

### Israeli Dancing to Start Your Day on the Right Foot *Start Your Morning 1*

<b>AUTHOR(S):</b>	Erica Goldman
<b>SUMMARY:</b>	Participants will learn and do some energetic Israeli dances to get their blood pumping and their day started - <i>Submitted by Erica Goldman</i>
<b>TOPIC(S):</b>	Dance and Movement; Israel Programming
<b>LEARNING OBJECTIVE:</b>	Participants will feel energized and awake; they'll enjoy learning new Israeli dances or dancing ones they already know.
<b>AUDIENCE:</b>	Any size; age: age 13 or older
<b>TIMING:</b>	60 minutes
<b>APPENDICES:</b>	N/A
<b>MATERIALS NEEDED:</b>	Sound system and music
<b>SET-UP DETAILS:</b>	Usually larger, non-carpeted indoor spaces, with open space to dance (also nice to have some places to sit and rest if needed)

#### SESSION TIMELINE & OUTLINE:

##### 1. Simon Says Warm Up [10 Minutes]

Leader will invite everyone to spread out in the room and face the leader for a quick game of Simon Says (with no "outs"; everyone keeps playing even after mistakes). The idea is to get everyone moving a little bit and feeling comfortable moving.

After a few minutes, leader will ask if it really felt terrible when someone accidentally did the wrong movement or moved when they weren't supposed to, and hopefully participants will say *No*, or, *it's just a game*, or, *it doesn't really matter*. Leader will point out that Israeli dancing should feel the same way: there is no "cost" to doing the wrong step or using the wrong foot, it's ok to make mistakes, and teach people the mantra: "You don't have to know a dance to do a dance" – the communal idea of all folk dancing, including Israeli dance, is just to participate and learn as you go by following the leader (everyone around you) and having fun, more than focusing on getting it right or wrong. The idea is to play the game.

Depending on the size of the crowd, facilitator may then invite everyone to introduce themselves and say either their favorite dance, or make a request of a dance they'd like to do in this session.

### 2. Dancing! [50 Minutes]

This is a fun, low-stakes Israeli dance session. Both classics and modern dances should be included, as well as a mix of styles (circles and lines, for example). Facilitator will honor requests when possible, and do quick "walk-throughs" when appropriate for participants who don't know the dances.

If the group wants to learn a non-beginner dance, facilitator will teach "Boker" by Shmulik Gov-Ari.

Video available at <https://bit.ly/BokerSGA>

Facilitator will be sure participants can take breaks and drink water as needed!