

### Tree Talk, Water Walk

*Start your morning*

<b>AUTHOR(S):</b>	Daniel Abramson
<b>SUMMARY:</b>	In this session you'll have an opportunity to use watercolor painting as a way start your morning with some quiet, intentional focus on the natural world. - <i>Submitted by Daniel Abramson</i>
<b>TOPIC(S):</b>	Visual Arts, Prayer
<b>LEARNING OBJECTIVE:</b>	Participants will learn ways to connect T'fillah to authentic, mindful moments at camp. This session will model some simple techniques that any counselor can use to create artful work outside of the Arts and Crafts.
<b>AUDIENCE:</b>	This program is suitable for older campers. It is best done with a group that can be given a little space and who can maintain a mostly quiet focus for a short time.
<b>TIMING:</b>	60 min
<b>APPENDICES:</b>	Brachot for nature
<b>MATERIALS NEEDED:</b>	Watercolor paper Watercolor paints (plastic pallets, or watercolor pencils work well) Black crayons Paint brushes Container with water
<b>SET-UP DETAILS:</b>	Materials should be packed into a bag ahead of time so that the art materials can be brought to any scenic location.

#### SESSION TIMELINE & OUTLINE:

- Finding Space (5 minutes)
  - Walk participants to a quiet location where each person can find a space to carefully observe some part of the natural world (trees, water, plants, sky, birds, etc.)
- Modelling the activity (5 minutes)
  - Facilitator will explain that participants will take a piece of watercolor paper, a black crayon and some paint and will find something that is "full of wonder". The facilitator can model by choosing a tree and will draw the shapes and outlines of the tree with black crayon. Once the outlines are created, the facilitator can then move on to demonstrating how to color the tree, leaves, and background with the watercolor paint. The black lines of the crayon should resist the paint so the outlines will remain distinct.

- Creating the artwork (25 minutes)
  - Participants should divide and find a quiet space to observe, sketch and paint. The facilitator can circulate among the participants. Often participants can be encouraged to zoom-in on the aspects of what they are observing that speaks to them. A painting of the details of a leaf can often require more attention and intention than an image of a whole landscape.
  
- Connecting to Tefillah (10 minutes)
  - The participants are invited to bring their artwork together in one space and to look at each other's work. The facilitator will choose a few appropriate brachot that reflect some of the content of the images and invite the participants to respond with Amen. The facilitator might also choose to read Rabbi Nachman of Breslav's prayer for nature. Participants are invited to create their own "brachot" by either saying, "I am grateful for ....." or a more traditional bracha with the appropriate Hebrew beginning and their own invented end.

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

The text of brachot can be chosen or modified to reflect the culture and values of your camp and campers. Engaging with moments of reflection and gratitude should be given priority over the specific language of those moments.