

## CORNERSTONE 2021 RESOURCE

### Zen Doodling *Art Track 3*

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| <b>AUTHOR(S):</b>        | Daniel Abramson   |
| <b>TOPIC (S)</b>         | Visual Art, Prayer Alternative  |
| <b>SUMMARY</b>           | Feeling locked in and stressed out? Maybe you could use a little mental break in your busy day? Maybe you would like to find ways to see the space around you in a new light? In this session, we will use pencils, fine-tip markers, and some colors to practice a little Zen Doodling, a form of mindfulness practice where you explore drawing without expectations or judgement. Inspired by some traditional images like Chamsas and the Magen David, we use doodling to contemplate the wonder of being fully present in the moment and to celebrate ways that our dwelling places can be transformed into a personal sanctuary through creative self-expression. |
| <b>GOALS:</b>            | Participants will consider what makes a house different from a home.  |
| <b>AUDIENCE:</b>         | Older Campers (12-16)   |
| <b>TIMING:</b>           | 75 minutes  |
| <b>APPENDICES:</b>       | Bereshit Chapter 28, Birkat HaBayit Options <a href="https://opensiddur.org/prayers/life-cycle/living/home/birkat-habayit-blessing-for-the-home/">https://opensiddur.org/prayers/life-cycle/living/home/birkat-habayit-blessing-for-the-home/</a><br>Zen Doodling YouTube Video:<br><a href="https://www.youtube.com/channel/UCGQyAj-8FMWJR93zdw2oU2w">https://www.youtube.com/channel/UCGQyAj-8FMWJR93zdw2oU2w</a><br>(There are many amazing artists out there who have excellent videos to illustrate how to make different patterns)  |
| <b>MATERIALS NEEDED:</b> | Fine tip black pens<br>Good drawing paper or cardstock  |
| <b>SET-UP DETAILS:</b>   | Arts & Crafts space<br>Alternatively, the materials can be assembled into a kit for participants to use anywhere suitable drawing surfaces can be found (flat floor, tables, or on clipboards)  |

### SESSION TIMELINE

75 minutes

- 00:00-00:10 - Welcome and introductory prompt
- 00:10-00:15 - Introduction to Birkat HaBayit
- 00:15-00:25 - Learning about the technique and options for materials
- 00:25-1:00 - Participants create their Birkat HaBayit
- 1:00 - 1:10 - “Gallery Walk” participants show and share their artwork and ideas
- 1:10 - 1:15 - Bringing it back to camp - Brainstorming adaptations of ideas, materials and approaches that would allow this program to be implemented successfully at camp.

### SESSION OUTLINE:

00:00-00:10 - Participants are invited to complete the following prompt:  
“I feel at home when.....”

00:10-00:15 - Workshop facilitator shows a few examples of Birkat HaBayit artworks and texts. Birkat HaBayit is the blessing for the home. The facilitator can remind participants that they just identified the feeling of home and that these ideas can be used to inform the imagery or words of a personal Birkat HaBayit artwork. While traditional imagery might be used, participants are welcome to use other images, ideas, texts etc. to consider how their creative take on the Birkat HaBayit might look.

00:15-00:25 - When sessions are in-person, the facilitator can model Zen Doodling (or other art techniques and materials that are available and familiar). When sessions are done remotely, the facilitator can share YouTube clips and/or use a doc-cam or other device to model the techniques.

00:25 - 1:00 - Participants use the time to create their artwork. \*\*Note to facilitator: This time is a good opportunity to play music connected to the ideas that are being explored, or to speak one-on-one with participants. Facilitator might introduce the question(s),  
“Can making art and/or beautifying a space be a meaningful alternative form of prayer?”  
“If you want to mark a place as sacred, how would you do it?”  
“Who at camp may have a different and important perspective on what home means or feels like?”

1:00 - 1:10 - When sessions are in-person, the facilitator ask participants to bring their art together for everyone to see all the work. When sessions are done remotely, the facilitator invite participants to upload an image of their work onto a Jamboard, or a Mural for others to see. Participants are invited to look for similarities and differences between each others’ work and ideas

1:10 - 1:15 - Participants and facilitator make a list of ways that this program might be adapted to suit a number of different goals or contexts.

What other materials might be used?

What other texts might be explored?

How could this be modified for campers of different ages or abilities?

How might this be useful outside the context of the artroom?

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

Materials for this program can be packed into a box with some templates of Chamsas, Magel Davids, circles or other shapes along with paper and pens, markers, or pencils. With clipboards or other hard surfaces the program can be done almost anywhere.

Materials for doodling can also be stored in a backpack so that anytime a camper needs a mindful/creative pause, counsellors can have a ready-to-go activity.

The same techniques can be used to allow campers to create T'fillah Reflection Journals where the focus of the doodle is on one or more themes that emerge from traditional T'fillah. This can help campers that struggle with stillness and focus at any time.

### SAMPLE TEXTS OF BIRKAT HABAYIT

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| Let no sadness come through this gate.<br>Let no trouble come to this dwelling.<br>Let no fear come through this door.<br>Let no conflict be in this place.<br>Let this home be filled with blessing and peace. | בְּזֶה הַשַּׁעַר לֹא יָבֹא צָרָה.<br>בְּזֵאת הַדִּירָה לֹא תָבֹא צָרָה.<br>בְּזֵאת הַדְּלֵת לֹא תָבֹא בְּהֵלָה.<br>בְּזֵאת הַמַּחֲלָקָה לֹא תָבֹא מַחֲלֹקֶת.<br>בְּזֶה הַמְּקוֹם תְּהִי בְּרָכָה וְשָׁלוֹם. |
| And let them make Me a sanctuary,<br>that I may dwell among them.   | וַעֲשׂוּ לִי מִקְדָּשׁ<br>וְשִׁכְנֹתַי בְּתוֹכָם: (שמות כה:ח)   |
| Through Hōkhma (Wisdom) is a house built;<br>And with Binah (Understanding) it is established;<br>And with Da'at (Knowledge) are its chambers filled<br>With all precious and pleasant riches.                  | בְּחִכְמָה יִבְנֶה בַּיִת<br>וּבִתְבוּנָה יִתְכַוֵּן:<br>וּבְדַעַת חֲדָרָיִם יִמְלֵאוּ<br>כָּל-הוֹן יִקָּר וְנִעִיִם: (משלי כד:ג-ד)   |
| How excellent are your tents, O Ya'akov,<br>your dwellings, Yisrael!  | מֵה טֹבוֹ אֹהֲלֶיךָ יַעֲקֹב<br>מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל. (במדבר כד:ה)   |

## SAMPLE IMAGES OF BIRKAT HABAYIT



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