

CORNERSTONE 2018 RESOURCE

Social Justice *Specialty Track 1*

AUTHOR(S):	Chana Rothman
SUMMARY:	In this opening session, we locate ourselves and one another as journey-mates travelling together with <i>kavannah</i> towards justice. We agree on some shared language and affirm our collective humanity through song, movement, listening, and play. - Submitted by Chana Rothman
TOPIC(S):	Lech Lecha - embarking together on a journey of social justice Defining key terms: Activism, Activist, Social Justice
LEARNING OBJECTIVE:	Participants will be able to connect their own social justice journey - whether beginning or continuing - to a larger Jewish narrative of journeying towards justice. Participants will be able to define the terms "Social Justice", "Activism", and "Activist." Participants will know one song related to social justice well enough to sing it with lyrics.
AUDIENCE:	Fellows (college-age young adults), ideally 20 or fewer
TIMING:	90 minutes
APPENDICES:	Human Bingo sheet Song lyrics: Equal Rights - Peter Tosh Medabrim Al Shalom - Muki Eliana Light - Towards Justice L'chi Lach - Debbie Friedman
MATERIALS NEEDED:	Copies of Human Bingo Sheet (as many as participants in session) Pencils (as many as participants in session) 4 large post it notes or poster paper and tape to attach to the wall 7 markers for each poster area (total of 28 markers) Bluetooth speakers or PA speakers with cable Book: <i>A is for Activist</i> (I will provide this book for the session) 3 large, beautiful tapestries or quilts to hang on the wall Materials to hang tapestries or quilts on the wall! Pillows of all shapes, sizes, and colors Milk crate or other container that can house a "Social Justice Library"

SET-UP DETAILS:

The coziest room possible! Couches and pillows are ideal.
Set up can be as close to a circle as possible, especially if there is alternative seating.

SESSION TIMELINE & OUTLINE:

Room set-up: Tapestries on the walls, cozy pillows, and hang out spots/nooks as much as possible in the space provided

0:00 - 0:15 **Opening Activities**

Human Bingo (0:00 - 0:10)

As participants enter, they receive a sheet of paper and pencil with nine spaces. Each space has a characteristic or fact that might be true for someone (e.g., "I have moved more than 3 times in my life" or "I love chocolate" or "I like poppy seed hamentaschen"). The goal is to fill out as many boxes as possible to get Bingo. When you find someone with that attribute, they need to sign your sheet.

Dance Break and Names (0:10 - 0:15)

American Jewish activist Emma Goldman said, "If I can't dance, it's not my revolution." Mayim dance is a form of celebration, community building (circle dance) and gives us strength and connection. Once participants are in a circle, go over names. Dance the Mayim dance. Do names again!

0:15 - 0:25 **Listening pairs/chevruta:** Tell Your Story (in chevruta)

Facilitator: "Listening pairs / chevruta is a tool we will be using throughout our time together. Each person will have a turn to speak without interruption, while being listened to deeply without judgement. Just as each person listening will have the opportunity to focus on the person speaking and sharing, to give them the gift of attention and warmth. To focus on how good that person is and how much the listener wants to give them space."

Using listening pairs, each person gets 3 minutes to share their life story, with a focus on how they ended up in this Social Justice Track at FJC Cornerstone Fellowship.

0:25 - 0:40 **Song & Storytelling** (whole group)

1. Sing L'chi Lach by Debbie Friedman (0:25 - 0:30)

2. Conversation about journeys - compare Avram and Sarai with our journeys today, leaving the comfort of our own privilege or complacency to work towards a vision of a more just world.
Chana (facilitator) gives background on her story as Jewish musician and activist. (0:30 - 0:45)

3. Show book *A is for Activist* (a children's board book) - we probably won't have time to read it, but it will be available for folks to look at throughout the specialty track sessions 1, 2, and 3. It will be in the Social Justice Library/reading nook.

0:40 - 0:45 **Listening pairs/chevruta:** Processing thoughts & ideas from what we've covered so far
Each person has 2 minutes to share whatever is going on for them, how this is going for them, etc. while the other listens. Then switch.

0:45 - 0:60 **Defining terms** (open space) & **Dance Break!**

Around the room are 6 posters with the words

1. "SOCIAL JUSTICE"
2. "WHAT SOCIAL JUSTICE LOOKS LIKE AT CAMP & IN MY LIFE"
3. "ACTIVISM"
4. "WHAT ACTIVISM LOOKS LIKE AT CAMP & IN MY LIFE"
5. "ACTIVIST"
6. "WHAT BEING AND ACTIVIST LOOKS LIKE AT CAMP & IN MY LIFE."

Participants take markers or pens and walk around the room at their leisure, writing/drawing definitions for these terms.

Upbeat music is playing on the speakers (or by musicians in the group?) while people circulate. When the group is finished, those who want to participate have a 3-minute timed dance party.

0:60 - 0:70 **Gathering together & reviewing terms**

In groups of 4 or 5, go over definitions of "Social Justice," "Activist" and "Activism." In larger group, come to agreement of these terms.

0:70 - 0:80 **Sing/Chant/Breathe**

Participants come together in comfortable seating, do 2 minutes of breathing and re-focusing. Then facilitator shares a song/chant about justice (Eliana Light's "Towards Justice") which the group repeats together for 8 minutes, entering a meditative or prayer-like state. Facilitator passes around essential oils for those who want to smell them or put some on their skin.

0:80 - 0:85 **Listening Pairs/Chevruta**

In listening pairs, each person gets 2.5 minutes to speak and then 2.5 minutes to listen.

0:85 - 0:90 **Closing**

Each person shares a brief highlight/favorite part of the session.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

Listening pairs / chevruta are very helpful and important, but they need to be built up as skills. With younger campers, it is helpful to have a conversation about listening. What does listening look like? How does it feel when someone listens to you deeply?

Be aware that "free dance" can be uncomfortable for young people, especially starting in 3rd and 4th grade. One way to increase campers' comfort level is to have them dance in pairs using an approach called "mirroring" in which one person leads, and the second "mirrors", then they switch roles. In fact this is a great introduction to Listening Pairs / Chevruta!

Some people also get self-conscious during breathing exercises. One way to help this is to ask if anyone has any calming activities they like to do, and let that person lead. At this point in their lives, many young people have already experienced mindfulness activities and might enjoy leading one. As long as it gets the group calm and focused, it does not matter if the facilitator leads or a camper.