

TOOLS FOR CAMP PROFESSIONALS – SUPPORTING YOUR STAFF/TEAM

FOUNDATION FOR JEWISH CAMP HAS CREATED AND COMPILED A LIST OF ACTIVITIES YOU CAN RUN VIRTUALLY THAT ADDRESS THE CURRENT SITUATION THROUGH LESSONS OF RESILIENCE, COMMUNAL SUPPORT, AND PERSONAL REFLECTION.

- **PAPER PLATE FACES: DISCOVERING THE MASKS WE ARE SHOWING TO THE WORLD, AND WHAT WE HOLD INSIDE.**
 1. Make a face out of a paper plate (holes for eyes and mouth).
 2. On the bottom of the plate draw the face that you are projecting to the world.
 3. On the top of the plate draw the face that you take to bed each night, the one you don't share with others.
 4. Participants will share their outward faces first and then turn their paper plates to share their inward faces.
 5. Take time to see your fellow participants and where they are.
 6. Discussion: In Pirke Avot 1:14 we read: "If I am not for myself, who will be for me, if I am only for myself what am I? If not now, when?" What are you doing for others? What are you doing for myself? What do I see others are feeling? What did I realize I am feeling? What can we make of the end of the quote - If not now when? What is the lesson we take away from this activity?

- **I JUST WANT TO SCREAM: THINKING ABOUT OUR ANGER AND REGRET IN AN ACTIVE WAY**
 1. Draw on the outside of a paper bag the things you love most about camp and your role there.
 2. Cut or rip a piece of paper into seven strips.
 3. On each strip of paper finish one of these statements...
 - I am angry about...
 - I can't believe...
 - I wish I would have...
 - I regret...
 - I am worried about...
 - I keep thinking....
 - I am sad about...
 4. Put each of the pieces of paper into your bag.
 5. Take a moment to invite everyone to either scream into the bag or smash the bag.
 6. Discussion: We read in Psalm 130 "Out of the depths I cry to you." What feels the hardest at this time to you? What did you write on your paper that you haven't shared with others or hadn't realized for yourself? Who are you able to turn to? What are you doing to hold your feelings/how are you caring for yourself?

- **MIRIAM'S WELL. LOOKING INWARD TO REMEMBER WHAT SUSTAINED US IN THE PAST THAT CAN HELP US IN THIS MOMENT.**
 1. Introduction: In the desert we are taught that Miriam had a well. It was a source of water that was with the Jewish people throughout their journeys whenever they needed it. Miriam had significant experiences with water. She thought she lost her brother when he floated away from her family in the Nile. She was a leader at the crossing of the Red Sea. She has learned that water was scary and also a source of salvation. Her life experiences with water enabled her to provide the Israelites with water whenever they needed it, according to Rabbinic legend.
 2. Draw a picture of a bowl or take a paper bowl.
 3. Reflect on past experiences of challenge, trauma, difficult decisions, trying moments of leadership. Who or what helped you at those moments? How did you get through and survive?
 4. Write on the inside of your bowl - how have you filled your bowl or well before?
 5. Discussion: How could the things that got you through in the past guide you through these times? What intentions do you set at the start of the summer to sustain you through challenges, exhaustion, and crisis? How can you use your well to remind you that you have survived challenges in the past?

- **THE ROAD NOT TAKEN: REFLECTING ON THE SUMMER THAT ALREADY ISN'T THE SAME.**
 1. Draw yourself on a path passing important days that happen in a typical summer season. Name those days/dates - Start of staff week, Opening day, etc.
 2. Add to the drawing highlights of the summer, rituals for different age groups, moments that you are worried will be missed for specific cohorts.
 3. Discussion: "Nachamu, nachamu" comfort my people, Isaiah says. Right now we want to comfort our camp families and staff who are worried about their summers. What are you feeling most right now? What feels the hardest? What were you looking forward to that is already gone? Can you take any of those sign posts and translate them into the virtual world for your community? Will that bring comfort?

- **SEVEN MINUTE SIYUM: A QUICK THINKING POPCORN STYLE OPPORTUNITY TO SHARE WHAT YOU HAVEN'T SAID.**
 1. Go around popcorn style and answer in one sentence a statement. Different people can take turns starting. The leader will start with "it would have..." Participants will join in "yes, it would have..." For example: "It would have been great if we would have gotten to welcome our Shichim to camp this summer, they were a great group."
 2. Jacob then says "Yeah it would have been great if..."
 3. Discussion: Mishnah Sanhedrin 4:5 says "one who saves a single person it is as if you have saved the entire world." Now you have shared what we didn't do, take a moment to think about what you did do. How did your actions make a difference, even if this summer won't look like you thought it might have.

- **WHEEL OF LIFE: HOW BUMPY IS MY RIDE?**

1. Introduction: When we experience change or loss or something that makes it feel like the rug has been pulled out from under us, it can be important to try to regain some balance. The eight sections in the wheel represent several different aspects of your life. Seeing the center of the wheel as one and the outer edge as ten, **rank your level of satisfaction** with each area right now in your life by drawing a curved line to create a new outer edge in each section. The new perimeter represents the wheel of your life.
<http://www.yourcoaching.co.uk/wheeloflifeweb.pdf>
2. Look at the circle: How well rounded are you right now? Would you ride a bike with this wheel?
3. Martin Buber, a great Jewish philosopher taught, “Before his death, Rabbi Zusya said ‘In the coming world, they will not ask me: “Why were you not Moses?” They will ask me: ‘Why were you not Zusya?’”” Are you being your true self right now? Are you living according to your values? What could you do to round out your wheel?