

POST-SUMMER UNPACKING



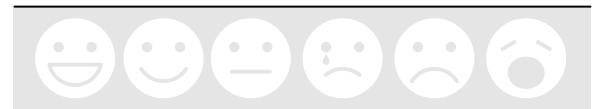
Directions:

- We hope you had an amazing summer of growth, learning, and fun! Use this journal to take time and unpack this past summer's emotions and experiences now that you have time to.
- Each page provides an opportunity to reflect on different parts of the summer. We encourage you to use each page as a new source of reflection, but feel free to pick and choose what feels best for you.
- We have left some blank spaces for you throughout the journal to do some visual reflection and decorate your journal with crafts, drawings, stickers, etc. Everybody processes differently!
- We hope these Jewish values and prompts bring deeper meanings to your reflective process!

PEOPLE I FELT CONNECTED TO
THIS SUMMER

DRAW A SPOT AT CAMP THAT YOU
FELT CONNECTED TO

OVERALL FEELING OF THE
SUMMER:



CONNECT WITH YOUR SENSES!
LIST YOUR FAVORITE:

smell:

sound:

taste:

Kavana כוונה- Intention

Bringing full intention to our thoughts, actions and words increases the fullness with which we live. Mindfulness helps us not only to bring ourselves to prayer; it helps us live deeply.

Anava ענוה- Humilty

Avoiding boastfulness and overconfidence in favor of modesty in self-understanding and self-presentation flows from a recognition of our finitude. This quality does not require self-flagellation or humiliation, but it does encourage cooperation and mutual respect. No one has complete possession of the truth.

Kehila קהילה - Commitment to Community

According to Jewish tradition, human beings can only fulfill themselves completely in relationships. Community is the locus of our relationships. Judaism as a civilization can be experienced solely in community and can be passed on effectively only through communal bonds. Building and sustaining community is critical to human fulfillment.

Hesed TOU- Covenanted Caring

Kindness in action does not always flow from feelings. *Hesed* is the caring we bring to members of our communities and our families. They deserve caring action when they need it simply because we share the bonds of interpersonal connection. Caring for each other is part of what makes us fully human.

Ahava אהבה- Love

The gift of love is a central source of joy, nurture and growth, bringing much of what gives life its meaning. Jewish tradition portrays God as the ultimate source of love, embodied in creation, in Torah and in interpersonal relationships. Valuing love involves making efforts to sustain and protect loving relationships

