

## CORNERSTONE 2018 RESOURCE

### Mind, Body and Soul: The Five Sense Service

*Eat Prayer Dare*

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<b>SUMMARY:</b>	Wake up with singing, movement, and creativity. Instruments welcome although not necessary; your voice and your body are instrument enough. You are welcome just as you are. - Submitted by Chana Rothman
<b>TOPIC(S):</b>	Creative Movement Alternative Tefillah Group Collaboration Singing Body Percussion
<b>LEARNING OBJECTIVE:</b>	Participants will: <ul style="list-style-type: none"> <li>- Create alternative versions of prayers using their own wording</li> <li>- Use breathing and other mindfulness approaches to focus and calm themselves</li> <li>- Identify themes that resonate for them through movement</li> </ul>
<b>AUDIENCE:</b>	This session is targeted to a group from 10 to 100 people. Can be tailored to any age or number of people.
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	None
<b>MATERIALS NEEDED:</b>	Facilitator will use a guitar Facilitator will bring a box of movement words Facilitator will bring some small instruments such as: ukulele, recorder
<b>SET-UP DETAILS:</b>	This should take place in an open space for movement, with an area where people can sit as well. The sitting area should have people in a circle, facing each other.

### **SESSION TIMELINE & OUTLINE:**

This session follows the flow of a morning/Shacharit services, using the larger themes to craft an experience that includes. Facilitators will use original songs and prayers to explore:

- Gratitude
- Connecting with Bodies/Movement
- Community
- Rising up together
- Listening
- Remembering
- Recognizing our Shared Responsibility

A variety of modalities are also used, such as :

- Body Percussion
- Creative Movement
- Song
- Breathing
- Listening Pairs / Chevruta
- Nature connection
- Meditation
- Smell (Essential Oils)

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

Thinking about what would work at your camp? What would you need to change or tweak about this? What ages would connect best to which elements of this?