

### Drawing in the Sand *Shabboption*

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<b>TOPIC (S)</b>	Communication Skills, Facilitation Skills
<b>SUMMARY</b>	I bet that it has been a long, long time since you fingerpainted! Do you remember what it is like to make marks with reckless abandon, and without any thought of being judged? Can you imagine using your finger and toes, or stick and stones to simply make patterns in the sand with no concern about making them look like anything in particular and feeling satisfaction of a clean slate each time a wave rolls in? Whether your sandbox is on a beach, or in a shoebox, we will welcome shabbat together and experience the joy of creating without consequence.
<b>GOALS:</b>	You will learn how to use open-ended prompt questions with few or no materials to facilitate a reflective group conversation.
<b>AUDIENCE:</b>	Designed for all ages. The prompt questions can be changed to suit the age of the participants and the specific goal of the conversation.
<b>TIMING:</b>	30 minutes
<b>APPENDICES:</b>	Supplementary Reading: Shabbat as a Sanctuary in Time by Abraham Joshua Heschel accessible at: <a href="http://myjewishlearning.com/article/shabbat-as-a-sanctuary-in-time/">myjewishlearning.com/article/shabbat-as-a-sanctuary-in-time/</a>
<b>MATERIALS NEEDED:</b>	<p>When this session is facilitated in-person, participants can use found sticks to draw lines in the sand. If sticks and sand are not suitable, participants might use Playdough to sculpt shapes in response to the prompts, or they might use more traditional pencil and paper to draw images or write words.</p> <p>When the session is facilitated remotely, participants might use any art materials they have on hand. A cup of table salt in a shallow dish (or shoebox) can simulate the feel of a desktop zen sand garden.</p>
<b>SET-UP DETAILS:</b>	Facilitator should bring a copy of the prompt questions that are to be used. The facilitator should also decide if a sandy location is available and appropriate, or if a different location with another kind of material would be more suitable.

### SESSION TIMELINE

- 00:00-00:05 - Welcome and introductions
- 00:05-00:25 - Drawing in response to prompts
- 00:25-00:30 - Group Discussion - Brainstorming adaptations that might be used to make this program suit the needs of each camp.

### SESSION OUTLINE:

- 00:00-00:05 - Welcome and introductions - Session leader welcomes participants and talks about Shabbat as a time of reflection. Many camps do a “Shabbat Walk” Friday evening, on Saturday, or even after Havdallah as a way of talking about and reflecting on the week. Instead of talking, we’ll be thinking and drawing our responses in the sand. The drawings need not be complicated or realistic, rather, drawing is just a way of engaging our whole bodies and of thinking about our experiences in symbols and metaphors.
- 00:05-00:25 - Session facilitator poses questions, one at a time, and gives participants some time to draw their responses. Participants can be invited to share after each question, or they can answer many questions individually and be invited to share only answers that they find meaningful or important with the group at the end of this time. The key is to create a time and space that feels safe for participants to contemplate and process without worry of judgement. Participants can show their drawing, or they can wipe the sand clean after each drawing.

### Sample Questions

- What was the best thing that happened this week?
  - What was the worst thing that happened this week?
  - What is something that you feel proud of this week?
  - What is something that you would do differently this week?
  - What are you most looking forward to in the coming week?
  - What do you need in order to feel like your best self in the coming week?
  - What is your happy place?
  - Who do you feel grateful to this week?
  - What is something that was broken this week?
  - What is something that was mended?
  - When did you feel the most like yourself this week?
  - When did you feel seen/heard?
- 00:25-00:30 - Session facilitator draws a trunk of a tree (or one arc of a rainbow) and shares a reflection about their own hopes for the group for the week. Participants are invited to add their own branch to the facilitators tree (or arc to the rainbow) as a

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symbol of a group commitment to bringing the positive ideas and hopes discussed in this session into action in the week ahead.

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

Participants in any kind of art activity often feel shy or embarrassed to share their images. It is important to emphasize that it is the process and thinking that is important here. Images drawn in sand (or sculpted in Playdoh) are impermanent and can be easily erased or remade. The materials used should be simple and all the attention should be invested in the ideas expressed.

This reflective artistic practice can also be used individually by campers at any time. If a camper is having a moment of sadness or difficulty, they can be invited to draw their feelings or just contemplate what they need. It is a great idea to keep some Playdoh in a cabin backpack for this kind of reflection at any time. Similarly, a camper can pick up a stick at any time and draw images in the dirt. Even drawing spirals while breathing can be a strong tool for self-regulation.

