

**Smash. Tear. Scream.**  
*When Jewish Text Helps You Manage Your Emotions*  
*Afternoon Experience*

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<b>TOPIC (S)</b>	Jewish Text Prayer - Alternative
<b>SUMMARY</b>	<p>Finding and creating outlets for the anger/frustration that you experience in your life in Judaism. Turn to Jewish tradition to process all of your feelings.</p> <p>It's not always easy to know where to turn when you're feeling frustrated or angry, especially at camp where we often feel like we don't have time to process our emotions. Lucky for us, Judaism has a very specific, textual tool designed for exactly this process and it is both accessible and quick to use. In this session we will explore the guidance that Judaism provides for slowing down (even momentarily), identifying our emotions, and expressing those emotions in a cathartic way. Then we will go through the process ourselves to let out whatever frustrations and/or anger we are feeling in the moment!</p>
<b>GOALS:</b>	<p>Participants will:</p> <ul style="list-style-type: none"> <li>● feel catharsis, introspection, seen, and heard.</li> <li>● be able to create a brave space for each other and share their feelings.</li> <li>● know that it's okay to be upset and that Judaism has a space for them in their feelings.</li> </ul>
<b>AUDIENCE:</b>	Camper age and up, no limit to audience size (breakout rooms/groups, etc. for sharing)
<b>TIMING:</b>	Afternoon Experience - 75 minutes
<b>APPENDICES:</b>	Text Handout: <a href="https://drive.google.com/file/d/182yi4jEWtMRu-JqOeVsAgY3kAAo69Z9J/view?usp=sharing">https://drive.google.com/file/d/182yi4jEWtMRu-JqOeVsAgY3kAAo69Z9J/view?usp=sharing</a>

<b>MATERIALS NEEDED:</b>	Paper, pen/cils (typing works, too). Psalms Texts Handout.
<b>SET-UP DETAILS:</b>	In person, sitting around tables or in circles on the floor is good. Writing surfaces (the floor is fine) are also important. If online, Zoom or similar platform with breakout rooms.

## SESSION TIMELINE

- 00:00-00:15 - Opener / Grabber
- 00:15-00:35 - Exploring your emotions
- 00:35-00:50 - Text Study
- 00:50-00:65 - Write Your Own, Share
- 00:65-00:75 - Discussion

## SESSION OUTLINE:

- Grabber (15 minutes): The Department of Complaints Department - In a global pandemic, you don't have to look too far. And in a normal summer at camp, running out of grilled cheese on grilled cheese day also inspires complaining. What do you want to complain about today?
  - Breakout (groups of 3, 9 minutes) - introduce yourself to a few people: where you're from, what camp, and your personal Complaint of the Day.
  - Come together (6 minutes) - Share someone else's complaint as if it's your own.
  - Discussion questions:
    - What was it like to share your complaint?
    - How did it feel to take on someone else's complaint?
    - What was weird about this activity?

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- And how would you use it?
- Righteous Anger (20 minutes): We have this technology in Judaism for being actually angry at God. Let's talk about the more down-to-earth technology we use to be angry, maybe not at God, but maybe at God, or maybe at your roommate, or climate change, or the flat tire on your bicycle.
  - Let's sit in our feelings
    - Meet Riley's Emotions:
      - <https://www.youtube.com/watch?v=1S0RKRRyqhQ>
        - Make a chart of the emotions - where are yours on this chart?
    - Rage Rooms: <https://www.youtube.com/watch?v=H2uTFHRlzWs>
      - Zooming in on rage for a minute, Judaism has a place for your rage.
        - How does that make you feel?
  - Let's make a Jamboard for rage memes for a few minutes.
    - Discussion
      - What was it like for you to sit in your anger for a moment?
      - If rage wasn't the right emotion for you, which one would you rather sit in?
- Shuffling Through Boxes (15 minutes): In the beginnings of post-Temple Judaism, Levitical Priests had a box of Psalms - they'd pull out a few that make the most sense for wherever people were at.
  - There's a few texts we're going to delve into, courtesy of Professor Benjamin Sommer (you can listen to [SBB's podcast](#) for more info on this: <https://drive.google.com/file/d/182yi4jEWtMRu-JqOeVsAgY3kAAo69Z9J/view?usp=sharing>;)
    - Psalm 6 - listen, Gd, to what i'm thinking - mood from desperation to confidence, Gd has heard my weeping / plea
    - Psalm 13 - harsher tone - why is this happening to me? (yiddish tone)
    - Psalm 44 - v angry, doesn't end with a note of confidence
    - Psalm 88 - v angry, doesn't end with a note of confidence
      - Questions for each psalm:
        - What is the tone of this psalm?
        - Does this psalm make you feel like Gd is listening to you? Why or why not?
        - Does this psalm make you feel like Gd would listen to

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- you after hearing it? Why or why not?
- How does this psalm make you feel, going forward?
- If you had to choose a psalm to make someone feel better, would you suggest this one? Why or why not?
- Imagine you're a Levite in an old-timey temple - If you had to choose a psalm that makes someone feel validated, would you suggest this one? Why or why not?
- If you had to identify a modern poem or piece of music that reminds you of this one, what would you choose and why?
- Write Your Own (15 minutes): You're a priest/ess - write your own piece (on paper if you have it). It can be free written, rhymed couplets, haiku, or just draw a picture. Just write what you're feeling, what you'd like a Levite to pull out of a box for you.
  - Share - Who wants to share what they've created?
  - Smash. Tear. Scream. - Do what you want with/because of your piece!
- Debrief (10 minutes)
  - What did you learn about yourself today?
  - What does this program make you think about yourself in Tefillah or otherwise?
  - What was most surprising about your discussions with your friends today?
  - What is one thing you learned from this activity that you'd like to use in the future - and how?
  - What do you want to smash now - and how can you do it safely?

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

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

- Having sufficient copies of the texts to share
- Arranging groups with proper staff support (and maybe having social worker / unit head present to help process any big feelings)
- If you have a chance to actually smash things - what can you break that won't be problematic? Water balloons? Everyone gets bubble wrap to pop?