

**Handout 1 - Take a flight**

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



## **Handout 2: Getting to know myself a bit better...**

My Name: \_\_\_\_\_

<b>Section 1 - The Cube</b>	<b>Section 2 - The Meaning</b>
Describe your cube:	
Describe the Ladder:	
Describe the horse:	
Describe the flowers:	
Describe the Storm:	

## **Handout 3 - My best self**

What am I good at doing in Camp? My best qualities.	What do I love doing at camp? Favourite aspects of my work.
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

## **Handout 4: VIA Survey**

	Very Much Like Me	Like Me	Neutral	Unlike Me	Not Like Me at All
1. I am always curious about the world	5	4	3	2	1
2. I get bored easily	1	2	3	4	5
3. I am thrilled when I learn something new.	5	4	3	2	1
4. I never make an effort to visit a museum or other educational exhibitions	1	2	3	4	5
5. When the topic calls for it, I can be a highly rational thinker.	5	4	3	2	1
6. I value my ability to think critically.	5	4	3	2	1
7. I like to think of new ways to do things.	5	4	3	2	1
8. Most of my friends have a better imagination than me.	1	2	3	4	5
9. I know how to handle myself in different social situations.	5	4	3	2	1
10. I am not good at sensing what other people are feeling.	1	2	3	4	5
11. I am always able to look at things and see the big picture.	5	4	3	2	1
12. It's rare for others to ask for my advice	1	2	3	4	5
13. I never hesitate to publicly express an unpopular opinion.	5	4	3	2	1
14. Pain and disappointment can break me.	1	2	3	4	5

15. I always finish what I start.	5	4	3	2	1
16. I could go off track while working on a project.	1	2	3	4	5
17. I always keep my promises.	5	4	3	2	1
18. My friends will never say I am practical.	1	2	3	4	5
19. In the last month I have volunteered to help a neighbor.	5	4	3	2	1
20. I am as excited about the good fortune of others as I am about my own.	5	4	3	2	1
21. There are people in my life who care as much about my feelings and well-being as they do about their own.	5	4	3	2	1
22. I find it hard to accept love from others.	1	2	3	4	5
23. I work at my very best when I am a group member.	5	4	3	2	1
24. I hesitate to sacrifice my self-interest for the benefit of the group I am in.	1	2	3	4	5
25. I treat all people equally regardless of who they might be.	5	4	3	2	1
26. If I do not like someone, I find it hard to treat him or her fairly.	1	2	3	4	5
27. One of my strengths is helping a group of people work well together even when they have their differences.	5	4	3	2	1
28. I am not so good in organizing group activities.	1	2	3	4	5
29. I am a highly disciplined person.	5	4	3	2	1
30. I can't always stay on a diet.	1	2	3	4	5
31. I avoid activities that can be risky.	5	4	3	2	1
32. I sometimes make poor choices about my friends and relationships.	1	2	3	4	5
33. I have been told that modesty is one of my most notable characteristics.	5	4	3	2	1
34. I like to brag about my accomplishments.	1	2	3	4	5

35. I have often been left speechless by the beauty depicted in a movie, music, art or theater.	5	4	3	2	1
36. In the last year I have created nothing that was beautiful.	1	2	3	4	5
37. I am an extremely grateful person.	5	4	3	2	1
38. I don't usually feel a profound sense of appreciation or thank the good fortune in my life.	1	2	3	4	5
39. I try to have fun in all kinds of situations.	5	4	3	2	1
40. I don't have a clear picture in my mind about what I want to happen in the future.	1	2	3	4	5
41. My life has a powerful purpose.	5	4	3	2	1
42. I do not have a mission in life.	1	2	3	4	5
43. I believe it is best to forgive and forget.	5	4	3	2	1
44. I often try to get even.	1	2	3	4	5
45. I always try to mix business with fun and games.	5	4	3	2	1
46. I don't have a great sense of humor.	1	2	3	4	5
47. I do the best I can in everything I do.	5	4	3	2	1
48. I am often in a bad mood	1	2	3	4	5

## **Handout 5 - 24 strengths**

<p style="text-align: center;"><b>WISDOM</b></p> <ol style="list-style-type: none"> <li>1. Curiosity (1,2)</li> <li>2. Love of Learning (3,4)</li> <li>3. Judgment (5,6)</li> <li>4. Creativity (7,8)</li> <li>5. Social Intelligence (9,10)</li> <li>6. Perspective (11,12)</li> </ol>	<p style="text-align: center;"><b>COURAGE</b></p> <ol style="list-style-type: none"> <li>7. Bravery (13,14)</li> <li>8. Perseverance (15,16)</li> <li>9. Honesty (17,18)</li> </ol>	<p style="text-align: center;"><b>HUMANITY</b></p> <ol style="list-style-type: none"> <li>10. Kindness (19,20)</li> <li>11. Love (21,22)</li> </ol>
<p style="text-align: center;"><b>JUSTICE</b></p> <ol style="list-style-type: none"> <li>12. Teamwork (23,24)</li> <li>13. Fairness (25,26)</li> <li>14. Leadership (27,28)</li> </ol>	<p style="text-align: center;"><b>TEMPERANCE</b></p> <ol style="list-style-type: none"> <li>15. Self-Regulation (29,30)</li> <li>16. Prudence (31,32)</li> <li>17. Humility (33,34)</li> </ol>	<p style="text-align: center;"><b>TRANSCENDENCE</b></p> <ol style="list-style-type: none"> <li>18. Apprec. of Beauty &amp; Excellence (35,36)</li> <li>19. Gratitude (37,38)</li> <li>20. Hope (39,40)</li> <li>21. Spirituality (41,42)</li> <li>22. Forgiveness (43,44)</li> <li>23. Humor (45,46)</li> <li>24. Zest (47,48)</li> </ol>

### **Handout 6 - Rabbi Nachman**

# The Treasure under the Bridge

adapted by Gedaliah Fleer

from the stories of Rebbe Nachman

There was once a poor, G-d fearing Jew who lived in the city of Prague. One night he dreamt that he should journey to Vienna. There, at the base of a bridge leading to the King's palace, he would find a buried treasure.

Night after night the dream recurred until, leaving his family behind, he traveled to Vienna to claim his fortune. The bridge, however, was heavily guarded. The watchful eyes of the King's soldiers afforded little opportunity to retrieve the treasure. Every day the poor Jew spent hours pacing back and forth across the bridge waiting for his chance.

After two weeks time one of the guards grabbed him by the lapels of his coat and demanded gruffly, "Jew! What are you plotting? Why do you keep returning to this place day after, day?" Frustrated and anxious, he blurted out the story of his dream. When he finished, the soldier, who had been containing his mirth, broke into uncontrollable laughter.

The poor Jew looked on in astonishment, not knowing what to make of the man's attitude. Finally, the King's guard caught his breath. He stopped laughing long enough to say, "What a foolish Jew you are believing in dreams. Why, if I let my life be guided by visions, I would be well on my way to the city of Prague. For just last night I dreamt that a poor Jew in that city has, buried in his cellar, a treasure which awaits discovery."

The poor Jew returned home. He dug in his cellar and found the fortune. Upon reflection he thought, the treasure was always in my possession. Yet, I had to travel to Vienna to know of its existence.

Questions:

1. What did Rabbi Nachman tried to tell us by the story?
2. How can you relate it to your life at the moment?
3. How can you relate it to camp?