

## CORNERSTONE 2018 RESOURCE

### Social Justice *Specialty Track 2*

<b>AUTHOR(S):</b>	Chana Rothman
<b>SUMMARY:</b>	In this second session, we deepen our connection with one another as we delve into the challenges and celebrations of envisioning and creating change. We develop a toolbox to equip us with resilience for the road ahead, both at Cornerstone and beyond. <i>Submitted by Chana Rothman</i>
<b>TOPIC(S):</b>	Developing strategies to meet challenges and celebrate achievements Beloved Community (Dr. Martin Luther King, Jr.) / Kehillah Kedosha (Dan Nichols): Creating structures that can support us
<b>LEARNING OBJECTIVE:</b>	Participants will develop skills of listening to one another as a form of community building, resistance, and resilience. After experiencing other strategies for building resilience, participants will identify three tools they can use in their toolbox along their social justice journey, both at Cornerstone and in the full range of their lives.
<b>AUDIENCE:</b>	Fellows (college-age young adults), ideally 20 or fewer
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	Song Lyrics: Chana Rothman - Gates of Justice Isaac Zones - Tzedek Tzedek Tirdof Lead with Love - Melanie DeMore
<b>MATERIALS NEEDED:</b>	3 large, beautiful tapestries or quilts to hang on the wall Materials to hang tapestries or quilts on the wall! Book box Floor pillows for reading nook Collection of yoga pose image cards Healthy snack food (veggies, fruit, chips, hummus, salsa). Specifically: 6 carrots, 5 apples, 5 oranges, large bag of tortilla chips, jar of salsa, container of hummus. 5 Plates (preferably re-usable, not disposable) for snacks 1 bowl for salsa Box or bin of instruments Art supplies: Large bin of colored pencils (at least 30 pencils) At least 40 sheets of white paper

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	<p>At least 20 sheets of construction paper 4-5 glue sticks Box of markers (at least 30)</p>
<b>SET-UP DETAILS:</b>	<p>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. For the opening of class, if there are chairs they are set up in pairs facing each other.</p>

### SESSION TIMELINE & OUTLINE:

#### 0:00 - 0:10 **Opening Activity: Listening Pairs/Chevruta**

As participants enter the space, they find another person and do listening pairs/chevruta until the whole group is present. They are sharing/listening about how they're doing, anything on their mind, how Cornerstone is going so far for them, etc. The facilitator keeps time for them or they can time on their phones, watches, etc.

#### 0:10 - 0:20 **Hakarat Hatov: Naming the Good**

Participants share one thing that they want to celebrate, something that's going well for them. This is a tool for building relationships with each other. It also enables each person to notice some basic truths about things in their life that are good. When embarking on huge projects like fixing our broken world, it is crucial that we take time to notice the good things. It is also a Jewish value: gratitude! And gives us strength and connection for our journey.

#### 0:20 - 0:35 **Song/Movement: Lead with Love by Melanie DeMore**

Facilitator teaches the song "Lead with Love" by vocal activist Melanie DeMore who leads in the African-American folk tradition of Odetta. Song lyrics are posted on the wall. Facilitator shares that we will be walking/marching/praying with our feet. There is an element of call-and-response/echo, which both Jewish and African traditions share (Jewish: Barchu, African: woven into the musical tradition). Group lines up and walks to the beat, making pathways through the room and possibly into other parts of camp. Groups turn into pairs walking together, linking arms. Group arrives back in the room.

#### 0:35 - 0:45 **Listening Pairs/Chevruta**

A note about listening and its importance in the Jewish tradition. Sing the Shema together before going into Listening Pairs/Chevruta.

Prompt: What kind of tools have we used so far? What's working for you? What do you need? What would you do differently?

0:45 - 0:50 **Bio Break**

Bathroom or other break.

0:50 - 0:60 **Group Conversation about Toolboxes**

Facilitator: So, we are on this journey together towards justice. Some of us are new to this journey, some of us have been traveling for a while, many of us are in between. When we think about what it means to be Jewish, to be pursuing justice, to embrace activism or an identity as an activist, what does that mean? What does it mean in 2018? There are so many ways to make change, and so much change that is needed. What tools do we need to go back and make that change in our camp communities? In our lives at large?

0:60 - 0:70 **Creativity Jam for the Journey**

Choose an area where you will go and create your Social Justice Toolbox for the Journey. In your creative exploration, focus on acquiring THREE TOOLS which you can add to your toolbox.

1. Brainstorming - come here to exchange ideas!
2. Reading Nook - read your toolbox
3. Art/Writing area - draw your toolbox
4. Music area - jam your toolbox
5. Snack area - eat your toolbox
6. Meditation area - Zen out your toolbox
7. Nature/Teva area - head outside for your toolbox

0:70 - 0:80 **Share Out & Song**

Come back together as a group and share how you are creating your Social Justice Toolbox for the Journey.

Sing Isaac Zone's "Tzedek Tzedek Tirdof" - "Justice, Justice Shall You Pursue"

0:80 - 0:90 **Closing Game**

"I'm going on a journey to pursue justice and I'm bringing with me..."

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

For the "open space"/stations where the participants get to choose their activity:

- It's always helpful to use a timer. You can ask one of the campers or staff to be the time keeper.
- For younger children it is very important to give them graduated heads-up when it's time to finish (e.g., "5 more minutes until clean up" then "2 minutes until clean up" then "1 more minute" then "now it's time to clean up") and also leave 5 minutes (at least!) for clean up after the activities. Factor that into your planning. Fun clean-up music also helps.