

Inclusion-Inspired Agility Training

Elective 1

AUTHOR(S):	Ariella Rosen
SUMMARY:	This session focuses on strengthening our ability to anticipate and be proactive about making programming at camp inclusive and accessible to all - <i>Submitted by Ariella Rosen</i>
TOPIC(S):	Inclusion and Disabilities, Sports and Games
LEARNING OBJECTIVE:	Participants will be able to name both problems with and solutions for inclusion in multiple areas of camp life.
AUDIENCE:	Ideal size is about 20 participants, but it can be modified for more or fewer. Staff-aged is best, though the activities can be modified for campers.
TIMING:	90 minutes
APPENDICES:	Obstacle Sheets
MATERIALS NEEDED:	Handout printed on multiple colors of paper (one color per participating team) Flipchart Flipchart markers
SET-UP DETAILS:	This session will take place all over camp, but should start in a large space wide enough for participants to stretch out and move.

SESSION TIMELINE & OUTLINE:

00:00-00:10- Welcome and Opening Stretches
 00:10-00:25- Defining the Obstacle
 00:25-00:45- Building the Remove the Obstacle Course
 00:45-01:15- Running the Remove the Obstacle Course
 01:15-01:30- Debrief

Welcome and Opening Stretches (10 min.)

When participants arrive, give them a bandana, sticker, or some other accessory to wear designating

their team color. Assign teams randomly, or with a quick count-off or game.

When the group is assembled, explain that inclusion work involves the ability to stretch ourselves, to be flexible, and to be quick. To do this work well, we need to warm up.

Lead the group through any combination of the following stretches:

- Do some jumping jacks or other aerobic activity to get moving
- Arms (triceps, pecs, shoulders, etc.)
- Legs (hamstrings, achilles, quads, calves, touch your toes, etc.)
- Back and torso (down dog, cat/cow, etc.)
- Ask the group for more stretches they want to do

Ask the group to stretch one more time. Reach to the sky, and envision what you/your camp is best at with regards to inclusion. Picture that scene in your mind.

Now, still stretching, what is something that is currently just out of reach? What are you close to being able to do well, but just aren't quite there yet? Close your eyes, stretch a little further, and picture yourself reaching for it.

Ask participants to group into teams. As a way of introducing themselves to one another, go around and share what you were stretching to reach in the last stretch.

Defining the Obstacle (15 min.)

Explain to the teams that they will now be participating in a special type of obstacle course, inspired by a line in the Torah.

On flipchart paper, share the following verse from [Leviticus 19:14](#): You shall not insult the deaf, nor place an obstacle before the blind. You shall fear your God: I am Adonai.

Ask participants to get into hevruta (groups of 2-3) to discuss this line.

- What do you think it means?
- Why is this verse in the Torah?
- What is an example of this in modern life?

Regroup and explain that this verse can mean that we cannot intentionally make it harder for someone to comfortably navigate a space or a community because of their identity. Even better, we should work on making sure we don't do this unintentionally too!

Building the Remove the Obstacle Course (20 min.)

Give each team a map of camp, and 5-7 obstacle sheets. Ask them to walk around camp and take note of an area of camp where there might be an obstacle to full participation for campers.

- For each identified obstacle, fill out an obstacle sheet and tape it somewhere in that area. Mark that spot on the map as well.
- (Examples: sports field- running-based games can be hard for a camper who uses crutches or a scooter. Prayer space- sitting through services can be hard for a camper with ADHD, and reading the prayer book might be hard for a camper with dyslexia.)

Ask each team to set a phone or watch alarm to alert them of when they need to finish this task and come back. Make sure you're on time!

Running the Remove the Obstacle Course (30 min.)

Have teams exchange maps, so that each team now knows the locations of the obstacles they need to find.

Their task:

Find each obstacle and remove it, by coming up with a solution to the problem. Take a photo or quick video (no more than 15 seconds) of your team solving the problem and text it to the facilitator (if possible).

When you have found and removed all of the obstacles (collect the sheets along the way), return to home base.

There are two winners:

- One for the team that arrives back first.
- One for the team with the most creative solution to removing an obstacle.

If there is time and AV capabilities, show both teams the photos and videos they created.

Debrief (15 min.)

- What felt easier than expected?
- What was harder than expected?
- Any other surprises from this activity?
- What is one example of how your team removed an obstacle that you are proud of?
- What is one that you don't feel like you removed well. Any other ideas?

Cool-down final stretch: Close your eyes and imagine what you know you can do this summer to make camp as obstacle-free as possible. Stretch and imagine yourself doing it!

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

In general, the model of each team creating an obstacle course for the other can be a fun cabin activity, or competition between two cabins or groups.

This can be run as-is or adapted as a staff-training program.