

## Co-Counselor Dynamics & Anavah

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| <b>SUMMARY:</b>            | Exploration of co-counselor dynamics through the middah/value of anavah/humility (and how much space you take up)                          |
| <b>TOPIC(S):</b>           | Co-Staff Dynamics  |
| <b>LEARNING OBJECTIVE:</b> | Co-staff will have the opportunity to talk through how their working relationship has been so far, and to goal set together for the future |
| <b>AUDIENCE:</b>           | Staff – by unit  |
| <b>TIMING:</b>             | At a unit meeting, later in the summer once co-counselor dynamics have been established. 20 minutes  |
| <b>APPENDICES:</b>         | Anavah/Humility Text(s)  |
| <b>MATERIALS NEEDED:</b>   | Copies of Text<br>Paper<br>Pens  |
| <b>SET-UP DETAILS:</b>     | Can happen anywhere, note that people will be writing  |

### SESSION TIMELINE & OUTLINE:

- 0-3 Minutes: Anavah/Humility Texts
- 4-9 Minutes: Name 6 Activity
- 10-14 Minutes: Chevruta with Co/Peer
- 15-20 Minutes: 6 Word Memoirs

This session will give staff the opportunity to do some self reflection of the way that they are showing up and what they need from their co-workers. Through the lens of Anavah/Humility, counselors will prepare for, and engage in, a conversation with their peers and set intentions for the remainder of the summer.

### **Anavah/Humility Texts (3 minutes)**

Open with texts on humility - often we think of humility as just being humble, or not having a large ego. One helpful way to think about anavah is to consider how much space you take up in the world, in conversations, etc. When do you take up too much space? when are you shrinking yourself too small? (Read in pairs that are not co-counselors)

***It was said of Reb Simcha Bunem that he carried two slips of paper, one in each pocket. On one he wrote: Bishvili nivra ha-olam—"for my sake the world was created." On the other he wrote: V'anokhi afar v'efer—"I am but dust and ashes." He would take out each slip of paper as necessary, as a reminder to himself.***

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***"Humility (anavah) means having the right relationship to self, giving self neither too big nor too small a role in your life."***

***—Dr. Alan Morinis***

### **Name 6 (5 min)**

In pairs with someone who is not your co-counselor or close co-worker. Give each partner the chance to answer the following questions. The person who isn't naming them can write down the answers so that each person can hold onto their answers for later.

- a. Name 6 favorite places at camp
- b. 6 ways I've been a great co-counselor
- c. 6 ways I haven't been so great
- d. 6 things I like about working with my co
- e. 6 things that I want my co to know moving forward

### **Chevruta with co (5 minutes)**

Get into groups with your co-staff to share back what you came up with. Give each person 1-2 minutes to share highlights of their answers and what they want their co to know moving forward. Use this as time to quickly explore the working relationship and how the co-staff are sharing space (literally and figuratively!) appropriately.

### **Six Word Memoir (6 minutes)**

Introduce the concept of 6 word memoirs (started by Smith Magazine) and call out that there is a lot Jewish about the number 6: 6 days of creation, Shma is 6 words. Anavah & the Shma are both about hearing AND listening - not taking up NO space and not taking up ALL the space, but the give and take of presence. We've heard what our co-staff have said, and now we'll show

how we've listened as well, writing together a 6 word memoir for the rest of the summer. End with writing a 6 word memoir together, setting a goal for the working relationship for the rest of the summer together in co-pairs (or groups).

A few examples:

*Deep breaths, laughter, get more sleep.*

*We'll stay positive; assume best intentions.*

*One team: working together, having fun!*