

## Positive Mindfulness

*Elective 2*

<b>AUTHOR(S):</b>	Tomer Moked
<b>SUMMARY:</b>	How our personal growth relates to Judaism and what can we do to improve our performance at camp and in life? You will be introduced to the newest tricks and models from the world of positive psychology that will help you to invest in you, your peers and your campers. – <i>Submitted by Tomer Moked</i>
<b>TOPIC(S):</b>	Personal Growth, Jewish Values
<b>LEARNING OBJECTIVE:</b>	Participants will have a clear vision of their goals for the summer. Participants will use their strengths as they pursue their goals.
<b>AUDIENCE:</b>	Age: 14 and up, 10-25 participants
<b>TIMING:</b>	90 Min
<b>APPENDICES:</b>	Handout 1 - Take a flight Handout 2: Getting to know myself a bit better... Handout 3 - My best self Handout 4: VIA Survey Handout 5 - 24 strengths Handout 6 - Rabbi Nachman
<b>MATERIALS NEEDED:</b>	Projector, screen, laptop, and sound system. Pens for each participant.
<b>SET-UP DETAILS:</b>	You'll need a large room with space to move around.

### SESSION TIMELINE & OUTLINE:

#### **Trigger: (5 min)**

Facilitator will hand out Handout 1 to each participant and will ask the group:

1. Why do you think the instructions are written that way?
2. How can we reflect on how we could use these instructions at camp?

### **Jewish Connection: (10 min)**

- Rabbi Nachman - Treasure under the bridge (Handout 6)
- Facilitator will hand out the story, and ask the group to discuss the questions in Chevruta (pairs).

### **Opening activity: The Cube (15 min)**

- Facilitator will distribute Handout 2 to each participant and will ask them to watch the video below and fill out section 1.
- Video: Kokology - The cube test - <https://www.youtube.com/watch?v=5FIPluw5KXY>
- Read more: <https://www.bustle.com/articles/164043-what-is-the-cube-personality-test-this-mental-kokology-quiz-is-scarily-accurate>
- After watching the video participants will be asked to write some notes on Handout 2 to remember the results.

### **Main Activity: My Strengths (20 min)**

- The Facilitator will distribute Handout 3 to each participant and provide them time to fill it out.
- Facilitator will then hand out the VIA short survey (Handout 4).
  - Participants will be asked to rank themselves according to the survey, answering the questions.
  - Facilitator will ask participants to focus and think deeply about their answers, and to circle the number according to the way they see themselves.
  - As soon as all participants are done (around 10 min) facilitator will ask the participants to sum every 2 questions together. For example: question 1 - Very Much like me = 5, question 2 - Very Much Unlike Me =5, Participant will write to the side 10.
  - Facilitator will reveal the list of 24 strengths, and will ask the participants to list their top 5 according to the 5 top scores (handout 5).

### **Discussion: (10 min)**

1. Facilitator will read the following quote:

*“Strengths are not activities you're good at, they're activities that strengthen you. A strength is an activity that before you're doing it you look forward to doing it; while you're doing it, time goes by quickly and you can concentrate; after you've done it, it seems to fulfill a need of yours.”* Marcus Buckingham.

Ask the group:

1. Do you feel that the survey shows an accurate result?
2. How can you use your strengths at camp?
3. How can you use your strengths in other areas of your life?

### **Setting up Goals - Summer Vision (20 min)**

The facilitator will ask each participant to write a letter to their best friend, as if it is after the summer of 2019, and they had a fabulous time.

The letter should start with the words: "Hello \_\_\_\_\_, summer is now over and you have no idea how successful it has been..."

Then participants will write the letter describing their best, happiest, successful summer, elaborating the reasons in the following aspects:

1. Personal growth
2. Professional growth
3. Friendships
4. Fun experiences

The facilitator will play music in the background and participants will write their letter.

Facilitator will explain that this letter tells the goals they have for the summer, and as much of this letter they can accomplish they will be the happiest, most successful version of themselves.

### **Final discussion: (10 min)**

1. What do you take from these activities?
2. How can you relate it to camp?
3. Share one of your goals to the group.

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

Consider using this program for staff training!