

Inclusion and Disabilities: A Love-Based Design Workshop, *Specialty Track 3*

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SUMMARY:	In this session, participants will experience being at Mount Sinai to better understand how to create moments and experiences for others based on loving and caring about them. - <i>Submitted by Ariella Rosen</i>
TOPIC(S):	Inclusion and Disabilities, Visual Arts
LEARNING OBJECTIVE:	Participants will have concrete programming ideas to bring to camp that can meet the needs of all of their campers. Participants will also be able to explain how the Exodus story can help us better understand inclusion work.
AUDIENCE:	Older campers or staff (some pieces can be modified for younger campers), ideally no more than 30 participants.
TIMING:	90 minutes
APPENDICES:	n/a
MATERIALS NEEDED:	finger-paint, large pieces of paper or poster board
SET-UP DETAILS:	A large room or space with room to spread out and move around in groups

SESSION TIMELINE & OUTLINE:

- 00:00-00:15- Mount Sinai Moment
- 00:15-00:30- Universal Love/Universal Design
- 00:30-01:00- Design Time!
- 01:00-01:10- Debrief
- 01:10-01:30- Creating your Universal Love Banner

Mount Sinai Moment (15 min.)

Set the scene: We recently sharpened our senses to notice the Burning Bush, and then worked together to make sure everyone was able to cross the Red Sea. Now, we have been wandering through the desert for several days. We're already tired, thirsty, and feeling nervous about what lies ahead. All of a sudden, we've arrived at a mountain, but other than Moses, no one is going to climb it. We don't know what's about to happen, but we know it will be something big.

Instruct the group to pay attention to everything they notice, sense, and feel throughout this experience.

Start making the storm sounds of Mount Sinai as a group ([inspired by Exodus 19](#)). Start slowly- snap fingers, whoosh sounds, slapping palms on legs, stomping feet. Get progressively louder. Make the sounds of thunder, and of shofar blasts. All of a sudden, motion for everyone to stop at once. Hold the silence for several seconds.

Share: it was only in this moment that God began to give the Israelite people the Ten Commandments and the Torah.

What did you notice?

- How was our recreation of Mt. Sinai a sensory experience? What senses were engaged? How could we engage multiple senses even more in this experience?
- How can we support someone who might feel overwhelmed when there is too much sensory input?
- Why do you think the Torah was given under these circumstances?
- How do you think it would have felt to be at Mount Sinai? Have you had any other experiences that might feel similar?

The Mount Sinai experience in which the Jewish people received the Torah was an experience designed especially for them. How did was this moment designed with them in mind.

Recall the Star Wars clip from session 1 (and show it again if need be): how was that moment designed with the kids' friend in mind?

Universal Love/Universal Design (15 min.)

Discuss or share: What motivates us to work hard to make sure everyone can take part in the experiences we create at camp? What motivated the kids in the video? God for the Israelites? Love.

There is a phrase in Jewish tradition that is also the name of a prayer: Ahavat Olam.

Define together: literally, love of the world, but this is better translated as endless love, unconditional love, or universal love.

- What are examples of universal love in action (in any part of your life or the world)?
- How do we show love through the ways we act and behave toward others?
- How do we show love in our work at camp?

If anyone has heard of Universal Design, invite them to explain how they understand it.

Explain: the primary idea behind Universal Design is that if we design with the needs of those with disabilities in mind, everyone benefits.

- Ask if anyone has examples of this.
- Provide some examples as well:
 - [Nahal HaShofet](#) Inclusive Nature Park in Israel and accessible playgrounds

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- wide sidewalks
- digital thermometer
- the app icons on your phone
- giant relays at camp (where each person can sign up for the task they want to do)

With each example, ask what needs are met by the design, as well as how everyone benefits

Recall an experience from prior sessions: the Disco Walk, Crossing the Red Sea, recreating Mount Sinai: how did these activities meet various needs? How could they be further improved upon?

- How might it have looked different if you had planned it together with a camper or fellow staff who (choose 2-3 to focus on):
 - doesn't like loud noises
 - gets nervous performing in front of other people
 - requires simple, specific instructions
 - is a wheelchair user
 - is deaf
 - is easily distracted
 - would rather read a book
 - solicit the group for additional behaviors to consider

[Note: this list is composed of behaviors rather than diagnoses. Ask the group to consider why. This is a good moment to remind everyone that as Howard Blas, National Tikvah Director of the Ramah Camps likes to say, "If you meet one person with autism, you know one person with autism."]

Design Time! (30 min.)

We are now going to use Universal Love to inspire our Universal Design, and revamp experiences at camp that can be made to better meet the needs of all members of the camp community.

Divide participants into groups of 4-5. Together, decide on:

- What kind of activity you want to redesign: first day of camp icebreaker, prayer services, cabin activity, a sports activity, etc.
- What needs do you want to be sure you meet. (For this, think about the specific campers you will be working with. What will they need to have a successful camp experience? How can you modify and plan in a way that shows you truly understand and care about them?)
- What will the experience of the activity be? Don't forget to make sure it's fun and/or meaningful for ALL participants!

After 15-20 minutes, "jigsaw" the groups (make new groups containing one member of each of the old groups). Go around and share/model your ideas for one another. (If need be, time each person for 2 min. to make sure everyone has a chance to share.)

Debrief (10 min.)

- What did you find easy in your planning? What was challenging?
- What are the limits of universal design? Can you truly plan something that works for EVERYONE? If not, what do you do?
- Explain that one very important way is to include individuals with disabilities in the conversation. ("Nothing about us without us.") Very few successfully accessible buildings, appliances, etc that were designed with people with disabilities in mind did not include them in the process. How might you invite these voices into the designing you do this summer?

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Creating your Universal Love Banner (20 min.)

Staying in these new small groups, ask participants to discuss:

- Take a moment to think about: What does universal love in action look like for you?
- What is a shape, symbol, or simple picture that represents your unique inclusion super power?

Using fingerprint, make a group flag or banner combining all of your symbols. (Participants can take turns painting or collaborate on combining their symbols.)

Note: fingerprinting is a great “equalizer”- everyone is equally skilled at painting with fingerprints.)

Put the banners on display, and if time, allow participants to share their symbol and what they can create together.

Decide how you want to keep this at the end. Each person can take a picture, each participant can rip off a piece of the banner, etc.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

The fingerprinting activity could be modified as a cabin activity that allows each person’s unique symbol to be combined into a whole picture. Make the prompt more general and invite participants to think about something they can uniquely contribute to the cabin community. Let it hang in the cabin all summer!