tables - 2
- Quarters - 1 Roll (\$10)
- Pencils (unsharpened) - 100
- 5x7 note cards - 1 pack
- Spoons (silver) (not plastic) - 10
- Forks (silver) (not plastic) - 5
- Trash Cans (small) - 5
- Folding Chairs - 10
- Large bowls (salad type of bowls) - 10

### **Minute to Win It:**

\*Game 1. Face Of The Cookie (2 participants from each team)

One participant sits on a chair and places an oreo cookie on their forehead. With only using their facial muscles, the participant must get the cookie from their forehead into their mouth. They then tag their teammate and the next person must complete the task.

\*Game 2. Movin' On Up (1 participant from each team)

A stack of 39 red cups with one blue cup at the base. The blue cup must be moved through the stack of cups by taking one cup from the top and moving it to the bottom of the stack using alternating hands. This must be repeated until the blue cup is returned to the bottom of the stack.

\*Game 3. Nose Dive (2 participants from each team)

At the same time, the participants must transfer 10 cotton balls from one bowl to another by dipping their nose in petroleum jelly and then having the cotton ball stick to their nose.

\*Game 4. Separation Anxiety (1 participant from each team)

The participant has to separate the entire bag of M&M's into piles of the same color.

\*Game 5. This Blows (2 participants from each team)

The participants must use the escaping air from a self inflated balloon to knock 30 cups off of a table. 2 balloons will be given to each team.

\*Game 6. Tilt-A-Cup (2 participants from each team)

One participant bounces a ping pong ball to their teammate who is holding a stack of 7 red cups. After a ball is caught, that cup is placed at the bottom of the stack and the next ball is bounced. This is repeated until 7 balls are caught.

\*Game 7. Ready Spaghetti (2 participants from each team)

Participants must pass a piece of Spaghetti through the tab of a soda can in order to transfer it from one table to another and form a three can pyramid.

\*Game 8. Yank Me (1 participant from each team)

5x7 cards are placed in between 4 cups that are placed upside down forming a tower. The cards are then "yanked out" having the cups fall onto one another forming a clean stack.

\*Game 9. Back Flip (1 participant from each team)

The participant must flip 2 pencils from the back of their hand and snatch them in mid air. This must be repeated 6 times, adding 2 pencils with each attempt until 12 pencils are flipped at the same time and caught.

\*Game 10. Get Forked (2 participants from each team)

One participant must roll 1 quarter into one of the slots of an upside down fork that is being held by their teammate at the other end of the table.

\*Game 11. Spin Doctor (2 participants from each team)

One participant will spin a quarter across a table. Once the quarter crosses the center line, their

teammate who must catch the quarter in an upright position with only one finger.

\*Game 12. Spoon Frog (1 participant from each team)

One participant will use a spoon to catapult another spoon into an awaiting cup on a table that is being held by their teammate.

\*Game 13. Ping Tac Toe (1 participant from each team)

One participant will use water filled cups as a grid and two colored ping pong balls as X's and O's. The participant will alternate colors as they try to bounce balls into cups trying to get three of the same color in a row.

\*Game 14. Speed Eraser (2 participants from each team)

Each participant must bounce 7 pencils into cups using their erasers.

\*Game 15. Brew Ha Ha (1 participant from each team)

One participant must position 4 cups vertically on a slanted table. The top cup is then rolled to start a chain reaction having each cup knock into the next. The task is complete when the last cup at the bottom of the table, rolls off the table and into a waiting trash can below.

Before the competition begins, each participants of each team will get 15-20 minutes to choose and then practice the games they are going to do. Staff will be needed to help each team in an explanation of each game and in the setup of each game. Organization is key in order for there not to be too much lag time between each game.

#### 4. HUDDLE UP

- What was the point of all of this?
- Is this really perseverance?
- What, if anything, did you learn about yourself during the activities?
- When is the best time to use these games with your athletic campers this summer?

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

Of course this can be modified depending on the number of participants and the number of games being played. Many of these games are great for rainy day events. In addition, they are wonderful for the majority of those participating.

### **APPENDIXES:**

#### **YONI MS 1 PERSEVERANCE**