

Turning DON'TS into DOs - Harnessing the Power of (Halachic) Habit, *Shabboption*

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TOPIC (S)	Shabbat, Science, Jewish Values
SUMMARY	<p>We'll explore the nature and science of habits, as well as the deeper goals inside some of the traditional Shabbat "don't"s. Can we harness the power of habit and traditional imperative to create our own, personal, Shabbat "yes"?</p> <p>Together, we'll find some personal, positive habits we want to experiment with (privately) to enhance our sense of Shabbat and see if we can make a "yes" as reflexive as a "no".</p>
GOALS:	<p>Participants will:</p> <ul style="list-style-type: none"> • Understand the power of habit and choice • Have new, mindful ways of approaching Shabbat
AUDIENCE:	Smaller groups are ideal for intimacy (10 or so), ages 11+
TIMING:	Shabboption - 30 min
APPENDICES:	<p>Required: Habits and Norms, Habit Action Plan, Jewish Habit Text</p> <p>Optional: New Habit List</p>
MATERIALS NEEDED:	Handouts, and pens/pencils for each participant
SET-UP DETAILS:	<p>Virtually, in a Zoom space where the facilitator can host comfortably and manage breakout rooms</p> <p>In person, a space large enough to allow for participants to sit together in a circle, and also to go off and create smaller groups for discussion.</p>

SESSION TIMELINE

- 00:00-00:05 - Introductions, Welcome
- 00:05-00:15 - What habits and behaviors do we like/dislike about Shabbat?
- 00:15-00:45 - How do Habits and Norms form?
- 00:45-00:55 - What Habits have you developed?
- 00:55-01:15 - Create a New Shabbat Halachic Habit

SESSION OUTLINE:

00:00-00:05 - Session leader introduces session topic and leads the group in a round of introductions (name, pronouns, camp, and something you heard “no” to a lot as a child/something you wish you’d heard “yes” to).

00:05-00:10 - What habits and behaviors do we like/dislike about Shabbat?

Session leader asks group (breakouts write on this [Jamboard](#)):

1. What are details/activities we love about Shabbat?
 - Think of both *active doings* (things we do), and *refrainings* (things we don't do)?
2. What are details/activities we dislike about Shabbat?
 - Think of both *active doings* (things we do), and *refrainings* (things we don't do)?

00:10-00:20 - How do Habits and Norms form?

Session leader divides the group into breakout rooms of 4-5 participants to think and discuss for 5 minutes. Ask each group to select 1 spokesperson to share group thoughts with the larger group in return and/or utilize a jamboard for everyone to share their thoughts. Session leader then invites group exploration of this question, with these questions as guides. Session leader introduces concepts of “mitoch she’lo lishma, ba lishma” and “folkways, mores, taboo/law” and “cue, craving, response, reward” (last 2 are on Habits and Norms worksheet)

1. What are some of your ideas? Use Jamboard to gather responses. Possible frames:
 - a. Modeling: (from family, community, peers teachers)
 - b. Education: (learning about “why” from trusted sources)
 - c. Repetition: doing it over and over (mitoch she’lo lishma, ba lishma)
 - d. Integration: it becoming second nature, eventually a new habit and harder to stop than to continue
2. What do Jewish texts say?
 - a. Mitoch she’lo lishma, ba lishma - מתוך שלא לשמה בא לשמה (Pesachim 50b)
 - b. the idea that doing something, even without understanding or clear intent, will bring us to do the task *with* understanding. Or “outside-in”: even simple repetition will bring greater commitment and personal connection to a task.

3. What does scientific study say?
 - a. Habits and Norms worksheet - offer for future reference/deeper dive

00:20-00:30 - Create a New Shabbat Halachic Habit

Ask: “How do you want to feel on/after Shabbat? or not feel?”

Then that last question again: What are habits you've wanted to develop?

Let's use Shabbat as an opportunity to choose a new positive habit. And use Shabbat as fertile ground for it to grow, in a thematic, connected way. (Try and choose one that is on theme for Shabbat, like “hiking” -perhaps “working out more” or “practicing my wood-working skills” is best for another day)

Ideas:

- eat mindfully
- dont gossip/speak meanly (positive- choose to be kind)
- meditate
- chose prayers with intention
- read x pages of new book
- connect to others
- connect to nature

Optional: Discuss what makes a habit (or any activity) “feel” like Shabbat, or not?

Ask: What plan will you make to support this Habit?

- Habit Action Plan - distribute to let each participant use this to create a concrete plan for their new Habit
- If it is your practice to track or record things on Shabbat, you could make a card to mark each time you perform the new habit, as reinforcement.

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

In order to best adapt this program for in camp use I would suggest:

- Finding a place with large walls to hang up key texts and visuals
- Planting some counselors amongst the texts to observe camper's reactions
 - and to help different learners engage with the text (with visuals or summary if english is a second language, reading comprehension is a challenge etc)
- Bringing everyone into a circle for the discussion where everyone can see everyone else