

CORNERSTONE 2021 RESOURCE

SHABBAT ISRAELI DANCES

Shabboption

AUTHOR(S):	Erica Goldman
TOPIC (S)	<i>Dance and Movement, Israel Programming, Camp-wide/Large Group Programs</i>
SUMMARY	A session to get participants feeling physically and mentally in tune with Shabbat by doing beautiful, melodic Israeli dances to psalms and songs that exalt rest and Shabbat
GOALS:	Participants will: learn and do calm and beautiful dances, realize these exist alongside the energetic hype-dances, feel like they have been “praying with their feet”
AUDIENCE:	Any group size. Age can dictate repertoire, so it doesn’t matter. Dances specifically mentioned here are intended for ages 11+
TIMING:	Shabboption - 30 minutes
APPENDICES:	N/A
MATERIALS NEEDED:	Music: the dance cuts of any songs to be played, plus a method to play them (computer, bluetooth speaker, sounds system) and any other hardware needed to make that happen (playing music from an iphone on a speaker? Make sure the speaker is bluetooth enabled and/or that you have the correct wires to connect the devices, etc.) Water and cups!!
SET-UP DETAILS:	Any large flat space. Best indoors on sprung floors (like a gym) but could be done anywhere there is room to spread out, a surface to dance on, and a sound system to handle the size of the space. Be sure participants have a place to put belongings (jackets, notebooks, bags, phones, whatever) out of the way so they are not in danger of being stepped on/broken or a distraction.

SESSION TIMELINE

- 00:00-00:05 - Introduction
- 00:05-00:30 - Dancing

SESSION OUTLINE:

00:00-00:05 Introduction

Because this is such a short session, the facilitator may do a small warm-up exercise (or play Simon Says as a method of setting the room/expectations/etc) or may choose to skip that. Depending on the size of the crowd, the facilitator may invite everyone to introduce themselves and name any Shabbat-related dances they can think of, as well as any Shabbat + dance connections, even if not specifically Israeli dances. Depending on answers and time, facilitator may want to spark short discussion of the “choreography” of prayer (lifting onto toes during “kadosh kadosh kadosh”/bending at the knees and straightening during Aleinu/three steps forward to begin the Amidah/etc - of course keeping in mind that participants may have widely varied familiarity with these prayers and movements).

00:05-00:30 Dancing!

This is a short and easy-going Israeli dance session. The facilitator will honor requests when possible, and do quick “walk-throughs” when appropriate for participants who don’t know the dances.

If the group wants to learn a non-beginner dance, the facilitator will teach or lead “Matanot Ktanot” by Gadi Bitton. Video available at <http://bit.ly/Shabboption>

Other shabbat dance ideas: Ma Navu (by Raya Spivak); Shabbat Menucha (by Israel Shiker), etc. For very young kids: Kach Ofim Challah

Facilitator will be sure participants can take breaks and drink water as needed!

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

If a camp is trying to integrate more Israeli dancing into its culture, small performances of Shabbat-themed dances can be held on Fridays, even during mealtimes or in non dance-related spaces, and then those dances can be taught to everyone over the course of that shabbat or in the coming week to be done together the following Shabbat.