

## CORNERSTONE 2019 RESOURCE

### An Exploration of Jewish Garb and Their Underlying Superpowers *Start Your Morning*

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<b>SUMMARY:</b>	Through an interactive museum-style set up, participants can encounter different Jewish articles of clothing up close and personal as they also consider how different clothing choices can enable us to feel and act in different ways- <i>Submitted by Seth Braunstein and Ariella Rosen</i>
<b>TOPIC(S):</b>	Jewish culture, prayer
<b>LEARNING OBJECTIVE:</b>	Participants will think about at least one item in new ways, and be able to articulate how they express themselves through dress.
<b>AUDIENCE:</b>	Ideal group size is between 20-30. Age range: 8 and up
<b>TIMING:</b>	60 minutes
<b>APPENDICES:</b>	Artifact descriptions
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Colorful dot stickers (or any stickers with at least 4 different colors)</li> <li>• blank paper</li> <li>• markers/pens</li> <li>• Jewish ritual objects (collect from community members, local synagogues, etc):             <ul style="list-style-type: none"> <li>○ Tallit (gadol and katan)</li> <li>○ Tefillin (multiple pairs for R and L)</li> <li>○ Kittel</li> <li>○ Kippah (various materials and styles)</li> <li>○ Head scarves/headbands</li> <li>○ Jewish star, hamsa, chai jewelry</li> <li>○ Mask</li> <li>○ non-leather shoes</li> </ul> </li> </ul>
<b>SET-UP DETAILS:</b>	This program should be set up in a large room, ideally with AV setup (though that piece is less essential to the whole). Set up large rectangular tables around the periphery of the room with space in the middle for participants to move around. Place the different objects on the tables with their corresponding descriptions. If possible, it can be meaningful to include testimonials of people from your camp community on what a certain object means to them.

### SESSION TIMELINE & OUTLINE:

- Introduction and Opening Conversation [00:00-00:15]
- Museum Exploration [00:15-00:35]
- Reflection and Discussion [00:35-01:00]

### Introduction and Opening Conversation (15 min.)

Begin by showing the short clip from the Incredibles: <https://youtu.be/Z-lj7ElJnqM>

Ask the group to react to the clip. What is the purpose of these different super suits?

Discuss:

- When have you chosen to wear something for the purpose of being able to perform a certain action? When have you chosen to wear something in order to feel a certain way?
- What is an example of a garment that is conducive to a certain activity, action, behavior?

Share with a partner: Talk about a time you chose to wear something because you wanted to be able to feel a certain way or be able act in a certain way.

Explain that the duration of this session will offer the chance to explore different types of Jewish garb, and what they are designed to help us feel/do. You'll have the chance to try on most if not all of the objects in this room.

### Museum Exploration (20 min.)

Invite participants to move freely around the room to explore the different garments and articles, as well as the short explanations accompanying them. Facilitators will be at the tefillin station to offer step-by-step guidance.

At the bottom of each explanation is the following instruction: Try on this object or reflect on it. Write below in 1-5 words, what power, ability, or awareness it brings up for you?

Invite participants to react to the items by placing stickers on a piece of paper next to each object.

Green: I'm into this

Red: I don't connect with this

Blue: I want to learn more about this

Yellow: This reminds me of something

### Reflection and Discussion (25 min.)

Invite the group back together and discuss (either as a whole group or with a partner):

- General observations and reactions.
- Pick one object you labeled with a green sticker- how does this object make you feel? What power does it awaken in you?
- Think about something you marked with a red sticker- what felt absent for you?
- React to yellow and blue stickers if there is time.

Ask each participant to think about what their superpower is: what is something they uniquely bring to their work, their communities, the world? Before leaving, choose one object that might bring that out in you. What else might you wear or try on in order to unleash that power?

Time permitting, give participants paper and markers and invite them to design their personalized "super suit" incorporating that chosen object from the museum.

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

- This session could be combined with a conversation about prayer, and how prayer can make us feel, especially while wearing tallit, tefillin, kippah, etc.
- Exploring the feeling of wearing non-leather shoes can be brought into Tisha B'Av programming.