

CORNERSTONE 2021 RESOURCE

Recipe for Success, *Start your Day*

AUTHOR(S):	Stacy Rigler
TOPIC (S)	Identity, Jewish values
SUMMARY	Participants will create their personal middot recipe, what attributes do they need for success. They will do so by identifying middot that help them be their best self, choose symbols/objects to represent those middot, and then write out and create the recipe.
GOALS:	Participants will be able to identify what Jewish virtues they need and in what proportion to be a leader, a successful Jewish role model, and a human.
AUDIENCE:	Cornerstone participants (counselors)
TIMING:	30 min
APPENDICES:	Making Menches: A Periodic Table : https://jewishcamp.org/making-mensches/
MATERIALS NEEDED:	Making Menches: A Periodic Table : https://jewishcamp.org/making-mensches/ Optional: recipe card Optional: materials to represent each middah in the recipe
SET-UP DETAILS:	Counter with blender and smoothie ingredients To replicate: you need not use food, you might use different colors of sand, different elements from nature different clothing)

SESSION TIMELINE

- 00:00-00:05 - Introductions, setting group norms
- 00:05-00:10 - Sharing my middot smoothie recipe
- 00:10-00:15 Identifying your middot ingredients, writing the recipe
- 00:15-00:17 Getting the ingredients
- 00:17-00:25 Sharing with small group
- 00:25-00:30 What are we taking from this?

SESSION OUTLINE:

- 00:00-00:05 - Introductions, setting group norms
Introduce who I am, have them introduce and share what they know about middot, briefly define middot
- 00:05-00:10 - Sharing my middot smoothie recipe
Using a smoothie maker and fruit/base/etc. I will choose 4 middot that I think I need to be my best self. I will compare them to the ingredients, and share how much I need and in what proportion to be my best self.
- 00:10-00:15 - Identifying your middot ingredients, writing the recipe
Ask participants (perhaps in small groups if it is a large group.. depends on size) to look at the periodic table, which middot might they need or want to be their best self? Pick 3-5. Then what kind of metaphor might be fun, I chose a smoothie will you create trail mix, candy bag, sand art, etc.
- 00:15-00:17 Getting the ingredients
Allow time to grab the ingredients
- 00:17-00:25 Sharing with small group
Share and create the recipe with 2-3 other participants.
- 00:25-00:30 What are we taking from this?
Reflect back - how can middot/virtues help you? ground you?
In thinking about our awesome spaces how can helping our campers know what virtues they possess and how to use them help them this summer?

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

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

- Choosing middot that fit your camp and coming up with a more narrow list
- Ensuring definitions of middot are child friendly
- Thinking about the metaphor you choose, the age of the campers, and how lost they will be in the objects that make up the recipe over the idea of combining virtues to be your best self.