

### Tree Climbing *Start Your Day*

<b>AUTHOR(S):</b>	Josh Lake
<b>TOPIC (S)</b>	Outdoor Adventure, Nature
<b>SUMMARY</b>	In this session we will climb trees, both real trees and theoretical trees. The practicality of climbing trees at camp is limited, so we will also delve into other aspects of tree climbing. The Torah is referred to as <i>Etz Haim he</i> , a tree of life. We will read/learn a little Torah, perhaps from inside/on a tree, and use some yoga poses to experience the tree of life.
<b>GOALS:</b>	Enable participants to climb trees, theoretically or practically. Wake our senses to the world around us, using actual or metaphorical trees.
<b>AUDIENCE:</b>	Any age, anybody!
<b>TIMING:</b>	30 minutes
<b>APPENDICES:</b>	'Tree' excerpt by Martin Buber. 'Advice from a Tree' poem. Yoga Tree Pose sheet.
<b>MATERIALS NEEDED:</b>	Weekly Torah portion. Crayons, pencils, pens, paper, enough for the entire group.
<b>SET-UP DETAILS:</b>	Ideally this program should take place outside, but can be adapted for rainy day/indoor use.

### SESSION TIMELINE:

- 00:00-00:10 - Introductions, Being Tree. Excerpt from Martin Buber-I Thou, Tree sight.
- 00:10-00:15 – Climb a Tree-Draw a Tree
- 00:15-00:25 – Torah Climbing
- 00:25-00:30 - Group Discussion: Advice from A Tree

### SESSION OUTLINE:

00:00-00:10 – Introduction

- Session leader introduces session topic and leads group in a round of introductions
  - Name?
  - Pronouns?
  - Camp?
  - Favorite tree on camp?
  - Have you ever climbed that tree?
- Group answers question:
  - What is:
  - Tree?
  - Is a tree a thing or a being?
  - When do you like climbing trees?
  - Why do you like climbing trees?
- Read Buber excerpt:
  - Tree
    - Reactions

00:10-00:15 – Group finds a tree to climb.

- Is it safe? Identifying safe trees and limbs.
- Tree Pose in Yoga.
- Tree climbing (only if it is safe and condoned by your camp!).
- Suggest building a treehouse to your director!

00:15-00:25 Torah climbing – Learning and discussion

- Weekly Torah portion: *Parshat Hashavuah*. In this case it is *Bamidbar*, the first Parsha in *Bamidbar*, first *Parsha* in the desert!
  - Are there trees in the desert?
- How is the Tree a metaphor for the Torah?
- Was there a text that surprised you? How could you explore/climb it further?

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

00:25-00:30 Down climbing!

- The most important part of getting out of a tree is getting back on the ground safely.
- How do you do it?
- Always have an escape/exit plan.