

CORNERSTONE 2018 RESOURCE

Jewish Nature Hike and Enjoyment

Spin It: Trees

AUTHOR(S):	Josh Lake
SUMMARY:	We explore trees, specifically roots (<i>shoreshim</i>), and how they help us in our Jewish identity and formation. - <i>Submitted by Josh Lake</i>
TOPIC(S):	Seeing the unseen. Roots and what they mean for trees (and us!).
LEARNING OBJECTIVE:	To gain an appreciation of trees and the systems that support them/us. To learn about our Jewish roots.
AUDIENCE:	5-99+ years of age, 10-20 participants.
TIMING:	20 minutes. Though this experience can be adapted to a longer time frame.
MATERIALS NEEDED:	Map of Mycelium
SET-UP DETAILS:	Outside, preferable under a tree with roots showing slightly (reference the roots). For this program I need access to trees and non-cement ground.

SESSION TIMELINE & OUTLINE:

00-03: *Shivassana* (Laying on the ground.)

Feel the roots. The mind goes where energy flows. Feel the flow of energy from the canopy of the trees into the roots. Know that we are not very different from these trees; the energy in our minds translates to action in our feet.

04-12: *Pokiach Ivrim*

Teaching how to measure a tree using estimation.

X-Ray vision to see the roots.

Saying the *Pokiach Ivrim* Blessing. Seeing what is not apparent. In campers, others.

12-18: Create your Roots

What do your roots look like? What gives you a foundation? Use this piece of paper (you will take this piece of paper to the next 2 sessions) to draw your roots and you will complete a tree.

18-20 Vision

Take 1-2 minutes to think through how you might adapt this to your camp/your style of programming.

What if you were asked to do this program, even though you have no experience in Nature, hate trees, etc. What would you do?