

Get Out of Bed with TED *[Start Your Morning]*

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| AUTHOR(S): | Dan Libenson |
| SUMMARY: | If you like to spend your morning with a cup of coffee and a crossword puzzle or podcast, this session is for you. Join us as we watch and discuss three eye-opening and paradigm-shifting TED Talks that, while perhaps not all Jewish, are certainly Jew-ish and very relevant to our Jewish lives and work at camp. - <i>Submitted by Dan Libenson</i> |
| TOPIC(S): | Cultivating sense of purpose Alternatives to prayer |
| LEARNING OBJECTIVE: | Participants will understand that one of the purposes of prayer – centering us on a purpose with which to frame the day – can be achieved in other ways, either for people who never connect with prayer, or for people who might not be in the mood to pray. |
| AUDIENCE: | Any camp staff, older campers – any size group |
| TIMING: | 60 minutes |
| APPENDICES: | None |
| MATERIALS NEEDED: | Projector or large screen Laptop computer (either with access to the internet, or with short videos already downloaded) |
| SET-UP DETAILS: | Any room with the capacity to project video on the wall, or with a large screen. Can be for any number of participants able to see the video. |

SESSION TIMELINE & OUTLINE:

- 00:00-00:10 Participants settle in. Introduce the session by asking participants what they think the purpose of morning prayer might be. Suggest that an important purpose is to orient us to starting the day with a sense of purpose. We can achieve this priming in other ways. Today's session will try to do so through video, specifically TED Talks, which are short, powerful talks that develop a key idea.
- 00:10-30:00 Show TED Talk #1 – Benjamin Zander – “The Transformative Power of Classical Music”
- 30:00-35:00 Ask participants to share impressions.



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- 35:00-50:00 Show TED Talk #2 – Simon Sinek – “How Great Leaders Inspire Action” or Benay Lappe – “1, 2, 3 CRASH! How to Navigate Inevitable Change”
- 50:00-55:00 Ask participants to share impressions.
- 55:00-60:00 Debrief this approach. How are you feeling right now? Pay attention to whether your day feels different than usual, having been primed this way? If it feel substantially different, in a good way, think about how you might achieve this on a regular basis. What might you be able to do with your campers to prime them to experience the day with more purpose?

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

If video is not available at camp, what else might you be able to do to prime yourself and your campers in the morning?