

Nature/Teva: Trees *Spin it!*

AUTHOR(S):	Natalie Rothstein
SUMMARY:	During this session, participants will spend time mindfully observing trees and exploring the symbolism that tree branches represent. - <i>Submitted by Natalie Rothstein</i>
TOPIC(S):	Nature, metaphors
LEARNING OBJECTIVE:	In this session, participants will observe trees from the canopy perspective. Participants will explore using nature as a metaphor.
AUDIENCE:	Ages 10 and up, 10-30 participants
TIMING:	20 minutes
APPENDICES:	None.
MATERIALS NEEDED:	-Blank paper -pencils -clip boards
SET-UP DETAILS:	This program should be done outside looking at trees that have branches. If it is not possible to be outside, the program can be done with a projection of an image of a tree.

SESSION TIMELINE & OUTLINE:

Timeline

- Introduction (2 minutes)
- Mindfulness Observation (3 minutes)
- Tree of Life and Symbolism of Tree Branches (12 minutes)
- Drawing Activity (3 minutes)

Breakdown

- **Introduction** - 2 minutes – explain that this session of Spin It! Will focus on the branches/canopy of a tree. Hebrew word for branches.
- **Observation** – 3 minutes – during this time participants will do a mindfulness activity. Participants will be given instructions to spend 3 minutes observed the branches of the tree as a mindfulness activity. Prompt the participants to think about the following things as they observe the tree branches:
 - What do the branches make you think about or remind you of?
 - Do you notice anything new about the branches?
 - What are your thoughts about tree branches?
 - What do you think of when you think of tree branches?
 - How would you describe these branches?
 - Do these branches symbolize anything for you?
- **Tree of Life and Symbolism of Tree Branches** – 12 minutes – Facilitator will open up a discussion about the tree of life and connection to symbolism. First present the concept of Tree of Life's symbolism and then prompt discussion with the following questions.
 - The symbolism of the Tree of Life: knowledge of good and evil and Garden of Eden. The symbolism of branches is the idea of what connects you to other things.
 - What do tree branches make you think of?
 - What ways do branches help to connect you to things?
 - What does the symbolism of branches represent for you?
- **Drawing Activity** – 3 minutes Participants will draw their vision of tree branches on their continued tree drawing
 - Having participants draw their branches. Participants can be creative but should use the top third of the piece of paper. They can fold the paper into thirds if they'd like. Participants will take this piece of paper to the next 2 sessions or have it from previous sessions to draw their vision of tree branches – after attending all three session, participants will complete a drawing of a tree.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

A great way to go spend time in nature at camp and connect to it on a more Jewish and personal level.