

## CORNERSTONE 2018 RESOURCE

### Knot Your Average Friendship Bracelet

*Eat. Pray. Dare*

<b>AUTHOR(S):</b>	Teri McGuire, Jill Goldstein Smith
<b>SUMMARY:</b>	Start your morning reflecting on the relationships in your life. What exists? What do you want to work on? What do you bring to the table? Join us in bracelet making paired with blessings to carry with you throughout your summer. - <i>Submitted by Teri McGuire, Jill Goldstein Smith</i>
<b>TOPIC(S):</b>	Relationship Building
<b>LEARNING OBJECTIVE:</b>	Participants will consider their relationships and explore ways to express and remember aspects of relationship-building they value most.
<b>AUDIENCE:</b>	All ages and stages
<b>TIMING:</b>	45 minutes
<b>APPENDICES:</b>	Discussion Prompt & Knot Instruction packet Color Palette poster from FJC
<b>MATERIALS NEEDED:</b>	Scissors (1 per 5 participants) Embroidery String – multiple colors Scotch tape (1 roll per 5 participants)
<b>SET-UP DETAILS:</b>	1 long table and chairs for all (not necessary)

#### SESSION TIMELINE & OUTLINE:

- 00:00 – 00:05 Arrival Buffer
- 00:05 – 00:12 Introduction + Instructions (7 mins)
- 00:12 – 00:27 Bracelet-Making in Chevruta (15 mins)
- 00:27 – 00:29 Re-gather into 4's (2 mins)
- 00:29 – 00:35 Discussion in 4's (6 mins)
- 00:35 – 00:40 Wrap Up + Group Blessing (5 mins)
- 00:40 – 00:45 Behind-the-Scenes + Feedback Gathering (5 mins)

### Introduction + Instructions (7 mins)

Welcome everyone into the room, and have supplies prepared – including pre-cut string labeled with what each color represents.

Frame with an intro about string, relationships, color representations using FJC's colors of relationships poster.

Have 2 facilitators at the front go through the activity, starting with choosing strong colors, then starting to knot/wrap, and going through at least the first discussion question together. Do a sample of the final prompt, which is giving one another a blessing.

### Bracelet-Making in Chevruta (15 mins)

- Find a chevruta buddy and choose your colors.
- Make bracelets and follow the discussion questions for each knot's meaning. Be sure to listen closely to hear all that your partner is communicating.
  - Discussion Questions:
    1. Who was your best friend in childhood (growing up/ pre-school, elementary school)?  
What was your favorite thing about them and your friendship?
    2. Do you have an example of a transactional relationship in your life that has become more significant than just that transaction? (possible examples: doctors, baristas, librarian, mail carrier, camp maintenance, restaurant server, etc.)
    3. Think about a situation you had to terminate a relationship (possible examples: cutting out a friend, dropping a teacher's class, quitting a job or letting someone go, etc.).  
Share the aspects of the relationship that led you to make the decision. (Use 1-2 words to describe the straw that broke the camel's back.)
    4. What is a relationship in your life you would like to improve or deepen? Share an action step you could take to work on it.
  - ✓ Final Prompt: After learning all you just did about your partner, bestow a brief blessing upon them. Once you have blessed them, tie their bracelet on.
- Give a two-minute warning to make sure folks get to the final page.
- The last prompt is to give the other person a blessing based on what they've been saying and then tie on the other person's bracelet.

### Re-gather into 4's (2 mins)

Instruct each person to find three new folks to create a group with, and they shouldn't be in a group with the same person. HOWEVER, each person in the group must have at least one color in their bracelet that matches one color in someone else's bracelet. (There does not need to be the same color overlap in ALL of the group.)

### Discussion in 4's (6 mins)

Provide participants with the following prompt: Of the colors in your bracelet, think of one that stood out to you the most. Tell a one-minute story of someone who, or a relationship that, is represented in this color to you. Take a minute to focus on and really hear each story. Take notes while your group mates are talking. After the four minutes of stories, collectively come up with a one-sentence blessing you'd like to communally bestow on the four people spoken about.

Facilitator should announce time at each minute!

### Wrap Up + Group Blessing (5 mins)

Elaborate on the practice of gathering up the 4 corners of the tallit and holding the tzitzit in your hands during the Shema: During the Shema we gather the four corners of our Tzitzit to signify the gathering of the Jewish people from the four corners of the world. As a group of 4 unique individuals, you represented this process as well. By focusing on relationships, and really listening to one another, you were able to create phenomenal blessings, which we hope you will share with those who they were for.

To wrap up, the facilitators bestow a blessing on the group as a whole.

(Possible example: *May you have the patience, strength, and interest to notice and deepen your relationships.*)

### Behind-the-Scenes + Feedback Gathering (5 mins)

Explain this program is a test-run of ideas FJC's been working on. Request feedback on how they might bring this to camp, the program and the concept of colors and relationships. Take notes!