

### Framing Wonder: An artistic and prayerful way to start a day *Start Your Morning*

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<b>TOPIC(S)</b>	Tefillah, Mindfulness, Nature, Visual Art
<b>SUMMARY</b>	Rabbi Abraham Joshua Heschel once taught that the Baal Shem Tov used to say that "The world is full of wonders, special radiance, and marvelous secrets, but all it takes is a small hand held over the eye to hide it all." In this session, we will uncloset our eyes and actively practice looking for wonder. Join us as we set an intention to look at the world and everything around us as though they were works of art.
<b>GOALS:</b>	Participants will practice looking at the world through an intentional frame. This practice will help participants be attentive and attuned to moments to wonder. Participants may also find that looking at the world with the intent to recognize that which is beautiful or special can be a meaningful addition to (or alternative form of) traditional tefillah.
<b>AUDIENCE:</b>	This program can be modified to suit most ages from young campers to staff. When working with younger children it may be advisable to consider the clean up. Pencil crayons leave very little to clean up. This program is best done in small groups or about 10-15 participants.
<b>TIMING:</b>	30 minutes
<b>APPENDICES:</b>	<a href="#">Brachot for Nature</a>
<b>MATERIALS NEEDED:</b>	Cardstock cut into small frames Watercolour paper (or other nice art paper) Materials for drawing or painting (watercolour paints, pastels, pencil crayons etc)  The program can be modified to use the materials that you have available. A small plastic shoebox can be used to store all the materials needed. If you choose to paint, make sure to be somewhere with adequate access to water for rinsing brushes etc.
<b>SET-UP DETAILS:</b>	This program is best done outdoors, so making a rain plan is advisable. Participants should have clipboards or hard surfaces to work on. Large rock or bare ground often work fine, but consider the location where participants will settle to draw and paint.

### SESSION TIMELINE:

- 00:00-00:05 - Introductions and instructions
- 00:05-00:25 - Creating the artwork
- 00:25-00:30 - Sharing the artwork and moments of wonder

### SESSION OUTLINE:

00:00 - 00:05: Practicing unclosing your eyes

Ask participants to sit in a circle and close their eyes. Tell them that they'll be sitting like this for a few minutes and that they should focus on noticing everything they can about the environment with all their senses except for sight.

Explain that "Abraham Joshua Heschel used to say that we go through life with our vision obscured with a latticework of memorized knowledge. He said "The world is full of wonders, special radiance, and marvelous secrets, but all it takes is a small hand held over the eye to hide it all." Then let everyone sit, and listen, and feel, and smell with eyes closed for 1 minute

Explain that "As artists, it is our goal to see with clarity, and to actively uncover our eyes so we will really feel what it feels like to open our eyes and notice what we see when we learn to remove our small hands from over our eyes."

The facilitator explains that artists are constantly thinking about what is and isn't seen in a frame. Artists make choices about what is worth noticing. Participants find a piece of cardboard, or paper, and are instructed to cut out a square (approx 2x2 in). Once the square is cut, they'll cut out the inside of this square, leaving an outer border which will become their frame. The facilitator models how to use the cardboard frame to choose what is included in an image. In this way, framing guides our attention to what is important. In a similar way, some brachot are meant to help us direct our attention.

The facilitator reads a few of the brachot for nature, and explains that the goals of this session will be to find our own images of awe and wonder and to use our artwork to record them. In this way, our work can become something akin to visual brachot.

00:05 - 00:25: Creating the artwork

Participants receive a piece of watercolor paper, and drawing/colouring tools. Everyone chooses something amazing to paint and uses the oil pastels to create the outlines of the image. Once the outlines are complete, they will use the water color paints to fill in the background and the inside of all the shapes. Participants can make several paintings if they want, but encourage everyone to go slow and focus on details.

00:25 - 00:30: Sharing

Participants are invited to bring their work together and to arrange all the pieces into an informal gallery if the workshop is in person. If done remotely, participants might upload an image of the art to a Jamboard or to hold it up for others to see. Participants spend a few minutes looking at each other's art work and are then invited to share their experiences with the group. Participants might

choose to share their work by starting the traditional beginning of a blessing:

Baruch atah adonai, eloheynu melech haolam...

Participants can then complete the sentence in any way they wish to create their own Bracha.

Participants might also write their words or ideas right onto the frame that they used to look through earlier in the session and keep this as a reminder to look with intention.

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

These materials might be put into a box that can be stored in a backpack for use anytime in different locations. It is perfect for an alternative cabin tefillah.