

### Havdalah - Sense Shuk *Spin It*

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<b>SUMMARY:</b>	Camp can be an incredibly rich environment for exploring our own developing identities, learning from the journeys of those around us, and taking on big topics together. In particular, we can bring great joy to making space for older campers to enjoy and value their own evolving works-in-progress-ness. In these sessions, we'll build programming that helps teen campers ask better questions of ourselves and each other, learn together and celebrate all that we each bring to our community.
<b>TOPIC(S):</b>	Shabbat, Prayer - Alternative
<b>LEARNING OBJECTIVE:</b>	Participants will engage their senses in an fully embodied, experiential approach to the Havdalah ritual and the idea of bringing a "Shabbat spice" with them into the week.
<b>AUDIENCE:</b>	Can work for any age
<b>TIMING:</b>	20 minutes
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>- Song lyrics for whatever songs you want to use (can be written up or on handouts)</li> <li>- Items that relate to each of the five senses (see main outline for examples)</li> <li>- Musical instruments and/or speakers for music</li> </ul>
<b>SET-UP DETAILS:</b>	Ideally, you need two adjacent spaces for this. One of the spaces should be one that you can darken and which has room for multiple tables with arrangements of objects and room for people to move around the tables comfortably. That space is your "shuk" and will be set up with the various sensory objects. There are no particular requirements for the other space.

#### SESSION TIMELINE & OUTLINE:

##### Setting the stage (5 min):

When participants arrive, room lights are dimmed and a songleader is playing guitar. Once everyone has gathered and is sitting in a circle, the songleader will teach the song "Ken tihyeh lanu" from the Havdalah prayer. Then the songleader will continue to play softly while the program leader talks about the heightened sensory experience of Shabbat -- without having to focus on work and busyness and accomplishment, we can fully experience the world around us. Explain that in this next activity, the participants will have the chance to dive into their senses.

### **Main activity (15 min):**

The songleader will lead the group in Ken Tihyeh Lanu and other gentle songs while the program leader brings small groups into an adjoining space (also dimly lit). As each group enters, welcome them to the “Senses Shuk”, a room filled with objects that directly engage one of the five senses.

Examples:

- Sight: art supplies (watercolors, etc), lots of colors of tissue paper
- Smell: small scented candles, fragrant foods (coffee beans, oranges, etc), herbs or spices
- Sound: the room should have music playing in it
- Touch: materials that are especially rough (sandpaper, nail files) or soft (cotton balls, flannel) or which have other notable textures
- Taste: bite-sized foods with a variety of tastes (sweet, sour, savory, etc)

In each category other than sound, the goal is to have as many varied options as possible. These items can be collected around camp - you can use grass or twigs or other natural items, or use office supplies or kitchen supplies, or have staff contribute items from their own possessions (items can be re-collected at the end of the activity if needed).

Explain to the group that they are to explore the items in the room, trying to engage each of their senses as specifically as possible -- try closing their eyes when they're touching or tasting or smelling an item, for example. They should collect a few items that represent their experience of Shabbat at camp-- they can either be a direct connection or more of a metaphorical one.

Every few minutes, the program leader should bring another small group of people into the Shuk. As individuals finish gathering their items, they should go back into the original space and pair up. In pairs, they should share one of their items and why they chose it. As others arrive in that space, people should continually form new pairs (i.e. once each member of a pair has shared an item with their partner they should find a new partner). This continues until all of the participants are back in the main space.

Give everyone paper and pens/pencils/markers. Everyone should take a few minutes to illustrate their items on paper -- they can either draw the items or do some journaling about the items or just draw an abstract representation of the items. After a few minutes, instruct everyone to fold up their paper and put it into a pocket or a shoe -- somewhere where it will travel around with them for a bit, helping them hold onto that little extra bit of “Shabbat spice.”

As a final closing piece, go around the circle and have everyone share a word or phrase that has to do with their Shabbat bundle.

### **ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**

A more high-energy approach can be along the lines of a scavenger hunt. For example, each camper gets a list of types of items to gather (Name a word you would use to describe Friday night at camp and find an object that fits that word; Find an item that's spicy; etc) and brings them back to the group, otherwise following the overall structure and flow of the activity.