

When Are You At Your Best? (or... Be Your Best Potato)

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SUMMARY:	Under the best conditions, we can all be rockstars... but we know that camp doesn't always provide the best conditions. This session will help counselors consider what they need to show up as the best version of themselves.
TOPIC(S):	Self-Care – when are you at your best?
LEARNING OBJECTIVE:	This session will help counselors consider what they need to show up as the best version of themselves.
AUDIENCE:	Staff Members
TIMING:	15-20 minutes
APPENDICES:	N/A
MATERIALS NEEDED:	Many kinds of potato products Copies of text/story
SET-UP DETAILS:	Anywhere

SESSION TIMELINE & OUTLINE:

0-3: Opening Question & Potato Snacks

4-6: Gam Ze Ya'avor Story

7-13: Discussion of conditions

14-15: Wrap up

- 1) Put out many forms of potato- latke, chips, fries, sweet, a raw potato, wedge, waffle, hash browns, mashed, tots, etc. – Ask people to eat and enjoy their favs!*
- 2) Go around, asking the question: What is a food that you LOVE, but under a different condition you would NEVER eat/can't stand? (ask a few people to share: example – chicken nuggets are my fav, but chicken on the bone grosses me out. I'd eat roasted broccoli for days but wouldn't touch it steamed.)
- 3) Jewish wisdom says...gam z'yaavor, this too shall pass.

A story:

The wisest of kings, Solomon, decided to challenge one of his ministers. The king instructed him to search for a ring that could turn a happy person sad, and a sad person happy. King Solomon doubted the minister would be able to find such a thing. Still, the intrepid minister set out. The minister traveled the kingdom, but to no avail. Returning to Jerusalem, he found himself in a shabby neighborhood where there was a market. He noticed a man selling some odd pieces of jewelry spread out on a threadbare rug. Desperate, the minister explained to the merchant what he was seeking – a ring that could “make a happy man sad, and a sad man happy.” The merchant smiled, and handed him a ring with the inscription: “Gam zeh ya’avor, This too shall pass.” The minister returned to King Solomon, and presented him with the ring. Smiling at the thought of winning the challenge, King Solomon took one look at the ring and was immediately humbled.

In every situation, there are things that can be changed, including just the passing of time, that will change the scenario.

4) Discussion:

In partners or small groups, give each person about a minute to answer each of the questions. People can be paired randomly, in concentric circles, or using some other game. Partners could switch in between questions or be in conversation with the same person the whole time.

- a. What are the conditions where you are at your best?
- b. What does it look like when you’re having an off moment?
- c. What can your co-counselor/all of us do to help you be your best?

5) Closing thought: camp is hard! The conditions always change, from day to day and hour to hour. Ask each staff member to write down one phrase they can remember, or one thing they can do, to help get closer to great conditions.

** Why the potato snacks?! 1. Because, snacks always make people happy. 2. To see the same thing under a LOT of different conditions).*

Be the potato you want to be!