

CORNERSTONE 2022 RESOURCE

*Waking up with Radical Gratitude and Attitude
Start your day*

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SUMMARY:	In this session we will: review a number of prayers and both reflect on and rewrite how we express gratitude, and share new skills for celebrating our amazing community and world.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> Inspired to be aware and intentional in the way they begin their days <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> Access prayers and other forms of intentions to frame and begin their day <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> Texts and prayers that invite and encourage feelings of gratitude
AUDIENCE:	The session is open to Fellows and supervisors
TIMING:	45 minutes
APPENDICES:	<p>Music youtube video of Meir Ariel "Modeh Ani" https://www.youtube.com/watch?v=jnbJk3D5X5Q The following texts will be studied and celebrated; Modeh Ani- https://www.sefaria.org.il/Siddur_Ashkenaz%2C_Weekday%2C_Shacharit%2C_Preparatory_Prayers%2C_Modeh_Ani.1?ven=Translation_based_on_the_Metsudah_linear_siddur,_by_Avrohom_Davis,_1981&vhe=The_Metsudah_siddur,_1981&lang=bi אלו דברים שאין להם שעור https://www.sefaria.org.il/Siddur_Ashkenaz%2C_Weekday%2C_Shacharit%2C_Preparatory_Prayers%2C_Torah_Study.3?ven=Translation_based_on_the_Metsudah_linear_siddur,_by_Avrohom_Davis,_1981&vhe=The_Metsudah_siddur,_1981&lang=bi Baruch She'amar https://www.sefaria.org.il/Siddur_Ashkenaz%2C_Weekday%2C_Shacharit%2C_Pesukei_Dezimra%2C_Barukh_She'amar.2?ven=Translation_based_on_the_Metsudah_linear_siddur,_by_Avrohom_Davis,_1981&vhe=The_Metsudah_siddur,_1981&lang=bi המחדש בטובו בכל-יום תמיד מעשה בראשית https://www.sefaria.org.il/Siddur_Ashkenaz%2C_Weekday%2C_Shacharit%2C_Blessings_of_the_Shema%2C_First_Blessing_before_Shema.8?ven=Translation_based_on_the_Metsudah_linear_siddur,_by_Avrohom_Davis,_1981&vhe=The_Metsudah_siddur,_1981&lang=bi&with=all&lang2=en</p>
MATERIALS NEEDED:	[Materials needed by anyone trying to replicate this program] As above. Please print Hebrew and English. Alternatively, if there are prayer books available, we would gladly use them.
SET-UP DETAILS:	The session can occur indoors or outside, participants should be sitting in a circle with the ability to work in small groups where required

SESSION TIMELINE

- 00:00-00:05 – Open with a quick get to know you, name and favorite place at camp.
- 00:05-00:15 - Invite participants to share the first things they do and more importantly the first words they recited that morning. What happens to us and the folks we are with when through habit and practice we open our days in gratitude.
- 00:15-00:30 – Study the Modeh Ani, and invite the participants to write their own version, what am I really grateful for. Listen to Meir Ariel's version
- 00:30- 00:40 study additional texts from the shacharit service that provide additional intentions that will enrich our days.
- 00:40-00:45 conclusions and invite participants to share one idea they are taking with them from the session

SESSION OUTLINE:

Detailed above, the session will invite the participants to create habits and utilize existing practices at camp for generating Radical Gratitude. I am grateful for. Our Shacharit service empowers us to do this, in this session we will study a number of those texts and be empowered to create our own. Utilizing the magic of camp as a backdrop we will focus on what makes that community so special and how we as active members can further enhance those experiences.

BRINGING IT TO YOUR CAMP:

A modified version of this could be played out by intentionally choosing music by which you begin your day with your campers with themes of giving thanks and or being grateful. Additionally, there could be an "I am grateful for..." board in the cabin or staff lounge where responses, art, or poetry could be placed