



לבריאות!

TO OUR HEALTH AND WELLNESS

A Camp Program Guide for Jewish Values-Based Resilience Building

Adapted from The Jewish Education Center of Cleveland's
La-bri'ut Curriculum for Foundation for Jewish Camp

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G'VURAH

Session 1

SUMMARY:	<p>Campers will explore the definition of <i>g'vurah</i> as “strength/power to do good.” They will also explore different kinds of <i>g'vurah</i> they see in others and in themselves. In learning about how they have the power to do good as individuals and as a group campers will engage in the healing principle of self- and communal-efficacy.</p>
TOPIC(S):	<p><i>G'vurah</i> - Using one's strength/power for a good purpose A principle of care is helping others believe that an individual and a group can use their power for good and can create meaningful change.</p> <p>NOTE: This Program guide uses the term “<i>g'vurah</i>” and phrases such as “areas of <i>g'vurah</i>” and not the Hebrew plural form “<i>g'vurot</i>” to avoid any confusion with the prayer, <i>G'vurot</i>, in a Jewish service.</p>
LEARNING GOALS:	<ul style="list-style-type: none"> <input type="checkbox"/> Campers will be able to translate <i>g'vurah</i> as “strength/power to do good.” <input type="checkbox"/> Campers will be able to identify areas of <i>g'vurah</i> in others. <input type="checkbox"/> Campers will be able to identify areas of <i>g'vurah</i> in themselves.
AUDIENCE:	Rising 1st-7th grade campers
TIMING:	45 minutes
MATERIALS NEEDED:	<ul style="list-style-type: none"> <input type="checkbox"/> See chart below for materials
SET-UP DETAILS:	<ul style="list-style-type: none"> <input type="checkbox"/> Print out this program guide <input type="checkbox"/> For “<i>G'vuRocks</i>”: <ul style="list-style-type: none"> • Set up rock painting/creation station(s) with materials out of the way until you are ready to use them <input type="checkbox"/> For “<i>G'vurah</i> Power Pose-Off”: <ul style="list-style-type: none"> • Be in a space where campers will be able to spread out while still being able to see each other

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SESSION TIMELINE & OUTLINE:

TIMELINE

00:00-00:05 Set Induction

00:05-00:15 Introduction to *G'vurah*

00:15-00:35 *G'vurah* Challenge

00:35-00:45 Closure

OUTLINE

NOTE TO COUNSELOR: *G'vurah* literally means courage, bravery, strength or might. In this session, we are translating it as “strength or power to do good.” Because we do not want children to confuse *g'vurah* with the *G'vurot* blessing that's part of daily worship, counselors are encouraged not to use the word in its Hebrew plural form (*g'vurot*), nor by English-izing the plural – don't say *g'vurahs*. This means a continual effort to make the English grammar always refer to *g'vurah* as singular. All the examples in this program guide are offered that way.

SET INDUCTION:

- ❑ Play, “Who has power?”
 - Directions: Counselor will call out a list of “superpowers.” After each power, ask campers try to list as many people (fictional or real) as possible who have that power, you might call on a few campers for each superpower ensuring everyone has a turn.
 - Sample List of “superpowers”:
 - » Saving a life
 - » Flying
 - » Healing the sick
 - » Helping a friend in need
 - » Making music
 - » Winning a race
 - Encourage campers to think “outside of the box” or come up with multiple examples
 - After naming a few powers, tell campers that the Hebrew word for “power” or “strength” is *g'vurah*; that's what they will be focusing on today.
 - » When saying the word “*g'vurah*,” strike a power pose (A power pose is a posture that someone mentally associates with being powerful. Research from Harvard university shares that standing in a powerful way helps us feel more powerful.)
 - » Invite all of the campers to repeat the word “*g'vurah*” and strike a power pose with you!

INTRODUCTION TO G'VURAH

DEFINITION:

- ❑ Ask each camper to identify a type of person or to name a person, real or fictional, who is a hero (NOTE: You will need these later so write them down for yourself).
 - Encourage some diversity in the answers

- Ask: What do these people have in common?
 - Collect some camper ideas
 - They are ALL HEROES!!
- Ask: What makes each of these people a hero?
 - Gather thoughts and help campers realize that these heroes all use their strengths/powers “for good,” to make a positive impact.
- Explain: *G'vurah* means “strength/power FOR GOOD”
- Ask: Do you have to be a superhero or big, important leader to have *g'vurah*?
 - Remind campers to think back to the game “Who has Power”
- Ask: What are some kinds of *g'vurah*, some powers, we each have?
- Campers can name powers they have.

Deeper Dive to help campers realize THEY have *g'vurah*:

- Recall the list of heroes that the campers identified. Go through some of the heroes on the list and discuss them with questions, such as:
 - What type of *g'vurah* did this person/character have?
 - Does this person/character use their strengths/power FOR GOOD?
 - » Feel free to ask campers to use a fun/silly way to answer yes/no
 - ◆ Ex: Jump up for yes; Wiggle their whole body “no” for no
 - ◆ Ex: ASL for yes and no
 - Follow up about how/why you know this person/character does or does not use their strength/power FOR GOOD, did they have *g'vurah*?
 - Explain that each of us have multiple kinds of *g'vurah*, and it's important to recognize our *g'vurah* and know that YOU can make a difference!

G'VURAH CHALLENGE:

Pick 1 activity from the following pages.

CLOSURE:

Discuss the following questions

- What is *G'vurah*?
- Share what type of *g'vurah* you think you might have?
- Thinking about the kinds of *g'vurah* we talked about today, can you see all of these kinds of *g'vurah*?
 - Why is it important to realize that we can't always see someone else's' *g'vurah*?
 - For older campers: What about our own *g'vurah*? Can we always see that? Why is it important to think about this question, too, not just thinking about seeing others' areas of *g'vurah*?
- How does it help our group/bunk knowing that people have different types of *g'vurah*?
- How can we help each other notice the different kinds of *g'vurah* we each have throughout the rest of the summer?
 - For *G'vuRock* Creators: How can you use your *G'vuRocks* throughout the summer?
 - For *G'vurah* Power Pose-ers: How can we use our *G'vurah* Power poses throughout the summer?

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DESCRIPTION OF ACTIVITY

- ❑ Before handing out and painting the G'vuRocks, help campers come up with personal areas of *g'vurah*
 - Think, Pair, Share:
 - » Think: Ask campers to think of a time when you did something nice/helpful for someone else
 - » Think: What kind of *g'vurah*, what kind of strength/power, did you use in that situation?
 - ♦ Ex from previous programs: Kindness, baking, reminding someone to use their *ometz lev* (inner strength), using your own *ometz lev*, helping someone rebuild their *sukkat shalom* (shelter of peace)
 - » Pair: Have campers turn to the person next to them to share their stories and the kinds of *g'vurah* they used
 - ♦ Encourage campers to help each other discover the different kinds of *g'vurah* they each used in their stories, even if the storyteller didn't initially think of that as one of their areas of *g'vurah*
 - » Share: Ask pairs to share the different kinds of *g'vurah* they used (without retelling the entire stories)
- ❑ Creating G'vuRocks
 - Pass out 2-4 rocks to each camper
 - Have them paint each rock with a different area of *g'vurah* they each have
 - » Ex: Kindness, Gratitude, Music, artistic/creative, Baking, Cooking, Helpful, Cleaning, Noticing others, Sharing, Being a friend, Take turns, Make someone laugh, Going last, Organized, Listening
 - Allow G'vuRocks to dry
- ❑ Once dried, campers can place them around camp to serve as reminders of their *g'vurah* and their abilities to make a difference! (Continue to debrief while drying.)

ACTIVITY**G'VUROCKS!****MATERIALS**

- ❑ 2-4 paintable rocks/camper
 - ❑ Paint (that will stay on a rock)/camper
 - ❑ Paint brush/camper
 - ❑ Cup of water/camper
 - ❑ Paint smock/camper
 - ❑ Paper towels (to clean paint brushes)
 - ❑ If inside: disposable tablecloth
- OR**
- ❑ Bumper stickers
 - ❑ Markers
- OR**
- ❑ Sidewalk chalk
- OR**
- ❑ Other signs around camp
 - ❑ Markers

WHY CHOOSE THIS ACTIVITY

- ❑ Artsy
- ❑ You have the ability to place these around camp
- ❑ Allows you to spread the message that "YOU have *g'vurah* and YOU can make a difference!"

DESCRIPTION OF ACTIVITY

- Counselor shares 10 different *g'vurah* phrases, one-at-a-time
- For each phrase:
 - Each camper will take on a *G'vurah* Power Pose to represent that *G'vurah* Phrase
 - » With each phrase, campers can pick if they want their *G'vurah* Power Pose to include a (towel) cape or not
 - Campers then look around and vote to pick the “official” *G'vurah* Power Pose for that phrase
 - You may also wish to ask campers to think about if this is a kind of *g'vurah* they have, and why they think that
- Phrase Options (Pick 10 or create your own):
 - Physically Strong
 - Kind
 - Organized
 - Problem solver
 - Listener
 - Friend
 - Gift giver
 - Scientist
 - Helper
 - Animal lover
 - Nature lover
 - Musician
 - Artist
 - Imaginateer
 - User of *Ometz Lev*

ACTIVITY

G'VURAH POWER POSE-OFF (SIMILAR TO A VEGETABLE-OFF)

MATERIALS

- Towel/camper (for a cape)
- Rubber bands/hair ties (to attach cape to camper)

WHY CHOOSE THIS ACTIVITY

- Movement
- Competition/Voting

DESCRIPTION OF ACTIVITY

- ☐ Think, Pair, Share:
 - Think: Ask campers to think of a time when you did something nice/helpful for someone else
 - Think: What kind of *g'vurah*, what kind of strength/power, did you use in that situation?
 - » Ex from previous programs: Kindness, baking, reminding something to use their *ometz lev* (inner strength), using your own *ometz lev*, helping someone rebuild their *sukkat shalom* (shelter of peace)
 - Pair: Have campers turn to the person next to them to share their stories and the kinds of *g'vurah* they used in the story
 - » Encourage campers to help each other discover the different kinds of *g'vurah* they each used in their stories, even if the storyteller didn't initially think of that as one of their areas of *g'vurah*
 - Share: Ask pairs to share the different kinds of *g'vurah* they used (without retelling the entire stories)

ACTIVITY**TALK IT THROUGH
- THINK, PAIR,
SHARE****MATERIALS**

- ☐ Print out of this activity plan

WHY CHOOSE THIS ACTIVITY

- ☐ If you are short on time
- ☐ If you want to encourage campers to connect with each other
- ☐ If your campers do well with talking and listening to each other

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G'VURAH

Session 2

SUMMARY:	During this session, campers will explore what it means to join their individual areas of <i>g'vurah</i> (strength/power) together as a group. This session will involve challenges campers will need to overcome while working as a cohesive group.
TOPIC(S):	<ul style="list-style-type: none"> <input type="checkbox"/> <i>G'vurah</i> - Using one's strength/power for a good purpose. <ul style="list-style-type: none"> • A principle of care is helping others believe that an individual and a group can use their power for good and can create meaningful change. <input type="checkbox"/> NOTE: This Program guide uses the term "<i>g'vurah</i>" and phrases such as "areas of <i>g'vurah</i>" and not the word "<i>g'vurot</i>" to avoid any confusion with the prayer, <i>G'vurot</i>, in a Jewish service.
LEARNING GOALS:	<ul style="list-style-type: none"> <input type="checkbox"/> Campers will be able to express when it can be helpful to join individual areas of <i>g'vurah</i> together in a group. <input type="checkbox"/> Campers will be able to overcome a challenge in a small group by working together/joining their various elements of <i>g'vurah</i>. <input type="checkbox"/> Campers will reflect on their power to do good things together.
AUDIENCE:	Rising 1st-7th grade campers
TIMING:	45 minutes
MATERIALS NEEDED:	<ul style="list-style-type: none"> <input type="checkbox"/> Objects for campers to bang on to create noise (spoons and pots, drums, a couple of sticks, etc. Hands for clapping will also work) <input type="checkbox"/> See chart below for more materials
SET-UP DETAILS:	<p>For "Crazy Chain of Communication":</p> <ul style="list-style-type: none"> <input type="checkbox"/> If applicable, make arrangements with any low ropes course camp personnel to bring your campers to do some team building activities that will encourage them to utilize different areas of <i>g'vurah</i> (aka different skills) to work together to achieve a common goal. <input type="checkbox"/> If leading this program yourself: Set up any team-building activity or one of the options listed below.

SESSION TIMELINE & OUTLINE:

TIMELINE

00:00-00:10 Set Induction

00:10-00:35 Group *G'vurah* Challenge

00:35-00:45 Closure

OUTLINE

SET INDUCTION:

- Ask 1 camper to make noise with their loud objects (spoons, pots and pans) for approximately 3 seconds.
- Ask 3 more campers to do this at the same time.
- Ask all of the campers to do this at the same time.
- Ask: *What was the difference between 1, 3, and all of us banging our objects together to make noise?*
 - *Which (1, 3, or all) would be more effective to have sound reach _____ [name a very close camp location]?*
 - *Which (1, 3, or all) would be more effective to have sound reach _____ [name a camp location that is farther away]?*
 - *What about to have sound reach _____ [name a camp location that is **very** far away]?*
- Ask: *What if we were trying to drown out mean words? Would we want 1, 3, or all of us to make the noise?*
 - Guide campers to see that the more people banging on objects, the more noise we can create. The more people speaking out against meanness, the more positive noise we create, and we can overpower the negativity.
- Ask: *When we are trying to use our *g'vurah* (our strength/power) to do something good, would you want to do it alone or in a group?*
 - The more we combine our individual areas of *g'vurah* (such as our ability to make noise/drown out mean words), we can make a stronger impact (aka further drown out mean words).
- Make a connection to a large task at camp (such as cleaning up before Shabbat).
 - If only 1 person uses their *g'vurah*, this task could be really difficult to get done well/ on time/etc. However, if multiple people at camp combine their *g'vurah* together, there's a much better chance of achieving the goal of the task well/on time/etc.

GROUP G'VURAH CHALLENGE:

Pick 1+ team building activity(ies) from the following pages that encourage campers to combine different kinds of *g'vurah*.

CLOSURE:

Discuss the following questions:

- What are some of the challenges we overcame today?
- What's the difference between using our *g'vurah* as an individual vs. combining our areas of *g'vurah* as a group?
- What are some times at camp when we have used our *g'vurah* to make a big difference as a group?
- What types of *g'vurah* is our group good at?

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DESCRIPTION OF ACTIVITY

- Campers cannot talk
- They must put themselves into a specific order by:
 - Height
 - Birthday
 - Alphabetical Order
- Make it harder:
 - Can only use 1 hand
 - Can't use hands - must find other ways to pantomime/communicate

ACTIVITY

GROUP SILENTLY PUTTING THEMSELVES IN A SPECIFIC ORDER

MATERIALS

- N/A

WHY CHOOSE THIS ACTIVITY

- Individuals utilize and combine their different kinds of *g'vurah* to help the group complete a task

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DESCRIPTION OF ACTIVITY

- Campers form a circle
 - Hold hands (OPTIONAL: With gloves on) OR
 - Use string/rope to connect campers in a closed circle
- Open the circle at 1 point > Place a Hula Hoop around that person's arm > Reclose the circle
- Campers must get the hla hoop to go all the way around the circle without letting go of each other

ACTIVITY**HULA-HOOP
AROUND THE
GROUP****MATERIALS**

- Hula Hoop (1+)
- OPTIONAL:
 - Gloves
 - String/Rope for campers to hold (to avoid hands touching)

WHY CHOOSE THIS ACTIVITY

- Individuals utilize and combine their different kinds of *g'vurah* to help the group complete a task

DESCRIPTION OF ACTIVITY

- This can be a whole group relay with different challenges needing different numbers of people.
- This can be a relay race completed in small teams
- Make sure this obstacle course highlights different areas of *g'vurah* your group members have, such as:
 - Something sporty
 - Something that requires getting dizzy (some people don't have the ability to stomach spinning even 1x, let alone 3x-5x!)
 - Something overly silly that some campers may find embarrassing, but others won't

Running the Obstacle Course:

- Explain the course and all of the different challenges throughout the course
- Give campers (teams or whole group) time to decide who will complete which challenge based on their different kinds of *g'vurah*.
 - Someone with a *g'vurah* of playing various sports may be the best choice to throw a ball through a hula hoop
 - Someone with a *g'vurah* of art may be the best choice to create an artistic rendition of the counselor using only sticks, stones, leaves, and other natural materials in the area
 - A couple of campers with a *g'vurah* of comedy may be the best choice to make the counselor acting like a Buckingham Palace Guard break their stoic look and get them to laugh
 - Someone with a *g'vurah* for making a lot of noise may be the best choice to shout something louder than another person
- Once the plan(s) is/are created, have the campers get set up
- Run the course!

OPTIONS:

- Time the course
 - In teams: Who finished first? What was their time?
 - In a group: What was the group time? Can they beat it?
- Run the course multiple times, encouraging campers to get out of their comfort zones and try on different kinds of *g'vurah* for this activity
- Run the course multiple times, adding new and fun rules, such as:
 - Campers can now only crab walk
 - Campers must create a silly walk
 - Group-based challenges now must be completed without talking
 - If changing roles, campers must make a plan only using body motions
- Name the different obstacles based on good deeds one can use their *g'vurah* for in real life, such as:
 - Being an Upstander
 - Making food for someone who is sick
 - Supporting someone who is having a bad day

ACTIVITY**OBSTACLE COURSE****MATERIALS**

- Whatever you have at camp!

WHY CHOOSE THIS ACTIVITY

- Can be adapted for older or younger campers
- Encourages pairs/small group cooperation
- Individuals utilize and combine their different kinds of *g'vurah* to help the group complete a task
- Encourages campers to uncover kinds of *g'vurah* they may not realize they have

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DESCRIPTION OF ACTIVITY

- Check with your Low Ropes Course Specialists

ACTIVITY**LOW ROPES
COURSE
ACTIVITIES****MATERIALS**

- Check with your Low Ropes Course Specialists

WHY CHOOSE THIS ACTIVITY

- Campers find ways to use their own kinds of *g'vurah*
- Campers find ways to encourage each other to use their *g'vurah*
- Individuals utilize and combine their different kinds of *g'vurah* to help the group complete a task
- Encourages campers to uncover kinds of *g'vurah* they may not realize they have

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DESCRIPTION OF ACTIVITY

- Put campers into groups of 3
- Arrange a collection of easy to handle, non-breakable items
 - 1 collection of items for each small group
 - Each group should have similar items
- Campers in their small groups must work together to achieve a task with these items. Each camper can only do 1 thing:
 - Camper 1: Is the only one allowed to touch the items - they must be blindfolded
 - Camper 2: Can see all of the items, can see Camper 1 with the items and faces Camper 3 to help guide them with what instructions to give – Can only use hand signals to communicate with Camper 3
 - Camper 3: Is the only one allowed to talk and instructs Camper 1 of what to do and how to do it – Has their back turned away from the rest of the group and away from all of the items, faces Camper 2
- Counselor creates a task for each small group to achieve with their collection of items
 - Example:
 - » Items: water bottle, backpack, towel, watch, hula hoop
 - » Task: Campers must put the towel, watch and water bottle into the backpack, then must put the backpack inside the hula hoop

OPTIONS:

- Have different rounds where each camper takes turns with the different roles
- You can time the activity
 - Groups only have 5 minutes to get as much done as they can
 - It can be a race to see which small group gets the task done the quickest
- You can do this as a whole group, with multiple campers in each role and they have to figure out who is going to do which part of the task
- Feel free to use as many items and tasks as your time and space allow

ACTIVITY**CRAZY CHAIN OF COMMUNICATION****MATERIALS**

- 1 blindfold for each small group (3 people/group)
- A collection of small, non-breakable items (1 collection of items for each group. Each group should have similar items.)
 - Example: water bottle, backpack, towel, watch, hula hoop

WHY CHOOSE THIS ACTIVITY

- Individuals utilize and combine their different kinds of *g'vurah* to help the group complete a task
- Encourages campers to uncover kinds of *g'vurah* they may not realize they have