

CORNERSTONE 2022 RESOURCE

Bringing out your "Campy, Schticky" self: A guide for beginners and others

Fellow Elective 2 / Skill based

AUTHOR(S):	Meir Balofsky
SUMMARY:	Learn how to create a culture of "goofy camp fun" through games and creative team building activities!
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Excited and prepared to be more respectfully uninhibited than before • Confident in their ability to teach <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Manage different levels of "campiness" • Lead activities for a range of group sizes • Make "goofiness" accessible. <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • How to make the "schtickyness" of camp less intimidating • A range of games and team building activities using a selection of modalities
AUDIENCE:	Bunk counselors. Unit Heads. 20-30 Flexible
TIMING:	60 minutes
APPENDICES:	
MATERIALS NEEDED:	<p>Speaker system Large space / Room 1 hula hoop per participant Party hats – 1 per participant (</p>
SET-UP DETAILS:	<p>Large empty room Speaker system</p>

SESSION TIMELINE

- 5 minutes: 7 Nation Army / Introduction
- 5 minutes: RPS tournament
- 5 minutes: RPS war
- 5 minutes: 1-2-3 Sound Action
- 5 minutes: Cha Cha Slide
- 5 minutes: Throw an Alligator
- 5 minutes: Number 1
- 5 minutes: Graduation initiation
- 10 minutes: Hula Hoop work
- 10 minutes: Hula Hoop present

SESSION OUTLINE:

- 5 minutes: 7 Nation Army / Introduction
 - As participants enter, they join a circle seated. With no other introduction or instruction, start singing / humming the refrain from 7 nation army (White Stripes). Add percussion with your hands. Keep doing it until everyone in the circle is signing along.
 - **DISCUSS:** Why did it work? Permission in numbers. Discuss the phenomenon of group psychology.
- 5 minutes RSP tournament
 - **TOURNAMENT:** Each person finds someone to compete against in RPS – best of 3. Once one person wins, the loser must chant the name of the winner and follow them around while they find a new challenger. All losers proceed to follow the winners (so if one was chanting the name of a player who beat them, and then that player was subsequently beaten, then everyone starts following and chanting the name of the new winner. This continues until more or less half the room is behind and chanting for one finalist and the other half the other – until one champion is decided and chanted in unison.
 - **DISCUSS: Easy access game - 1 on 1 is less intimidating – but then you’re part of a team.**
- 5 minutes RSP war
 - **WAR:** Split the room – have half the group decide together what they will “fight” with – rock, paper or scissors (and have a back-up in case of a tie”. Then both teams line up in the mid-point of the room, 2-3 feet apart, facing each other. On the count of Rock paper scissors – shoot. The entire team displays their “attack” – the ‘winning’ team must then chase the losing team back to their home wall – if they get tagged before they reach their wall, they join the winning team - repeat.
 - **DISCUSS: Team vs Team. Individual is less spotlighted.**
- 5 minutes 1-2-3 Sound Action

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- Find a partner. Recite 1 / 2 / 3 - back and forth as quickly as you can. Take turns one number at a time. Once they've had time to practice, ask for volunteers who'd want to demonstrate their skills to the group
 - Round 2 - Instead of saying '1' - do a sound. Then recite back and forth again but as "Sound" / 2 / 3
 - Practice and get a volunteer group to share
 - Round 3 - Sound / Action (non verbal) / 3 - share
 - Round 4 – Sound / Action / Sound-Action - Share
 - **DISCUSS: Instruction is and actual activity is with one other person. Then volunteers taken which is less intimidating. Notice how the vibe – confidence shifts as the activity progresses.**
- 5 minutes Cha Cha Slide
 - Play cha cha slide - Dance through clap your hands
 - **Discuss: The is the ultimate group access dance. Instructions. Difference in dancing with a group and in a group**
- 5 minutes Throw an Alligator
 - An icebreaker with the goal to get the group in a more playful loose mood. Line up the group into two parallel lines. Have them stand about 3 feet apart. One line is told that they are each holding a basketball. They are then to "throw" the basketball to their partner. Throwers must react to throwing a basketball and the receivers must react to catching it. Repeat with. Beach ball. Cactus. Bunny Rabbit. Alligator. Allow the participants to embrace their imagination and break down the barriers to fun interaction
- 5 minutes - Number 1
 - "When I yell NUMBER 1 find any partner, give them a high five and yell Whoooo" - State that whenever you hear "Number 1" you must find that person and only that person and do the action and sound. Then yell "Number 1" twice (Make sure they only use the same partner)
 - "When I yell NUMBER 2 find a different partner snap your finger, point to them and say "you're awesome"
 - Yell "Number 2" twice - confirm everyone is doing it correctly and then yell "Number 1" again and confirm that everyone found their first partner and did the high five
 - Introduce number 3, 4, 5 - Each time with a new partner and then mix up the numbers to have the group run around doing the different sounds and actions
 - 3 – Fist bump explode and yell BOOM
 - 4 – Tarzan chest pound and yell "Me _____ (your name)
 - 5 – Fish handshake – and say Fisheeee
- 5 minutes - Graduation initiation
 - Line up the group – Welcome to them to the Elite unit of the Jewish Camp Schtick forces.
 - You were raised in a world that was given to you by those who came before you – Now it is your turn to create that world for those who come next.



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- The staff at camp who were the life and energy of camp were once where you stand now and are counting on you to become those people.
- Your level of passion will dictate the maximum level of passion for your campers
- WE'RE WATCHING PAINT DRY!!! WHOOO HOOO!
- Please step up and take your gear - Hula Hoops and graduation party hats for everyone.
- In pairs -make up a game to present or play with the whole group
- 10 minutes Hula Hoop work brainstorm
- 10 minutes Hula Hoop present the games