



CORNERSTONE 2016 RESOURCE

Putting your Campers to Bed: 8 Nights a Week, *Elective 2*

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SUMMARY:	Participants will learn the importance of ending their busy camp days with a meaningful evening bunk ritual. - <i>Submitted by Yoni Shear</i>
TOPICS:	Bedtime Ritual, Community Building, Group Dynamics, Meditation, Nature, Shabbat, Storytelling, Team Building, Teen Programs
LEARNING OBJECTIVE:	Participants will learn the importance of ending their busy camp days with a meaningful evening bunk ritual. In addition to sharing their own personal favorites, participants will come away with unique ways to say goodnight to their campers for every night of the week + 1.
AUDIENCE:	For bunk activities
LENGTH:	60-75 Minutes
APPENDIXES:	Yoni E2 Putting your Campers to Bed: 8 Nights a Week
MATERIALS:	Sourcesheets (Yoni E2 Putting your Campers to Bed: 8 Nights a Week) Large Post-It board for program share (4)
SETTING:	A room conducive for a large discussion

Session Description:

SETTING THE SCENE:

Why is this aspect so important to participants and campers?

This time creates a special bond within the bunk and with the bunk community. The most private times of the summer are spent behind the closed doors of the bunk and having a consistent bedtime ritual will only enhance the bonds that being in a bunk form. In addition, there is a lot to be said for creating structure and predictability for campers during a very unstructured and unpredictable time of year. If done correctly and with proper foresight, this time of day will help campers calm down from their day, be able to reflect on what they have accomplished, and really enjoy the final moments of their very hectic day at camp.

One thing needs to be very clear. What happens during this time is very private and stays within the bunk community. Campers need to have a safe space to be who they really are! This should be their time... their time to be who they truly are and feel that they are supported by their summer family.

Begin the conversation:

- What are examples of some of your best night time memories you had at camp?
- What made them so special?
 - What is so important about the time the bunk spends together?
 - Is it more important depending on the time of day?
- Who did the planning of bunk activities at night?



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READING THE SOURCE:

The Day begins at Night

In Judaism every “day” begins at night. There are three prayer times during the day and to begin the evening prayer one says, “Blessed are You, Lord our God, King of the Universe who by His word brings on evenings, by His wisdom opens the gates of heaven, with understanding makes time change and the seasons rotate, and by His will orders the stars in their constellations in the sky. He makes the day pass and brings on night, distinguishing day from night: the Lord of hosts is His name. May the living and forever enduring God rule over us for all time. Blessed are You, Lord, who brings on evenings.”

- Why do you think so much weight is given to the day becoming night?
 - The unknown is something that “scares” or “worries”? Why?

Take advantage of time that is mysterious! When it’s just the bunk and it’s dark outside people are able to be who they really are. You’ll be surprised what happens!

8 Nights A Week:

1. Coffee Can S’mores

Large coffee cans for a pair of bunk mates. A little kindling, s’mores... it’s an amazing night.

2. A Chapter a Week

The reading of a book throughout the summer.

3. Shabbat Special

Inviting a different person into the bunk for a personal story or Shabbat story on Friday night.

4. Sleeping Bag Movie

Bring in a T.V. or video machine, and everyone on the floor for a movie night.

5. Ruchmanus of the Week

Vote on which part of your camp needs a little help and the bunk decides how to help throughout the week. Once the week is finished, a new choice can be made.

6. Sha’ah B’li Shemesh

A vote is made and the bunk goes to do something they love during the day, but to be done at night.

7. Choose Your Own Adventure

A choice the bunk makes that takes them in or out of the bunk at night.

8. Shabbat Snapshots

A meditative event that virtually walks the campers through camp without leaving their bed.

Go into a program share... Open up the conversation for everyone to share. Large Post-Its for recording.

Additional Notes for Bringing it Back to Camp:

All of the suggested items can be changed to fit what the specific bunk needs are.



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APPENDIXES:

YONI E2 PUTTING YOUR CAMPERS TO BED: 8 NIGHTS A WEEK