

CORNERSTONE 2017 RESOURCE

Jewish Ninja Warriors

Evening Experience

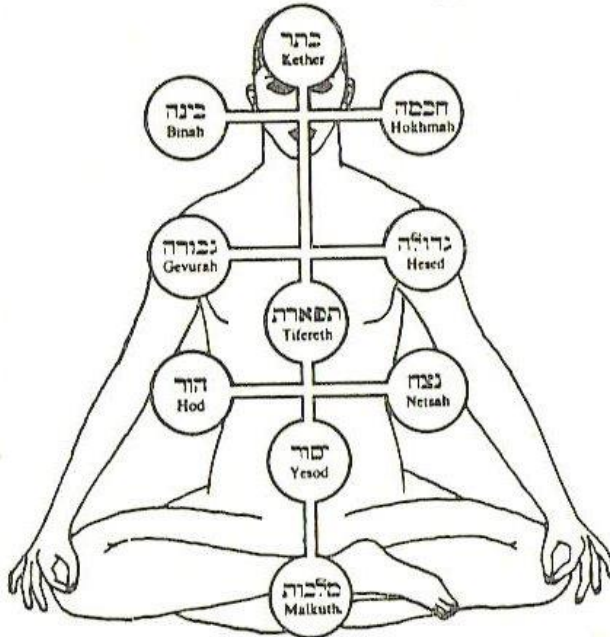
AUTHOR(S):	Sara Beth Berman, Jon Adam Ross, Becca Sykes, and Julia Laibstain
SUMMARY:	You're a camp legend: it's your winning goal during the staff/camper soccer game, your crowd-pleasing shtick the last night of camp when you were 12, and that time you led an impromptu Ziben Ziben when it hadn't stopped raining in days. All these show your dedication in body, heart and mind. You're a Jewish Ninja Warrior: ready for all the physical challenges laced with the mysteries of Kabbalah, the Torah, and, of course, a brilliant Horah. For this program you will need a swimsuit and a brave heart because you're going in the pool. Mayim, mayim b'sasson! - <i>Submitted by Sara Beth Berman, Jon Adam Ross, Rebecca Sykes, and Julia Laibstain</i>
TOPIC(S):	Group Dynamics, Jewish Text, Outdoor, Sports and Games, Team Building, Waterfront
LEARNING OBJECTIVE:	You will be able to enjoy a fun competition in the pool that will teach you to weave Jewish content into fun activities! *can also be modified for dry land!
AUDIENCE:	Campers / staff of all ages, unit-size (between 40-70 people)
TIMING:	75 minutes - need time to change and transition built into the period
APPENDICES:	N/A
MATERIALS NEEDED:	<ul style="list-style-type: none"> ● 3 beach balls ● 3 ziplock bags ● Duct tape ● 3 texts ● 5 pairs of Kettle balls - 5 lb and 20 lb (can substitute gallon milk jugs) ● 4 chairs (plastic that can get wet) ● 40 Pool noodles
SET-UP DETAILS:	<ul style="list-style-type: none"> ● Pool or indoor gym space. ● Set up of materials is based on plan vs. rain plan. ● All campers/staff should be wearing bathing suits, and lifeguards need to be on duty. ● Read through the challenges, and make sure you have the materials set up around the space as outlined in the full write up - pool noodles in the right place, texts taped to beach balls, etc.

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SESSION TIMELINE & OUTLINE:

Opening Activity // Time: 15 minutes - Jewish Yoga Warm-Up

- Using the Kabbalistic understanding of how middot show up in the body, we will use chesed/kindness/right shoulder, gevurah/strength/left shoulder, Tiferet/balance/chest, netzach/endurance/right hip, hod/spaciousness/left hip, yesod/foundation/pelvis, malchut/nobility/legs to prepare physically for the events.



- Exercises will include: shoulder stretches, push-ups, handstands, lunges, quad stretches, ab work
- Participants will discuss (during the warm up):
 - What does it mean to warm-up as a team? What does it mean as a ritual?
 - What are we preparing for individually? What are you preparing for as a team?
 - What are the parallels to shared prayer experiences?
 - P'sukei d'zimrah*: the first section of morning prayers that warm up the soul for the deeper experience of *shacharit* (main body of morning prayers: Amidah, sh'ma, potential *torah* reading)

WELCOME, WARRIORS // Time: 5 minutes

JEWISH NINJA WARRIORS, WELCOME TO YOUR GREATEST CHALLENGE YET! We're happy to welcome you to this stadium, to prove your strength, your daring, your knowledge, and your POTENTIAL. Through the next several challenges, you will be divided into groups. These groups will become your minyanim, your Jewish community quorum of 10 people. You must compete to prove that you are the smartest, the fastest, and the cleverest.

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Minyanim, you're suited up and ready to compete. Please run with your teams through the "Moyel Run" (an arch of pool noodles, held by staff) - when you emerge from these challenges, we expect you to use your noodle - and to have 3 tips for Jewish Ninja Warriors of the future to share after your participation!

Warrior Station Rotations // Time: 35 minutes

Each minyan will be at the same challenge at the same time - and each challenge will take between 7-10 minutes. We will most likely complete 4 of our challenges. You must work together as a team on some occasions - on others, you will work together as a team to identify the person or people best suited for a particular task.

1. Hagbah - Lifting weights

- a. Groups will line up, picking 5 of their 10 representatives to accomplish a series of weight lifts. Like lifting the Torah, it depends on the time of year and where we are in reading the Torah you need a lefty, a righty, or someone who is just equally strong on both sides. Each representative will have a responsibility to lift different combinations of weights.
 - i. Equally balanced (1 person)
 - ii. Heavy left (1 person)
 - iii. Equally balanced (1 person)
 - iv. Heavy right (1 person)
 - v. Equally balanced (1 person)
- b. First group to pick up the weights, in the order described, to a fully extended, over the head lift wins this round.
- c. Rain Plan - On the ground
- d. Sun Plan - In the pool

2. Kadosh Kadosh Kadosh - Tag

- a. One player from each team is it. If you get tagged, you're frozen and 3 members of your team can free you with "kadosh, kadosh, kadosh."
 - i. This is when three players surround you and do the amidah choreography together, rising up on their toes).
 - ii. One or two players can do this until a third person sees the need for freedom and joins in.
 - iii. Basically, screaming KADOSH! KADOSH! KADOSH! Until they are heard and joined...because this makes me laugh).
 - iv. Sun Plan - In the pool
 - v. Rain Plan - In a covered space

3. Jonah the Whale - [Monkey] In the Middle

- i. Tread water in the circle
- ii. Sun Plan - Participants will tread water in a circle while one participant treads/stands in the middle of the circle. This is an adaptation of the game 'monkey in the middle' with the following adaptations:
 1. There are three beach balls

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2. Each beach ball has a ziplock bag sealed and taped to it containing one of the three prayers Jonah says from the belly of the fish.
 3. In order to escape the circle, one must catch one of the balls and scream the prayer aloud
 4. Everyone on the outside of the circle, while passing the balls, will be splashing towards the person on the inside of the circle.
 5. The game is complete when everyone in the group has successfully escaped from the middle.
- iii. Rain Plan - Game is the same on land, just standing on ground and no splashing!
- iv. Text - Print these 3 passages as slips to be sealed in ziplock bags and taped to 3 beach balls. (see appendix for easy printing!)
1. Out of the belly of the nether-world cried I, and you heard my voice. For you did cast me into the depth, in the heart of the seas, and the flood was round about me; all your waves and your billows passed over me.
 2. 'I am cast out from before your eyes'; yet I will look again toward your holy temple. The waters threw me about, even to the soul; the deep was round about me; the weeds were wrapped about my head. I went down to the bottoms of the mountains; the earth with her bars closed upon me forever.
 3. When my soul fainted within me, I remembered god; and my prayer came in unto you, into your holy temple. They that regard lying vanities forsake their own mercy. But I will sacrifice unto you with the voice of thanksgiving; that which I have vowed I will pay.
4. **Uplifting Community - Picking Up People in a Chair for Horah**
- a. Your team needs to be lifting someone for the duration of the song
 - b. When the song changes, the person has to get out of the chair without the chair being lowered and someone else has to get into the chair
 - i. Sun Plan - In the pool
 - ii. Rain Plan - On the ground
5. **Deep Dive - Mikvah**
- a. A mikvah is a ritual bath of fresh running water - you immerse in it and when you emerge from the bath, you're ritually pure. You're going to learn about the beauty of mikvah by finding the Hebrew letters that spell out the word. First group to put together the word in the right order gets the point!
 - b. Set up in the deep end, by the diving board. With printed letters - מִקְוָה - printed on color paper - one for each minyan (Red, Orange, Yellow, Blue, Green, Purple, Black). Each letter will be placed in a ziplock bag, and put one penny in the bag. Throw in the deep end.
 - i. Sun plan - This is a diving game to fully immerse - put Hebrew letters of mikvah in the deep end of the pool and first team to get all of the letters wins!
 - ii. Rain plan - Two tables / benches (best to stack two benches for height) are put next to each other with about a yardstick / meter of space between them,

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and draped with blue fabric. The letters for Mikvah are placed in this “tunnel”, and each “swimmer” has to “dive” into the tunnel to retrieve a letter!

Don't Change Who You Are - Do Change Your Clothes // Time: 10 minutes

Warriors, well done. Please change into dry clothes and we'll debrief at the picnic tables in 10 minutes!

Debrief // Time: 10 minutes

1. What did you learn about yourself today?
2. What did you learn about yourself as the member of a minyan - a community - today?
3. In what ways might the physical elements of this learning make it more effective?
4. How does camp give us the space to teach about Judaism differently from other settings - and why does it matter to you?
5. What was interesting to you about these activities - and why?
6. What was one piece from this program you'd like to bring back to camp? What challenges will you face in bringing it back?

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

There are many possible variations of this program - look over it and pull out what works for your camp!