

### Exploring Creation: A Jewish Nature Hike (Part 3) *Specialty Track*

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<b>SUMMARY:</b>	We combine our journey with a trail, while learning about nature in a memorable, meaningful and fun Jewish experience. Games, edibles, observations and stories guide our hike with a surprise at the end. - <i>Submitted by Josh Lake</i>
<b>TOPIC(S):</b>	Nature
<b>LEARNING OBJECTIVE:</b>	To take a Natural Jewish Journey in nature and learn how to transmit Jewish Natural journeys to your campers.
<b>AUDIENCE:</b>	5-35 participants, age 6+
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	The Apple Trees Discovery
<b>MATERIALS NEEDED:</b>	Copy of the Apple Trees Discovery, an apple and a knife.
<b>SET-UP DETAILS:</b>	In The Woods!

#### SESSION TIMELINE & OUTLINE:

**15 minutes intro.** QiGong: Tapping and moving your energy.  
 Introduce Camouflage Game  
 Introduce *Ma Rabu Ma'asecha Ya!* Psalm 104:24  
 Hebrew for wondrous things!

#### **A Jewish Journey**

Start hiking!

#### **15 minutes:**

Find a nice cozy place to sit: Read them the Apple Tree Discovery story. Cut apple to show the star.

#### **15 minutes**

Keep hiking! Check out some plants and trees along the way.

Stop to talk about sacred order of survival;

- Shelter
- Water
- Fire
- Food

Look for examples of each.

Become familiar with place. Make connections for campers to the physical land.

Abraham, Jacob and Moses had a connection to the land through experiential interaction with it. (Moses not in Israel, but what a hiker!)

### 15 minutes

Camouflage!

#### Quote:

Vision is the art of seeing what is invisible to others. -Jonathan Swift  
Play Camouflage.

- At some point on the trail I am going to yell out “CAMOUFLAGE!”
- I will then close my eyes and count from 15 backwards to 0. You have 15 seconds to hide.
- You must drop everything in your hands and find a place to hide from me.
- At the end of 15 seconds, I’ll open my eyes and try to find you. I cannot move from my location, but I can pivot on one foot (as in basketball)
- I am the prey, and you are the predator. You need to keep me in your sight, if you don’t, I could get away from you.
- At all times, you must be able to see me with at least 1 eye.
- If I call your name, or describe what you are wearing, or describe your location, you must come out and return to me. You have been caught; you have lost your “prey.” Do not talk to other people on your way out or even look at them, because you will give their location away to me if you do.
- You can hide in any direction from me, 360 degrees. Remember, I can also pivot my foot and look in all directions.
- After I have “found” as many people as I can, I will again close my eyes and count from 10 to 0. You must move closer and hide (camouflage) from me. But do not tag me, you must hide again.
- Again, I’ll open my eyes and try to find you. I cannot move from my location, but I can pivot on one foot (as in basketball), as in the first round.
- If I identify you by name, clothing, or location you must come back.
- After I have identified as many people as I can, I will close my eyes, raise my hand and say, “GO!”
- The first person to tag my hand is the successful predator and catches her/his prey. You have outwitted both the prey and the rest of the predators.
- The person who “wins” by catching the prey will be the next prey and will be able to call “CAMOUFLAGE” the next time we play. You must ok the time and location of the next game with me. Do not call “camouflage” without my permission.

#### Debrief!

What was it like to hide in the woods?

What was it like to look for people hiding?

Would your campers enjoy playing this game?

### 15 minutes

Continue with hike. End near camp.



## CORNERSTONE 2019 RESOURCE

### **10 minutes**

Bringing group together.

What is in a Journey? The journey is connecting synapsis. Our goal is to create synapsis for our campers. We can do that by bridging gap between nature and Judaism, by launching our campers on journeys.

Wolf howl to close the program!